

Mindfulness Corner

PURPOSE //

- Practice Mindfulness and coping skills

OBJECTIVE //

- Create a safe space for students to take a moment to breathe, use healthy coping strategies, and regulate emotions.

INSTRUCTIONS //

Materials

- A small room, corner, or other space
- Fidget toys, inspirational posters, comfy pillows, stress balls, aromatherapy play dough, coloring books/crayons, salt lamp
- Healthy Coping Strategies Poster
- Mindfulness Corner Expectations Poster
- Check In With Yourself worksheets

Assembly

1. Decide on a space for your mindfulness corner/room
2. Hang Mindfulness Corner Expectations poster (below) and/or create your own rules (template below) to ensure safety and respect in the space
3. Use low lighting if possible, place items in room, and hang posters

Application

- Share with students using a poster or announcement where the mindfulness corner is located and when/how it can be accessed.
- If the mindfulness corner is accessible to all students, discuss with a school counselor and/or administration prior to creating the space
- Have multiple copies of the "Check In With Yourself" sheet available for students to fill out in the Mindfulness Corner
- Club members can encourage their teachers to have a mindfulness corner, or help set one up in the counselor's office.



A special thank you to Key Club members for the creation of this activity.

Let us know how the activity goes!

We'd love to hear from you or receive pictures or tag us on social media:



@ErikasLH



@ErikasLH



erikas.lighthouse



@Erika's Lighthouse

HEALTHY COPING STRATEGIES

Square Breathing

breathe in for 4 counts, hold for 4 counts, breathe out for 4 counts, hold for 4 counts. Repeat as many times as you need.

Word Breathing

Breathe in words of affirmation or something you need (ex: patience, self-compassion) and breathe out words you need some space from (ex: stress, fear, worry)

5-4-3-2-1

Name 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell, 1 thing you can taste

Journal

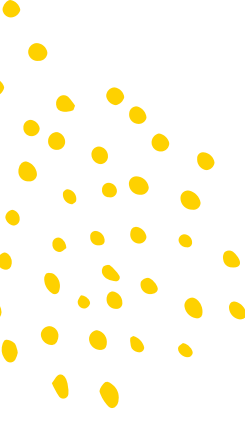
Write a list of things you're grateful for or something you're looking forward to.

Draw

Draw your favorite place, person, pet, or object.

Progressive Muscle Relaxation

From head to toe, tense your muscles and release until you feel relaxed.



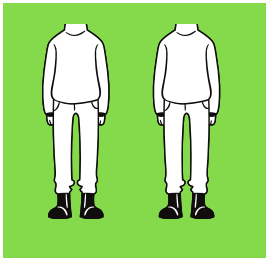
Check In With Yourself



How am I feeling?



How is my body feeling?



What are my worries right now?

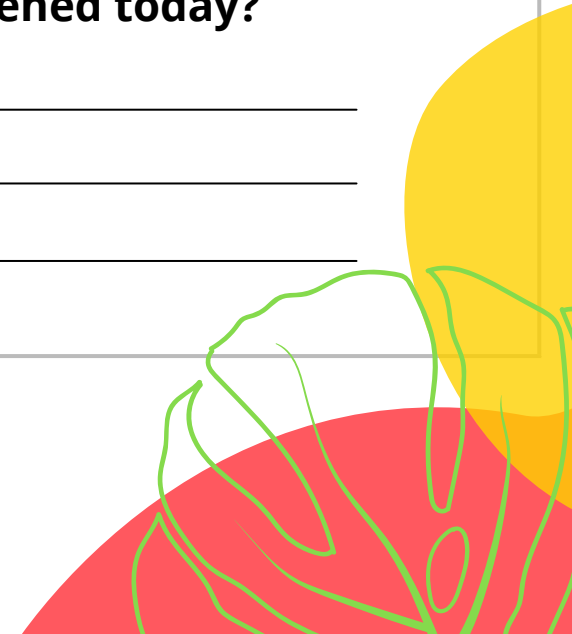
What coping strategy would help me right now?

What am I grateful for?

What am I proud of?

What do I need right now?

What is something positive that happened today?



Mindfulness Corner Expectations

- 1. Set timer for 5 minutes**
- 2. One student at a time**
- 3. No food or beverages other than water**
- 4. Respect the space and items**
- 5. All items must remain in the space**
- 6. Once time is up, either rejoin class/activity or find a trusted adult to speak with if you still need support**



Mindfulness Corner Expectations

1.

2.

3.

4.

5.

6.

