**Unwind Your Mind**

Monthly Campaign Announcements:

| Day 1 | This month's campaign, *Unwind Your Mind*, will focus on mindfulness; which means choosing to pay attention to things in our lives and without judgment. |
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| Day 2 | Mindfulness means focusing our awareness on the moment while calmly accepting our feelings, thoughts, and body sensations. The moment can be at any time, while you're in class, doing your homework, having alone time, hanging out with a friend, or at home with family. |
| Day 3 | You cannot be bad at mindfulness. Some days it will be easy to focus on the present moment, and some days your mind will be very distracted and busy. That’s normal. If you find you’re daydreaming during the mindful moment, try to pay attention to one thing like your feet, your belly, or your breath. Eventually you will be able to stay present for a little longer each time you do a mindful moment. |
| Day 4 | Today practice a mindful moment when you eat your lunch, eat it slowly and mindfully. Notice how the food smells and tastes; think about where it came from. Things might taste way better when you pay attention to what you’re eating and your food will last longer…that’s a win win! |
| Day 5 | Mindfulness means paying attention on purpose, noticing how you are feeling, and noticing what you are thinking. |
| Day 6 | Let’s do a check in. Ask yourself how you’re feeling this morning. You might be feeling excited, depleted, tired, nervous, or foggy. Noticing how you’re feeling is a great first step in being mindful. |
| Day 7 | Sometimes when you’re being mindful, you might start to daydream. That’s okay. You can bring your mind back to the present by focusing on a body part; like your feet. Do they feel heavy, light, dry, warm or cold? |

| Day 8 | Teachers can practice mindfulness too. After the announcements, ask your teacher what is his/her favorite way to practice mindfulness. |
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| Day 10 | We can even practice mindfulness while walking. Today, when you walk in the school or on your way home, mindfully notice how your feet hit the ground. How do they feel, and do they feel the same or different as you take each step? |
| Day 11 | You will take approximately 20,000 breaths today.  How many will you be aware of? During the day today stop and think about your breathing and focus on deep inhales and exhales. |
| Day 12 | Mindfulness means paying attention in a way that's purposeful, in the present moment, and non-judgmental. |
| Day 13 | Have you been practicing being mindful during the school day? Mindfulness can help you focus throughout the day. After the announcements, share with your teacher or a partner how being mindful has helped or could help you. |
| Day 14 | You will have approximately 50,000 thoughts run through your head today. How many will you be aware of? How can you be more mindful to recognize the thoughts that affect your feelings? |
| Day 15 | Have you ever had feelings so strong that you felt like you were going to explode? In that moment where you feel like you could explode, try slowing down your breath and focusing on your exhale being longer than your inhale. |
| Day 16 | 525,600. That’s how many minutes there are in a year. How many minutes will you be present, or in-the-moment for this year? Are you more present now then you were earlier this month? |
| Day 17 | When we are being mindful, we focus on what’s happening in the moment. When your friend is talking to you, are you REALLY listening or are you thinking about what you have to say next? |
| Day 18 | Let’s do a check-in. Ask yourself how you’re feeling this morning. You might be feeling tired, nervous, hopeful or foggy. Take a moment today and write down a focus word for the day. Focussing on a positive word can make your day seem brighter. |
| Day 19 | You can practice mindfulness anytime of the day. Before you get out of bed in the morning, when you get home from school, or right before bedtime. |
| Day 20 | This month we were all very mindful about unwinding our mind. Mindfulness is a skill that you can take with you everywhere you go. It’s also a tool that requires no materials and you can practice every day. Keep practicing and stay mindful! |