**Unwind Your Mind**

Monthly Campaign Announcements:

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| Day 1 | This month campaign, Unwind Your Mind, will teach us how to unwind our minds through mindfulness. Mindfulness means paying attention to things in our lives on purpose and without judgement. Today we’re going to introduce the skill of creating a Mindful Moment. We will practice being mindful each morning this month. Please listen carefully and do what is asked. (Read Mindful Moment script) |
| 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.  (Read Mindful Moment script) |
| 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.  (Read Mindful Moment script) |
| Day 4 | Today practice a mindful moment when you eat your lunch, eat it slowly and mindfully. Notice how the food smells and tastes. Challenge yourself to really notice what you’re eating. Things might taste way better when you pay attention to what you’re eating!  (Read Mindful Moment script) |
| Day 5 | Mindfulness means paying attention on purpose, noticing how you are feeling, and noticing what you are thinking.  (Read Mindful Moment script) |
| Day 6 | Let’s do a check-in. Ask yourself how you’re feeling this morning. You might be feeling happy, tired, nervous, or foggy. Today’s mindful moment can help you get focused and ready to take on the day.  (Read Mindful Moment script) |
| 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. Notice whatever is there. Do they feel heavy, light, warm, cold, or something else? Practice focusing on something during today’s mindful moment.  (Read Mindful Moment script) |

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| Day 8 | Teachers can practice mindfulness too. After the announcements, ask your teacher what is his/her favorite way to practice mindfulness?  (Read Mindful Moment script) |
| Day 10 | We can even practice mindfulness while walking. Today, when you walk in the school, in the playground, 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?  (Read Mindful Moment script) |
| Day 11 | Let’s do a check-in. Ask yourself how you’re feeling this morning. You might be feeling happy, tired, nervous, or foggy. Today’s mindful moment can help you get focused and ready to take on the day.  (Read Mindful Moment script) |
| Day 12 | 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 every once in awhile.  (Read Mindful Moment script) |
| Day 13 | Mindfulness means paying attention in a way that's purposeful, in the present moment, and non-judgmental. At the end of today’s mindful moment, ask yourself how focused you were able to stay.  (Read Mindful Moment script) |
| Day 14 | Have you been practicing being mindful during the school day? Has it helped you focus or get through something difficult? After the announcements, share with your teacher or a partner how being mindful has helped you.  (Read Mindful Moment script) |
| Day 15 | 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?  (Read Mindful Moment script) |
| Day 16 | Have you ever had feelings so strong that you felt like you were going to explode? One strategy to help deal with those emotions is to practice mindfulness. In that moment where you feel like you could explode, try slowing down and paying attention to your breathing. After some deep breaths, try to use a mindful moment to clear your mind and calm yourself down.  (Read Mindful Moment script) |
| Day 17 | 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?  (Read Mindful Moment script) |

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| Day 18 | In mindfulness, we’re concerned with noticing what’s happening in the moment. It doesn’t mean we need to stop thinking about the past or the future, but when we do, we should do so mindfully.  (Read Mindful Moment script) |
| Day 19 | Let’s do a check-in. Ask yourself how you’re feeling this morning. You might be feeling happy, tired, nervous, or foggy. Today’s mindful moment can help you get focused and ready to take on the day.  (Read Mindful Moment script) |
| Day 20 | 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. Ask your teacher to lead your class in a mindful moment after lunch recess today.  (Read Mindful Moment script) |
| Day 21 | 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!  (Read Mindful Moment script) |

See next page for Mindful Moment Script.

**Mindful Moment Script**

Read the following mindful moment script each morning. You can choose how much of the script to read. You can:

* Read the entire script from start to finish
* Read Part One only
* Read Part One and Two
* Start with Part One and throughout the month add in Part Two and then Part Three

**PART ONE**

* Please sit with a mindful body. A mindful body is a body that is sitting up nice and straight with your eyes closed (if you are comfortable with that).
* Take two nice, deep breaths in through your nose, then slowly blow the air out through your mouth like you’re blowing through a straw. **Pause.**

***If this is your end point, finish the mindful moment by saying:*** Let your body relax and get ready to start your day. Thank you for joining in a mindful moment.

**PART TWO**

* Place your hand on your chest over your heart.
  + If you don’t feel anything, then you know your heart is beating softly in your body, doing its job.
  + If it is beating slowly and softly it is again doing its job.
  + If your heart is beating fast, you might be feeling a bit nervous, anxious or upset right now. You can try to calm your heart by taking some nice, slow deep breaths.
* Take a few slow breaths, breath in through your nose and out through your mouth, slowly and gently.

***If this is your end point, finish the mindful moment by saying:*** Let your body relax and get ready to start your day. Thank you for joining in a mindful moment.

**PART THREE** *(If you have access to a chime, you can use it for this part)*

* When I ring the charm take nice slow breaths in and out. Make sure you breath in through your nose and out through your mouth. Keep focusing on your breathing until you can’t hear the chime any longer. Then put up your hand.

***If this is your end point, finish the mindful moment by saying:*** Let your body relax and get ready to start your day. Thank you for joining in a mindful moment.