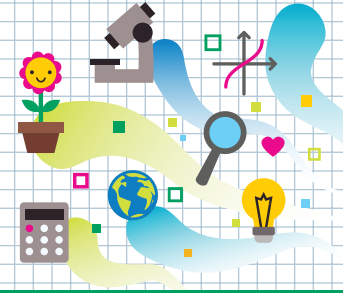




# HEADS IN, HEARTS IN

## Mindful Dice Instructions for Set-Up

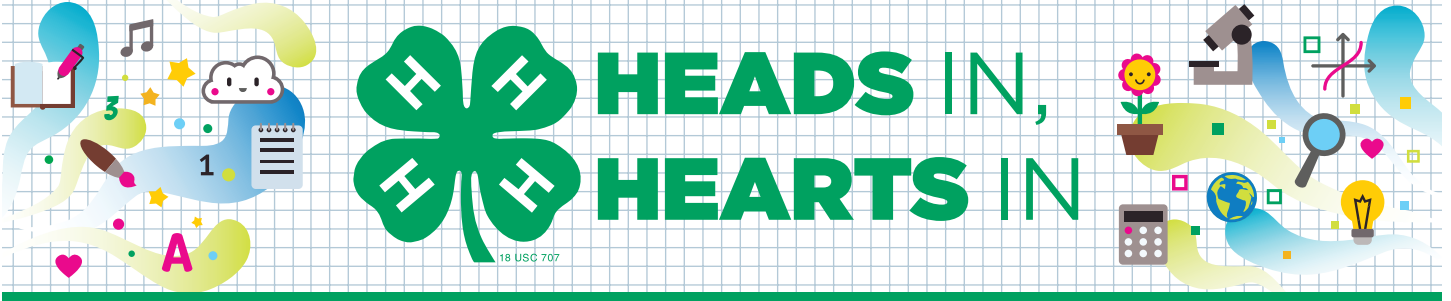


### Supplies

- “Guide for Families” handout
- Clear plastic standup display (optional)
- 1 die per family
- “Mindfulness Activities” handout
- “Mindful at Home” handout (1 per family)
- 6–8 Individual bottles of bubbles
- Display table

### Activity Preparation

- ▶ Purchase or locate items on supply list.
- ▶ Print one copy of the “Guide for Families” handout. Laminate or place in a clear plastic standup display to allow participants to see it more readily.
- ▶ Print one copy of the “Mindfulness Activities” handout on durable paper. Laminate if desired.
- ▶ Print one copy per family of the “Mindful at Home” handout on durable paper. Laminate if desired.
- ▶ Set up the display table and arrange needed supplies.



# Mindful Dice

## Guide for Families

### Learning Objectives

#### What you need to know:

Mindfulness is the practice of slowing down and paying attention to the present moment. It is not emptying your brain of all thoughts. It is a process of focusing your energy and thinking on what is happening right now instead of what has happened in the past or might happen in the future. Mindfulness is noticing and paying attention without having to label or judge. During mindfulness practice, notice without placing judgment. For example, think to yourself, “I notice that I am feeling anxious,” rather than, “I notice I am feeling anxious. I am so weak.”

Mindfulness may include breathing techniques, stretching or movement, creative expression, meditation or some other practice that allows you to slow down your thinking, lessen distractions and focus your energy and attention for some time. Growing a mindfulness practice can help you improve your focus and attention, manage and address stress, learn to handle strong emotions and feel calm.

#### What you will do and learn:

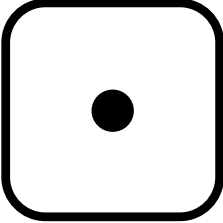
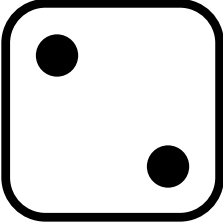
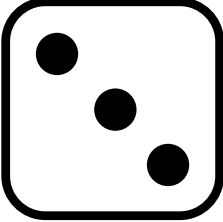
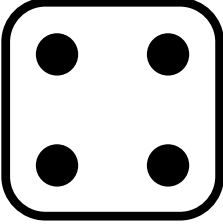
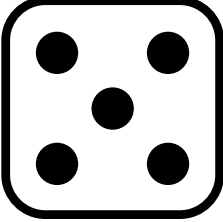
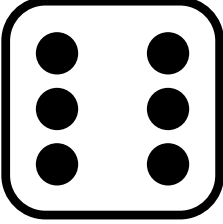
In this activity, you will roll a die and practice a mindfulness activity that goes with each number on the die. You will learn six mindfulness activities you can use when you feel overwhelmed or stressed.

### Instructions

1. Pick up one die. (A **die** is the singular form of dice.)
2. Roll the die to see what mindfulness activity to try. Use the “Mindfulness Activities” handout to find what activity you will practice.
3. Take a “Mindful at Home” handout and read the description of the activity you rolled.
4. Practice the activity.
5. See if you can practice all six mindfulness activities.
6. Take the “Mindful at Home” handout home to continue practicing mindfulness.
7. While at home, think about other mindfulness activities you can practice.

# Mindful Dice

## Mindfulness Activities Handout

	<p><b>Box Breathing</b></p>
	<p><b>Belly Breathing</b></p>
	<p><b>Number Breathing</b></p>
	<p><b>Bubble Breathing</b></p>
	<p><b>Vibrating Breath</b></p>
	<p><b>Centering Breath</b></p>

# Mindful Dice

## Mindful at Home Handout, continued

### Box Breathing



You will draw an invisible box in the air with your pointer finger while you breathe. This breathing technique has four parts: inhale, pause, exhale and another pause. As you inhale, draw an invisible line with your pointer finger left to right (the top of your box) and breathe in for 4 seconds. Next, you will pause, holding the air in your lungs for 3 seconds and draw the side of your box with your pointer finger down. Next, breathe out for 4 seconds while drawing the bottom of your box, right to left. Finally, hold the air in your lungs for 3 seconds while completing your box, drawing bottom to top. Repeat box breathing for a few rounds.

### Belly Breathing



Place your hand over your belly. Breathe in deeply, and let your belly expand pushing out. Exhale, and notice your belly pull in as you push the air out of your lungs. Feel how your belly expands each inhale and contracts or gets smaller each exhale.

### Number Breathing



Try to slow down your breathing by inhaling and exhaling for a certain number of seconds. Begin by breathing in for a count of 4, and breathing out for a count of 4. Do this for three breaths, and then begin to deepen your breathing by breathing in for a count of 5 and out for a count of 5. Continue this breathing activity to a count of 6, 7 and 8. Stop any time you feel dizzy or lightheaded.

# Mindful Dice

## Mindful at Home Handout

### Bubble Breathing



Slow down and practice bubble breathing. Take a bottle of bubbles. Breathe in slowly and as you breathe out, purse your lips and breathe steadily through the bubble wand to create bubbles. Play with your exhales, and see how slowly you can breathe out or how forcefully you can breathe out and still blow bubbles.

### Vibrating Breath



Place your hand flat on your chest. Take a deep breath in and as you breathe out, make a sound in the back of your throat that sounds like “Mmmmmm.” Notice the vibration under your hands as you exhale. Repeat five to six vibrating breaths.

### Centering Breath



Stand up with your feet together. Take a deep breath in and stretch your arms up over your head, pulling your body up tall. Breathing out, keep your arms straight and stretch your body down to the left, feeling a stretch in the right side of your body. Breathing in, come back to center, stretching tall. Breathing out, keep your arms straight and stretch your body down to the right, feeling a stretch in the left side of your body. Breathe in and come back to center. Repeat five more centering breaths moving slowly and intentionally.