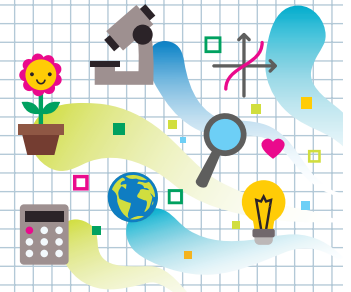




HEADS IN, HEARTS IN

Sun Up, Sun Down

Instructions for Set-Up



Supplies

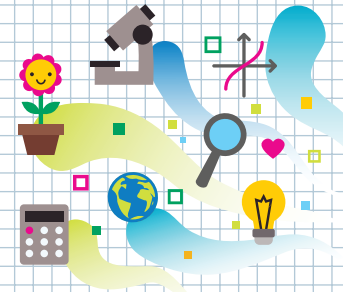
- “Guide for Families” handout
- Clear plastic standup display (optional)
- Display table

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.
- ▶ Set up the display table and arrange needed supplies.



HEADS IN, HEARTS IN



Sun Up, Sun Down 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."

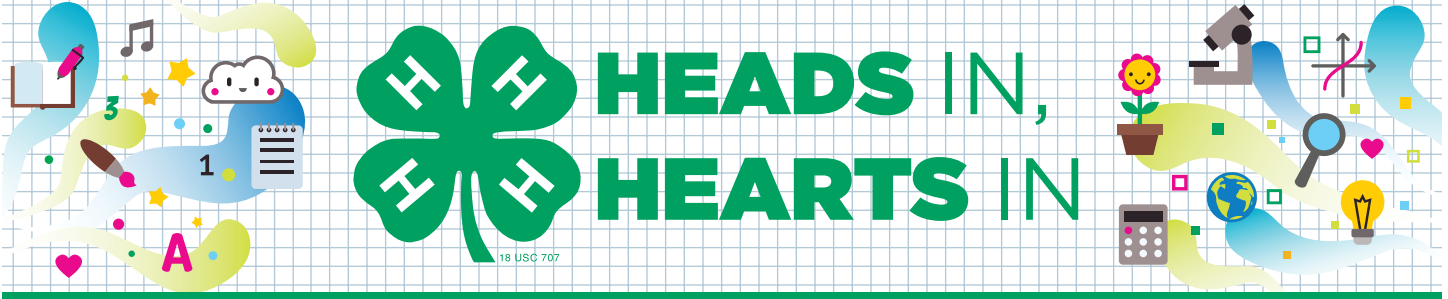
Mindfulness may include breathing techniques, stretching or movement, creative expression, meditation or some other practice that allows you to slow down your thinking, lessen distractions and focus your energy and attention for some time. Growing a mindfulness practice can help you improve your focus 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 use breathing and stretching to control your body movements.

Instructions

1. Consider how the sun rises in the east and sets in the west. It rises slowly and sets slowly.
2. Pretend that your hands are the rising and setting sun.
3. While sitting, use both of your arms to mimic the sun rising.
4. Move your arms slowly from one side of you, above your head, and lower them on the other side.
5. Breathe in (inhale) slowly as you move your arms from one side to the other.
6. Breathe out (exhale) slowly as you move your arms again from one side of you to the other.
7. Try closing your eyes as you breathe and move your arms.
8. Try stretching your fingers as you breathe and move your arms.
9. Lie down on your back in a comfortable space.
10. Pretend that your legs are the rising and setting sun.
11. Keeping one leg flat on the ground, raise the other leg into the air. Then slowly move it from one side of you to the other side.
12. Inhale slowly as you move your leg from one side to the other.



Sun Up, Sun Down

Guide for Families, continued

13. Exhale slowly as you move your leg again from one side to the other. Try stretching your toes as you breathe and move your leg.
14. Switch legs, leaving the opposite leg on the floor. Repeat steps 11 through 13.