

Mindful Fridays!



Mindful Movements

Shake it Out

Shake out your wrist. Bounce your shoulders up and down. Raise your arms up above your head and shake out your arms. Let your whole body move carefully in your chair and then place your hands in your lap. Shake your shoulders up and down. One more time.



♥ Heartfulness ♥

Heartfulness is when we send kind thoughts to others.



Mindful Movements

Star Pose

Step the feet about 2 feet apart. Reach your arms out and up toward the ceiling. Spread your fingers wide and stretch the arms out opening up the shoulders and chest. Feel both legs and arms reaching out, getting longer and expanding. Take 5 mindful breaths as you hold star pose. With an exhale, allow the arms to slowly float down to your sides and step the feet together.



♥ Heartfulness ♥

Heartfulness is when we send kind thoughts to ourselves.

May I be healthy and strong.

May I be happy.

May I be peaceful.



Mindful Movements

Empty Coat Sleeves

Stand up and begin to swing your arms from left to right. Let your arms hang heavy allowing them to be loose and floppy like empty coat sleeves might look and feel. Let your torso twist, loosening up the spine. Notice the breath.

Let's Write About it!

1. Who did you send kind thoughts to?
2. How did it feel?
3. Will you try sending kind thoughts to someone again?

