Mountain Pose:
Put big toes together and stand up straight. Straighten your spine and push your shoulders back. Put your arms at your sides with fingers pointing downward. Look straight out and breathe deeply.
Focus and Mindfulness

**Lunge Pose:**
From standing position, have students move one leg back while bending their other knee. Encourage them to lift their torso straight up. Hold for the count of 10 on each side. Repeat as needed.
Chair Pose:
With hands straight up in the air at their sides and feet shoulder width apart have students pretend they are sitting in a chair. Hold for the count of 10 and then stand.
Triangle:
Have students stand with feet wide apart. Stretch the left hand down the left leg to the shin while holding the other hand up in the air. Hold for the count of 5, then change sides.
**Muscle Release:**

Call out different muscles for students to tense and release.
Focus and Mindfulness

Beach Music:
Have students sit cross leg on the floor and focus on breathing in and out while playing beach sounds in the background.
Breathing Exercises:
Ask the students to close their eyes or look down at the floor and put his/her hand on his/her belly. Ask them to breathe in so deeply that the air fills their bellies. Then have them breathe out very slowly. Start with 5 breathes and work up to 10 or more.
Silence Game:
Ask students to be very quiet and still for 1 minute. Ask them to close their eyes breathe in-and-out and listen only to the sounds of their own breathing. When the minute is up ask them what they heard other than their own breath.
Nature Walk:
Take students on a walk outside for 5 -10 minutes while being quiet and just looking and listening. When you get back to the classroom ask students to share what they heard and saw.
Pulse Pause:
Begin by asking students to take several deep breaths. Ask them to put their three middle fingers on their neck or wrist, wherever they can best feel their pulse. Then ask them to sit quietly and focus on how quickly or slowly their heart is beating.