Welcome to the Stretching & Breathing Activity Cards (adapted from 5 Minute Mindfulness (5MM)) specifically for the HealthMPowers Empowering Healthy Choices in Schools, Homes, and Communities program.

- Activity cards are designed to make stress management accessible, easy and fun!
- The cards provide protective, comprehensive approaches to support mental health through physical activity.
- 5MM incorporates adaptive physical activity training in a non-stigmatized environment.
- Empowering imagery promotes optimism.
- Teachers or facilitators can lead these activities for the entire class or group.
- Students can take a card and demonstrate to peers in partner activity or small group.

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• Please take out your journal (or paper) and begin to free-write for the next 2 or 3 minutes.
• Free-writing means sharing your thoughts and feelings onto the paper, and continuing writing without stopping.
• Think about all the areas in your life where you are thriving. Take a moment to explore the phrase "I thrive ..."
• Now think about the opportunities coming up where you can explore courage. Take a moment to write about how daring you are going to be.
• What does being brave feel like? Take a moment to write your ideas.
• Finally, consider what it feels like to be truly happy in this moment.
  ○ What does happiness look like for you?
  ○ In what ways are you truly glowing ... from the inside out.
• Continue writing for at least 2 minutes.
• Complete the exercise by circling your wrists and toes.
• Sit or lie down in a comfortable position, with eyes closed.
• Slowly breathe in. Slowly breathe out.
• Start with your head, tensing your facial muscles, squeezing your eyes shut, puckering your mouth and clenching your jaw.
• Hold, then release and breathe.
• Tense as you lift your shoulders to your ears, hold, then release.
• Make a fist with your right hand, tighten the muscles in your lower and upper arm, hold, then release. Slowly breathe in and out, then repeat with left hand.
• Concentrate on your back, squeezing shoulder blades together. Hold, then release. Breathe in and out.
• Suck in your stomach, hold, then release. Breathe in and out.
• As you breathe in, press down onto the chair and try to grow taller at the top of the hip. Relax and take in a slow breath, then exhale.
• Tighten your right hamstring, hold, then release. Slowly breathe in and out, then repeat with left hamstring.
• Flex your right calf, hold, then release. Breathe in and out. Repeat with left calf.
• Tighten toes on your right foot, hold, then release. Repeat with left foot.
I am enough.
Begin in easy seated position and bring your awareness to your breath.
Slow down and relax by breathing in through the nose.
Exhale and breathe out through the nose.
As you breathe in, see if you can draw just a bit more air into the lungs.
As you exhale, see if you can breathe out just a bit more than the time before.
In this moment practice the affirmation "I am enough" three separate times.
The first time, just say the words and notice them.
The second time, try to actually believe the words you are saying.
The third time, emphasize the words "I am" and simply notice what happens without judging or self-criticizing.
Take at least 2 minutes to journal about your experience.
Sitting in easy seated position, bring the awareness to the breath.
Gently breathe in through the nose.
Take your time and gently breathe back out through the nose.
As you draw in your next breath, think about your skeletal system: the bones in your body.
Take note of how strong the bones are.
Think about all that your bones are made of. Notice how solid they are.
As you draw your next breath in, notice the areas where you are flexible, or where your body can bend.
Notice whether your muscles stretch or find tension.
Your body is both strong and flexible. Resilient and tough.
As you take in your next breath, practice the following affirmation:

"I am resilient.
I am strong and unbreakable."
• Beginning in easy seated position with both feet parallel on the floor.
• Draw air into the nose and slowly relax as you breathe in and out.
• Relax your jaw, neck and eyes. Continue flowing the breath into the nose and out of the nose for 3 cycles.
• Notice what colors are dancing around inside of your eyelids. Do you see any shapes. Just take a moment to notice as you breathe in and out.
• On your next inhalation, breathe in for a count of 7.
• Taking your time, exhale to a count of 11.
• Breathe back in through your nose to a count of 7.
• Breathe out through your nose to a count of 11.
• Take your time and continue for two more cycles of breathing, gently inhaling for 7, exhaling for 11.
• When you are finished, return to your regular breathing.
• In this moment, set a goal or intention for your day.

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RADICAL KINDNESS
• Beginning in a standing position with both feet hip distance apart.
• Breathe in through your nose as your raise both arms over your head.
• Gently breathe out through the nose as you lower both arms behind your back. Clasps the hands behind the back if you would like an extra stretch.
• Inhale and look up to the ceiling with your hands clasped behind the back or just reaching backward.
• Open your heart to the sky as you look up. Stretch the arms behind the back.
• Exhale, fold forward and bring the elbows to the knees.
• Shake your head "yes and no" in order to release anything stressful in the neck.
• Keeping the elbows on the knees, straighten and bend the legs to stretch the hamstrings.
• Inhale and press into the feet as you bring both hands over head.
• Repeat the exercise five times to stimulate the heart and feel more awake and energized!