



# Home-Learning Activity

WEEK OF:

THIS ACTIVITY IS  
FOR GRADE/S:

Title of Activity:

Learning Outcome:

Description of Activity:

Activity Resources:

#### **4 Mindfulness-Based Activities to Create: “Virtual Passing Time”**

**1. MOVE.**

Mindfulness doesn't have to be still! Notice what it feels like to move the body. What does “eye yoga” feel like when we've spent so much time on our screens? Close your eyes and notice what your eyes and eye sockets feel like; then, keeping your head in place, look up, down, left and right; notice the sensation in your eyes and eye sockets as you move them. What does it feel like in your neck to shake the head “yes” and “no”? Open the chest if you've been hunched over a keyboard by stretching opposite fingertips towards opposite walls, give your neck and shoulders a squeeze, etc. Or try standing, feeling what it's like to balance on one foot and then the other.

**2. MAKE A NOISE.**

Mindfulness doesn't have to be silent. If you are on mute, then make some noise—an audible exhale (“like you're trying to fog a mirror”) or really any noise that comes to you (“go ahead and amuse yourself, no one on the call can hear you!”)—and notice what it feels like when you make the sound.

**3. LAUGH.**

Mindfulness doesn't have to be serious. Before you get ready to begin a new subject, do a silly check-I with yourself or others. “Would you rather”? (have a tail or wings?...have hot dogs for lips or French fries for eyelids?) Or think about or ask others what something is that made them laugh recently. Notice what it feels like to laugh or smile!

**4. ARRIVE.**

Mindfulness doesn't have to be about just what's happening on the inside. While you can't change the scenery in your room, perhaps you can notice something new where you already are. Something you haven't seen before or at least something you haven't noticed/paid attention to today. Name one thing you see in your space and how it relates to how you're doing, e.g., “the sun's coming in the window right now and I'm actually feeling pretty energetic,” or “there is a cactus on my desk and it's making me feel kinda prickly today.”