

# Meditation Practice

A daily routine to ready our bodies and be mindful for the day.

## GOOD FOR YOU, MEDITATION IS.

Set a timer for 10 min.

Sit comfortably.

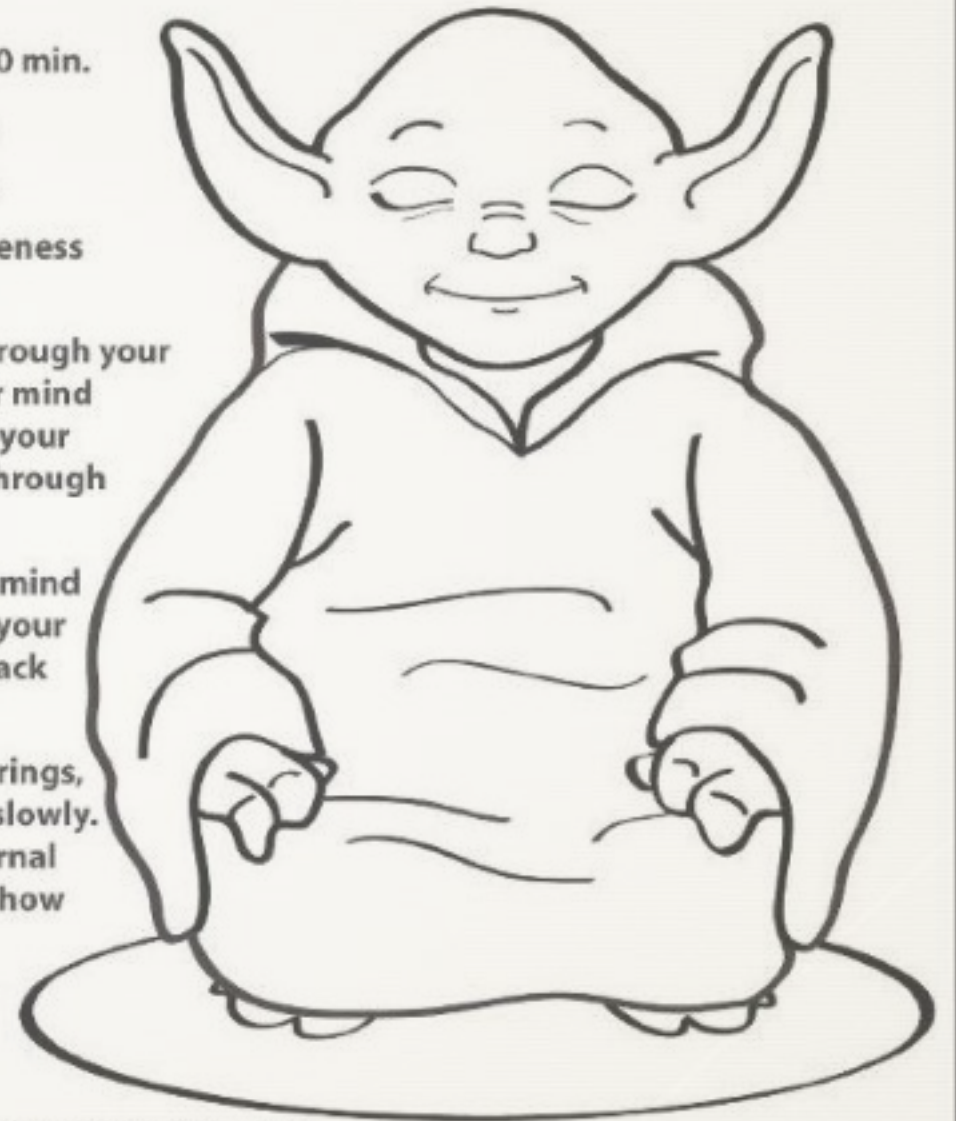
Close your eyes.

Bring your awareness to your breath.

Slowly inhale through your nose. Focus your mind on the sound of your breath. Exhale through your nose.

Every time your mind wanders, bring your concentration back to your breath.

When the timer rings, open your eyes slowly. Keep a daily journal and write down how meditation makes you feel.



It might be challenging at first. But don't give up! With steady practice, you'll soon be able to meditate just like Yoda!

**COLOR YODA!**

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Meditation

**Students start the day in many states.**

Practice

**By practicing mindfulness, strengthen our students' self-awareness and self-management competencies, remove affective filters from a hectic morning, and prepare ourselves for a day of academic rigor.**

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open your eyes slowly.  
Take a few deep breaths  
and write down how  
meditation  
makes you feel.

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