

MONTHLY MINDFULNESS



Instructions:

Click on a video below to watch and learn how to manage stress and improve your attitude.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breathing	Visualization	Heartbeat	Body Scan	Still & Quiet
Calming Breath	Peace & Kindness	Chest & Belly Breathing	Tapping	Face Relaxation
Mindful Bubbles	Finding Peace	Mindful Posing	Mantra	Limitless Potential
Heartbeat	Calming Breath	Still & Quiet	Visualization	Peace & Kindness



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