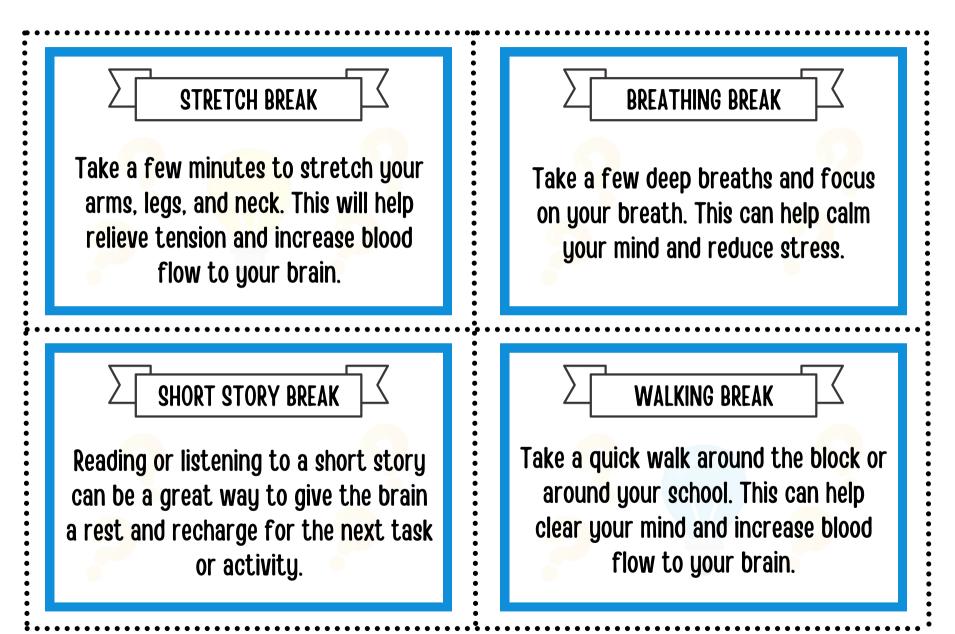
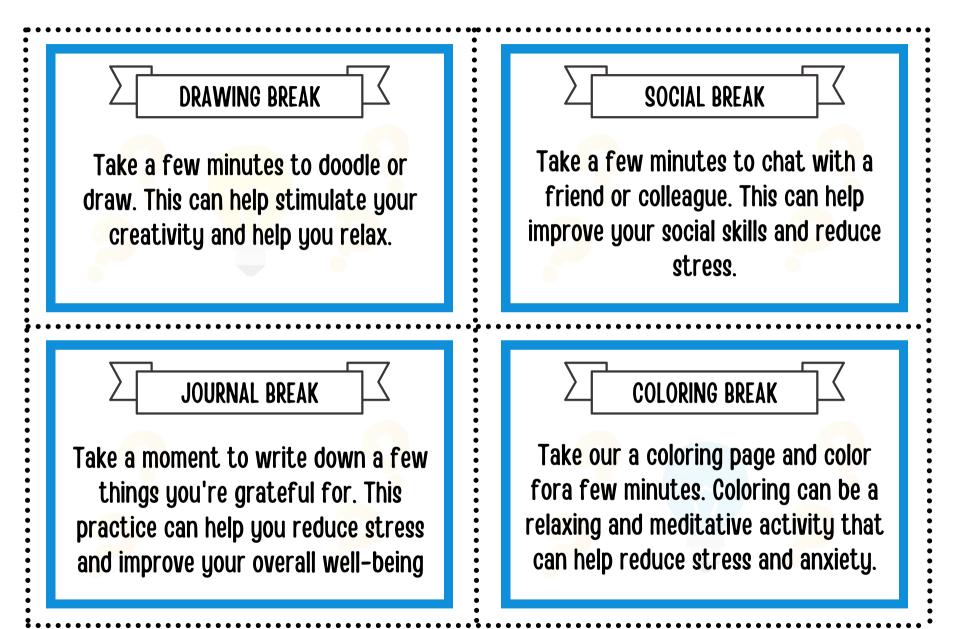
Brain Break Choice Cards

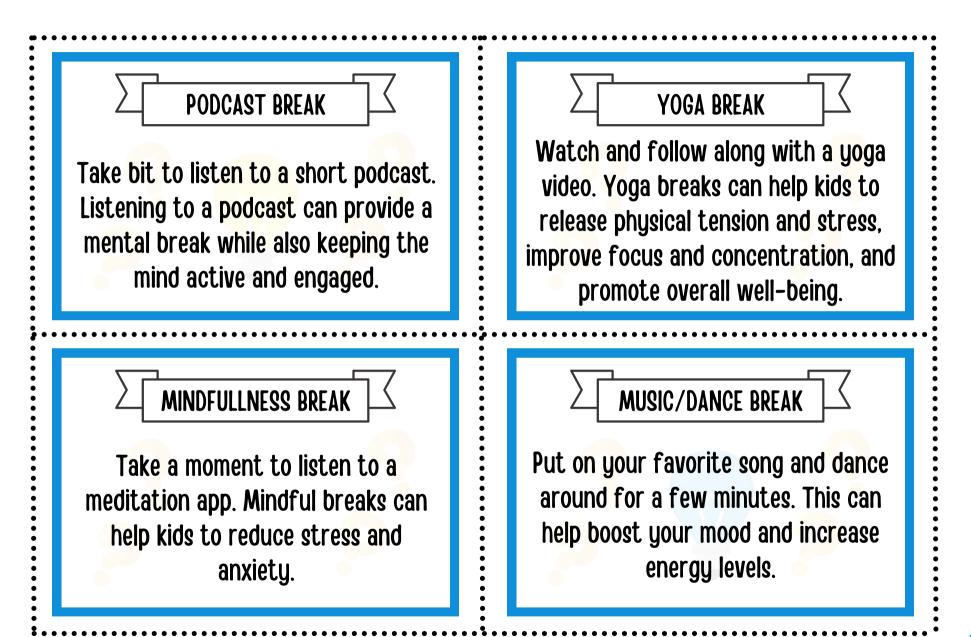
















Printables:

<u>Mindfulness Coloring Pages</u>

<u>Deep Breathing Printables</u>

Yoga Poses for Kids

Online Resources:

Storyline Online Read Alouds

Six Minutes GZM Podcast

<u>The Mindfulness Teacher</u>

Be Well Played Dance Breaks

Yoga PE - Mind | 12-Minute Yoga For Kids

