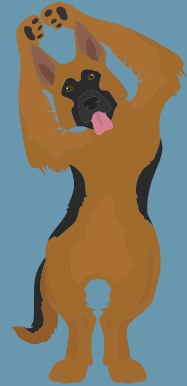
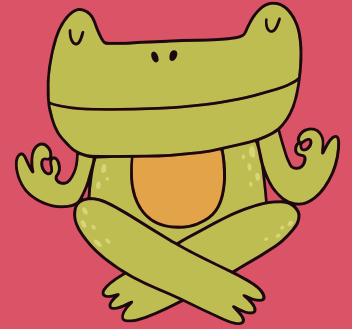


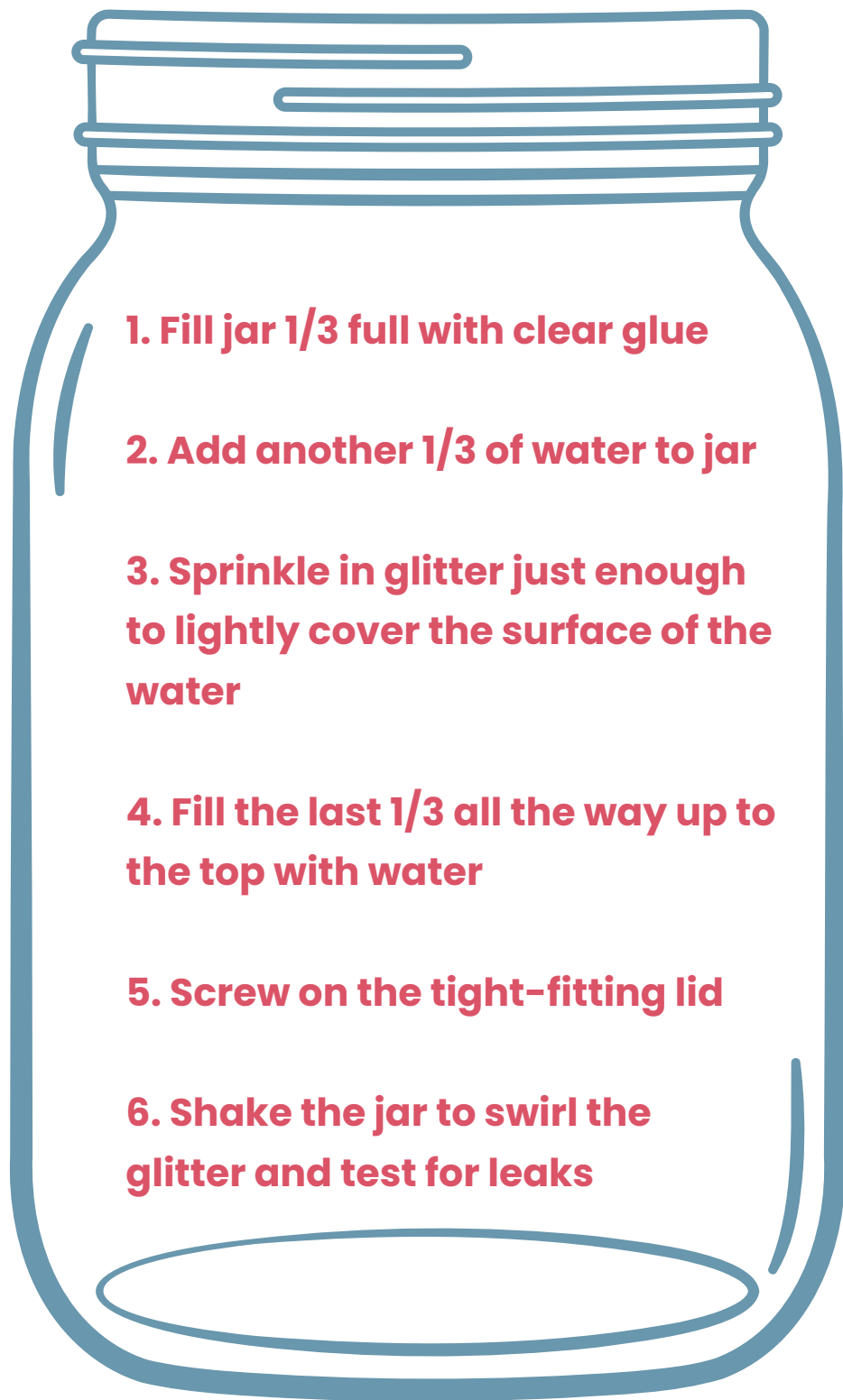
Yoga

B-I-N-G-O

Animal Style!



Make Your Own Mind Jar!



The “Mind in a Jar” activity is a simple way to help your student’s imagine their mind and thoughts. The jar represents the head/skull, the clear liquid is the brain and the glitter pieces are thoughts, ideas, memories and feelings. A jar with glitter resting on the bottom represents a mind that is calm and focused. When the jar is shaken up, the glitter starts swirling quickly, and it becomes difficult to see clearly. This is like the mind when there are too many thoughts and feelings making it difficult to think clearly. Setting the jar down, taking slow deep breathes and watching the swirling glitter settle, helps to refocus, calm and clear the mind.

ZENWORKS YOGA

Yoga & Mindfulness Bingo

Daily Stretch

**Focus on
yourself for 5
minutes**

**Mindful
listening**

**Say words of
gratitude**

**Mindful
eating
moment**

**Practice a
yoga pose**

**Get a good
night's rest**

**Pause.
Breathe.
Reset.**

**Focus on
your
breathing**

Start Here



Take 3
deep
breaths



Finish

Go ahead
2 spaces



Go back
3 spaces

Say a
positive
affirmation
out loud



Make up
your own
pose



Take 5
deep
breaths



How to play

- Print the game board on the desired paper.
- Roll dice to determine who will go first, the highest number goes first.
- Player 1, rolls dice, moves their player piece to spot, and fulfills prompt. If you land on a graphic, mimic the yoga pose!
- Next player rolls and so on.
- The first player to the Finish wins!

What you need:

- Small characters/toys for game pieces
- A dice

Things I can control

My attitude

My choices

How I treat others

What exercise I do

What I eat

My boundaries

My happiness

My responses

**Try this activity
with your
students, see what
they come up
with!**

Things I can't control

Peoples thoughts

What people say

What other people do

Past & future

The weather

Other peoples feelings

