



# Mindfulness for Grades 1-7

## PROVEN STRATEGIES

*For positive mental health!*

## AVAILABLE CONTENT

- 20 fun mindful movement videos
- 9 guided relaxation exercises
- 5 guided mindful visualization practices
- 2 guided breathing exercises
- Suitable for Grades 1-7

\*All content is downloadable and shareable with teachers and students on google drive. Content can also be embedded into a PDF file that can be distributed.

Mindfulness has become one of the most widely researched practices, especially in applications of stress management. A recent Harvard study indicates major structural changes take place in the brain after just 8 weeks of practice. These changes promote learning, memory, self awareness and empathy.

School Pricing \*Purchase to own, unlimited usage, school wide distribution.

\$700 per school for all content, or  
\$100/practice

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