Benefits of Games

- Increase engagement
- Develop awareness
- Foster emotional intelligence
- Improve social skills
- Promotes creativity
- Stimulates cognitive development

What is Mindfulness?
Quieting

- 10 Breaths
- Shake It
- Do You Hear What I Hear?
Mindfulness Games Galore

Seeing

- Thumbs Game
- Thank the Farmer
- Life is Good
- Rainbow Vision

Focusing

- Breath Anchor
- Turtle Walking
- Mira’s Game
- 5-4-3-2-1

Caring

- Warm Wishes (Loving Kindness)
- Is it Helpful!
- Rose & Thorn
- Sa Ta Na Ma
Mindfulness Games Galore

Hello Game
Add One
3 Things in Common
Pass the Pulse

Questions?

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