

Pause and Play!

Directions: Help Luna and Blake get through their exams by using mindfulness strategies! Roll the dice and follow the directions on the square.

<p>You helped a friend. Move ahead 2 spaces</p>	<p>Smile</p>	<p>Say one kind thing about yourself</p>	<p>Inhale Exhale</p>	<p>You got a good night's sleep. Move ahead 3 spaces</p>	<p>Stand up and Stretch</p>	<p>You stood up for a friend. Move ahead 2 spaces</p>	<p>Inhale Exhale</p>	
<p>Take 3 deep breaths</p>							<p>Close your eyes and name 3 sounds you hear.</p>	
<p>Start</p>							<p>You resolved a conflict with a friend. Move ahead 1 space</p>	
<p>Finish</p>	<p>You rushed through your test. Go back 2 spaces</p>	<p>Inhale Exhale</p>	<p>You responsibly chose to study. Move ahead 2 spaces</p>	<p>Inhale Exhale</p>	<p>You persevered through. Move ahead 1 space</p>	<p>Inhale Exhale</p>	<p>Say one kind thing about yourself</p>	<p>Share a positive affirmation</p>