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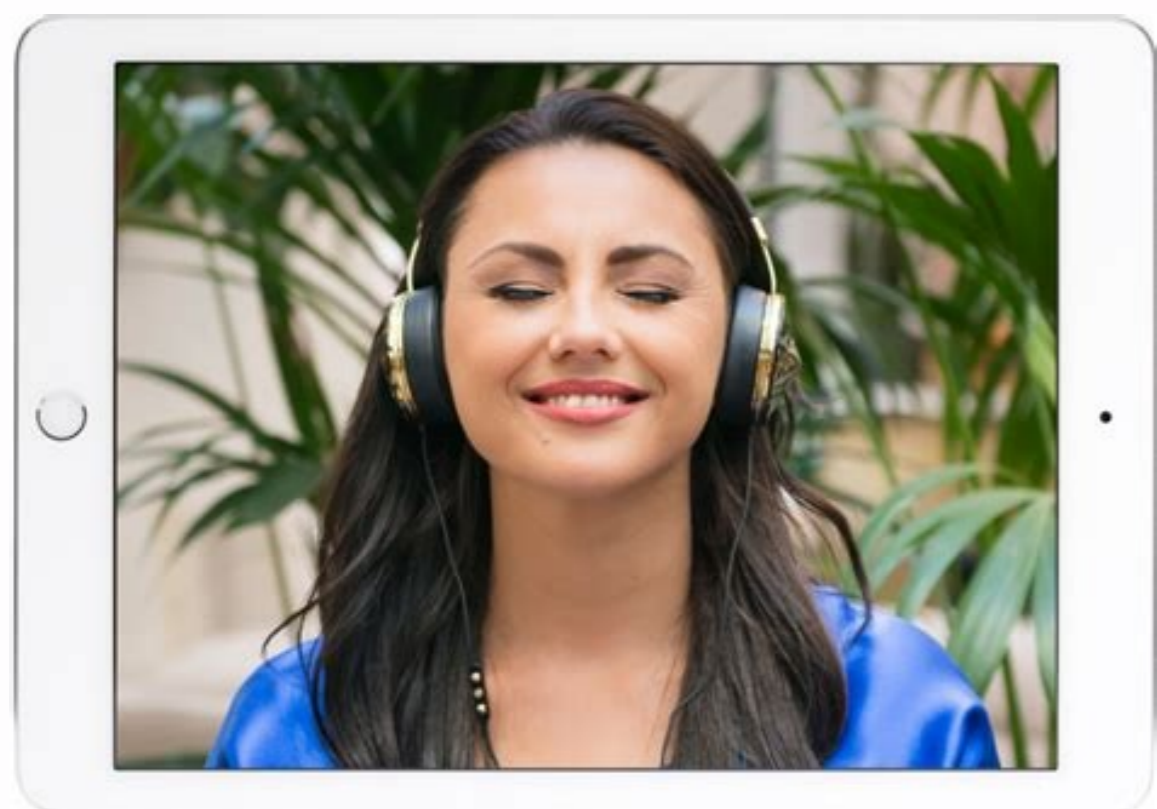
## Weekly Weight Loss Chart

Week	Weight	Water	Stair	Jump	Steps	Total Week's Goal
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Sales Copywriting

GETTING STARTED  
BUSINESS VISION  
CREATE YOUR PACKAGE  
FINDING YOUR NICHE

All of the guided meditation exercises below are protected by a creative commons licence, meaning they are free to download and distribute non-commercially. It’s a movement that is building momentum in mainstream education, not only for its amazing effects on student learning and behavior but because mindfulness is such a valuable, life-long skill. Body Scans make for excellent meditation “homework”, as students can do their own body scan meditation as they lay in bed before sleeping at night. Guided meditations are a series of instructions spoken aloud to a group, directing participants focus and awareness in specific ways. Apps like Smiling Minds are a fantastic starting point for those who are new to meditation. Guided Meditation for Children Here are three printable guided meditation scripts you can use with your students. The negative effects of the Internet might be hurting everyone’s sense of peace, but at least the good parts of the Internet are helping. To download a particular guided mindfulness exercise click ‘Save’ in the right hand column, or right-click and select ‘Save link as...’. The focus of this site is mindfulness as praeced in mindfulness-based stress reduction (MBSR), mindfulness-based cognitive therapy (MBCT) and other closely related approaches. The meditation gradually builds awareness of how we can deepen our breath and teaches students how to practice “belly breathing”. Disclosure: This post contains some affiliate links (at no cost to you). The value of guided meditations in a child’s development of mindfulness and self-regulation is immense. “We can help our children become noticers of the good by ... pausing to notice and “take in” the beauty of a sunset appreciating a stranger holding the door open for you and your child stopping to admire a vibrant tree in the park listening to birds sing early in the morning” Pausing to notice and “take in” the beauty of a sunset, etc., can be a meditation in itself! Free Printable Scripture Cards for Kids’ Christian Meditations If you’re a Christian family who prefers to meditate only on Bible verses, you’ll find a variety of free scripture cards here: Scripture Cards from I Can Teach My Child Free Scripture Cards for Kids ABC Bible Verses for Children (you can print out multiple cards on a page) from Wildflower Ramblings Bible Verses from 1 to 10 (you can print out multiple cards on a page) from Wildflower Ramblings ABC Bible Verse Printables (subscriber freebie) from Homeschool Creations Bible Verse Printables from Homeschool Creations Scripture Cards (subscriber freebie) from My Joy-filled Life Free Scripture Cards (long list) at Teachers Pay Teachers More Mindfulness/Peace Education Resources I’m including mindfulness activities together with peace activities because feeling peace within is a great step toward expressing peace toward others. The scripts are written using casual, child-friendly language, however, you can and should make adaptations as needed for your specific student group. Fifteen minute body scan (14:36) - Vidyamala Burch, Breathworks Twenty minute body scan (23:12) - UCSD Center for mindfulnessBody scan (39:50) - Kieran FleckForty-five minute body scan (47:34) - UCSD Center for mindfulnessSitting meditationsSitting meditations often use the breath as the central focus of the practice. Here are some free guided meditation scripts that you can use with kids if you’d prefer to read the guided meditation instead of listening to it. Over the coming year, we will be steadily adding to our Calm Kids library, equipping teachers with an ever-expanding supply of content crafted for the unique needs of their students.” More Meditation Printables for Kids Meditation Printables from Teachers Pay Teachers (long list) Free Growth Mindset Printables for Kids Every Friday (subscription freebies) from Big Life Journal (I get these every Friday, and they’re great! These are typically growth mindset printables rather than meditation printables, although occasionally there are meditation printables. Teachers will have unlimited access to our growing library of guided meditations and mindfulness exercises, including Calm Kids, our programs tailored for age groups from pre-K through high school. We’ve recently created some new mindfulness resources for teachers to use with their students on the quest to mindful living. I’m including sections on free printable breathing meditations, free printable finger labyrinths, free guided meditation scripts to use with kids, and (for families who want specifically Christian meditations) free printable scripture cards for kids’ Christian meditations. They’re making lots of wonderful ideas and materials available to help both kids and adults find meditations that can improve life in many ways. All of the audio files are in MP3 format and under 20MB size.Mindfulness of breathThese short mindfulness exercises focus on bringing awareness to the process of breathing. As something that we are doing all of the time, watching our breath allows us to come into the present moment and practice being aware.Three minute breathing (3:35) - Peter Morgan Five minute breathing (5:31) - Mindful Awareness Research Centre, UCLAFive minute breathing (4:39) - Life HappensTen minute breathing (9:56) - Peter MorganTen minute mindfulness of breathing (10:01) - Padraig O’MorainBrief mindfulness practicesBrief mindfulness practice (4:05) - Padraig O’MorainThe Breathing Space (5:39) - Vidyamala Burch, Breathworks The Tension Release Meditation (5:45) - Vidyamala Burch, Breathworks Three Step Breathing Space (3:34) - Peter MorganThree minute mindfulness of sounds (3:02) - Peter MorganBody scanBody scan meditations invite you to move your focus of attention around the body, being curious about your experience and observing any sensations that you become aware of. You may wish to use the sound of the bell to move from one phase of a meditation to the next, to have a greater awareness of the passage of time or to bring your attention back to your focus in the practice.Twenty minute bells with 5 minute intervals (20:29)Twenty-five minute bells with 5 minute intervals (25:31)Thirty minute bells with 5 minute intervals (30:28)Forty-five minute bells with 15 minute intervals (45:33)Forty-five minute bells with 5 minute intervals (45:35)Is there something else you would like to see in this section? (They’ll be in a later post). As well as continuing to build up the collection of downloads below, you can find information about live practice sessions here.Guided Mindfulness ExercisesDepending on which device you are using, selecting the title or the ‘Save’ button may allow you to play the audio in a browser window. These teacher resources include a series of guided meditations for children. #3 Set Mindfulness Homework Yep, homework! It doesn’t matter whether you consider yourself on or off the “value of homework” bandwagon, encouraging your students to practice their own mindfulness and meditation skills outside of class time is important. I’ll be adding to this list as I find new free meditation printables online. I’ve already published many mindfulness posts with free resources for kids and adults. Even though yoga poses and guided meditation or breathing exercises are often done together, this post won’t have yoga poses. Guided meditations teach children the language of mindfulness as well as life-long meditation skills that can help improve self-awareness and concentration. Students could keep track of the number of times they use mindfulness or do quiet meditation outside of school with stickers on a personal chart, or in a bullet-journal style record. Tell us, is teaching mindfulness or meditation on the radar at your school? The blog post was “3 Effective Ways to Raise a Grateful Child” and the printables had both a gratitude tree activity and a poster that included one of the effective ways with these suggestions: Notice and Savor the Small Stuff. If you haven’t yet encountered anything about teaching meditation or mindfulness in schools, you might like to begin by exploring the benefits of teaching mindfulness and get some idea of what mindfulness activities for the classroom look like. In this meditation, students are asked to visualize their breath as a color that travels in and out of their body. Concentration is a practiced skill and it’s important to take this into consideration when planning your classroom mindfulness activities and meditation sessions. Some fantastic starters in the post are Pinwheel Breathing, Breathing Hands, and the “Shark Fin” activity. Please credit the original sources when doing so and feel free to direct people here for more resources.Following the rapid spread of coronavirus, many organisations that teach mindfulness have developed online resources or practice sessions. If you have a free meditation printable that I missed, please leave a comment so I can add it to the list! Free Printable Breathing Exercises for Kids 8 Fun Breathing Exercises for Kids from Childhood 101 Free Printable Breathing Exercises Free Printable Breathing Exercises Bees Breath by Shannyn Fagerstrom at Teachers Pay Teachers Calming Deep Breath Chart by Counselor’s Corner at Teachers Pay Teachers Breathe Like a Flying Fish from Plant Love Grow Deep Breathing Exercises for Kids by Jaime Rosenthal at Teachers Pay Teachers Breathing Choice Board by Allie Szczecinski with Miss Behavior at Teachers Pay Teachers Mindfulness Breathing Exercises for Elementary School by How I Decide at Teachers Pay Teachers Mindfulness Breathing Exercises for Middle and High School by How I Decide at Teachers Pay Teachers Stop, Breathe & Think: Mindfulness Activities for the Classroom by Peace at Teachers Pay Teachers Free Printable Labyrinths for Kids Free Printable Finger Labyrinths Labyrinth Resources, including Many Printable Finger Labyrinths from Relax4Life Printable Labyrinths from The Labyrinth Society Free Guided Meditation Scripts to Use with Kids I’ve shared many guided meditations for kids that are in the form of YouTube videos (which don’t need to be watched ... just listened to.) You’ll find those in my posts with free guided meditations for kids, free guided meditations for deep sleep for kids, free guided Christian meditations for kids, and free guided gratitude meditations for kids. We have also created an information sheet for teachers which has some tips and tricks for beginning your mindfulness teaching journey. Breathing Colors Guided Meditation The Breathing Colors Guided Meditation takes mindful breathing to the next level by adding a simple visualization. In essence, guided meditations hold a child’s hand as they learn to navigate the busyness of their own thoughts and feelings and build an awareness of their own mind-body habits. Today, I want to share lots of free meditation printables for kids. These audio tracks begin and end with the sound of a bell ringing, to orientate you to the practice and to signify the end of the meditation.Five minutes just bells (5:32)Ten minutes just bells (10:32)Twenty minutes just bells (20:30)The following tracks begin and end with a bell, which also sound at intervals throughout the meditations. Mindful Breathing Guided Meditation This is a great guided meditation for beginners. Thank you to those who have collaborated with the Free Mindfulness Project by allowing us to share these resources. It’s a really good idea to begin teaching mindfulness through shorter, more active practices before expecting students to sit or lay down in silence for even a 5-minute guided meditation. Over 20 printable PDFs of Guided Relaxation Scripts from Green Child Guided Meditation ‘Under my Blanket’ by Nurture in Mind at Teachers Pay Teachers The Hungry Caterpillar – a Kids Yoga Lesson Plan (includes yoga poses but has a guided relaxation and meditation at the end) by Cosmic Kids Yoga at Teachers Pay Teachers Guided Meditation for Primary Students and Seeding the Heart from BuddhaNet The following isn’t about scripts (it’s better)! If you’re a classroom teacher, check out the Calm Schools Initiative: “Under this initiative, any teacher with a K-12 classroom, anywhere in the world, can get free access to Calm’s paid subscription service (available on Android, iOS and the web). At times they incorporate awareness of sounds, bodily sensations, thoughts or feelings.Seated meditation (21:03) - UCSD Center for mindfulnessSitting meditation (20:18) - Kieran FleckTen minute wisdom meditation (10:26) - UCSD Center for mindfulnessCompassionate Breath (11:33) - Vidyamala Burch, Breathworks Mountain meditation (8:12) - Peter MorganMountain meditation (7:17) - Padraig O’MorainSelf Guided Mindfulness Exercises Sometimes we wish to practice a meditation of our choosing without any guidance. Whether you’re interested in growth mindset, mindfulness, or both, they’re awesome!) The latest subscriber freebie included ideas that could make great meditations for both kids and adults. Not only can students (in fact, anyone!) “practice” mindfulness during any of their regular activities (while walking home, eating, or laying down to sleep), but building a habit of making mindfulness a conscious choice, outside of a teacher’s direct instruction, is where these skills really become life-long ones. Let us know! Meditation seems to become more and more important each year for both kids and adults. Also known as “progressive relaxation”, this type of guided meditation asks students to move their awareness through their entire body, from their feet through to the tops of their heads. It introduces the concepts of focusing on the breath in a way that is easy for kids to understand. The benefits of teaching meditation and mindfulness to children can be profound. Tips for Using Guided Meditations in the Classroom #1 Develop a Personal Practice Before jumping straight into running a guided meditation session with your students, spend some time familiarizing yourself with the practice. Our blog post “18 Amazing Mindfulness Activities for the Classroom” has a range of ideas and resources for other activities that will help build your students’ focus stamina. #2 Build Your Class’ Focus Stamina Even within a single age-group, different kids have different attention spans. This more “tangible” mental image helps to provide kids with the skills they need to use their breath to calm themselves down in moments of stress, anger, or when feeling upset. Body Scan Guided Meditation For students who have practiced meditation a little bit already and can lay with focus for at least 10 minutes or so, this Body Scan Guided Meditation is a fantastic one.

BibMe Free Bibliography & Citation Maker - MLA, APA, Chicago, Harvard Former Secretary of Defense Mark T. Esper reveals the shocking details of his tumultuous tenure while serving in the Trump administration. From June of 2019 until his firing by President Trump after the November 2020 election, Secretary Mark T. Esper led the Department of Defense through an unprecedented time in history—a period marked by growing threats and conflict abroad, a ... MarketingTracer SEO Dashboard, created for webmasters and agencies. Manage and improve your online marketing. An ebook (short for electronic book), also known as an e-book or eBook, is a book publication made available in digital form, consisting of text, images, or both, readable on the flat-panel display of computers or other electronic devices. Although sometimes defined as “an electronic version of a printed book”, some e-books exist without a printed equivalent.

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