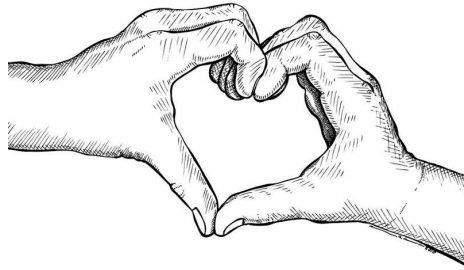


Daily Practice : One Minute Mindfulness

This mindful-awareness practice, adapted from the HeartMath Institute's Quick Coherence Technique for Children®, can be used daily as part of a specific routine or whenever stress reduction and recentering is needed (HeartMath, 2022).



1. Heart Focus: Invite your students to **shift their attention to the area of the heart** in the center of the chest. To help focusing on the heart-center, you can suggest students place one of their hands physically over their heart.
2. Heart Breathing: Next, invite students to begin breathing slowly and deeply, imagining the **air entering and leaving through the heart area**, or the center of the chest.
3. Heart Feeling: Lastly, invite students to call to remember something or someone that makes them happy, are grateful for, or care about. You can also suggest **calling to mind a time they felt good inside, and encourage students to focus on this good feeling** as they continue breathing through the area of the heart.

Note: Bring this Quick Coherence Technique home with you to share with your friends and family! The same three step ritual is equally effective for adults.