

MOBILE MINDFULNESS KIT

INSTRUCTIONS



Consider the following ideas for kit use:

- Set the materials up in the breakroom for staff to test out
- Use in a staff meeting or professional development day to re-focus the group
- Start a before or after school mindfulness practice group

Kit Contents and Tips for Use:

- *Yoga mat*: includes diagrams of poses on the mat.
- *Yoga cards*: pick a card and try a pose. Posture cards, breath cards, warm-up cards, om card and meditation cards included, along with more detailed instructions. Try a few in a staff meeting!
- *Yoga blanket*: use to support various poses. Can provide cushioning for knees, can help tilt pelvis forward while in seated position, which allows the back to lengthen. Use under front hip while in pigeon pose.
- *Meditation Cushion*: find your center and sustain it for deeper meditation using a meditation bolster, which lifts your hips and allows them to roll slightly forward, supporting the natural curve of your low back. Typically you sit with crossed legs.
- *Mindfulness Card Deck*: “help build skills of awareness, compassion and presence for what matters in your daily life.” Try a few at a staff meeting!
- *Chime with mallet*: the resonating sound helps us to focus and redirect our attention. Gently hit the chime with the mallet one time and listen intently until you can no longer hear the sound. Use in a staff meeting to re-focus the group. Engage mindful listening skills.
- *Essential Oils*: “highly concentrated versions of the natural oils found in plants”. See inside of box for which essential oils are used for what. Place 4-6 drops essential oil in the diffuser along with water for a pleasant aroma and possible therapeutic effects.
- *Oil diffuser*: remove top, fill to the line with water, plug in. Put 4-6 drops essential oil in water and press “ON”. 1 hour, 3 hour, 6 hour settings available, along with various color lights
- *Mindful Eating Workbook*: “[Mindful eating] changes your relationship with food and with your body...it changes the way you engage with the world”. Use the workbook to guide your practice. Note: please make copies as needed. Do not write in the workbook.
- *Trigger point massage tool*: instructions included with kit. Use to help release tight muscles.
- *Noise canceling headphones*: tune out background noise to get in the zone
- *Coloring book*: bring stillness and peace to your mind through coloring!
- *Colored pencils*: for use with coloring book.
- *Disinfecting wipes*: help us keep materials clean and in good working order for all employees!

Questions? Email Wellness Coordinator, Rachel Hurshman: rhurshman@greeleyschools.org