**Mindfulness when we are really missing someone…**

1. Take time for your feelings

All your feelings are important.

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Letting yourself feel. It’s okay.

1. Take care of your body

Breathe deeply in and out.

Breathe in to the count of 4 (1, 2, 3, 4).

Breathe out to the count of 4 (1, 2, 3, 4).

Do this “in and out breath” for 5 minutes every day.

1. Notice what you see around you that lifts your heart.

* smiles
* pats on the back
* kind words C:\Program Files\Microsoft Office\MEDIA\CAGCAT10\j0299587.wmf
* pretty things outdoors
* pets
* laughter

Look for beauty, peace, love, support in little ways through your day.

**Remember the string of kindness you share with in your class at school.**

1. Know that sometimes it’s good and important to take time out for yourself

*Mindful breathing does amazing work in our hearts and in our minds…*

*Mindful breathing helps our mind and body be peaceful,*

*strong and able to express feelings*

*in a way that helps us breathe our way into the next day.*