

Putney Central
Physical Education
Journaling Exercises
1st & 2nd Grade

Day 1

Write a list of 5 things you can do to help your mind and body relax.	
If you could choose one place in the world where you could go to relax, where would it be and why did you choose this place?	

Now Breathe

(Visit www.hhph.org/resources/mindful-beats/ for free music to use in this exercise)

<ol style="list-style-type: none">1) You're going to practice breathing into your belly.2) Find a comfortable place to lay flat on your back. Place a light object (like a small book) on your belly.3) Close your eyes and focus on breathing. As you inhale and exhale, stay mindful of the position of the object. Is it moving?4) Focus on making the object move up when you inhale and down when you exhale. If the object falls off your belly, simply pick it up and place it back in position.	Did you complete this breathing exercise? Yes or No
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Day 3

Write a list of 5 things that you are grateful for. List people, places, or important events.	
Write 2 “Thank You” sentences that you could say to a specific person that you are grateful for. Now, go find that person and read what you wrote.	

Now Breathe

(Visit www.hhph.org/resources/mindful-beats/ for free music to use in this exercise)

<ul style="list-style-type: none">- It’s time to practice breathing into your belly.- Find a comfortable place to lay flat on your back. Place a light object (like a small book) on your belly.- Close your eyes and focus on breathing. As you inhale and exhale, stay mindful of the position of the object. Is it moving?- Focus on making the object move up when you inhale and down when you exhale. If the object falls off your belly, simply pick it up and place it back in position.	Did you complete this breathing exercise? Yes or No
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Day 5

It's important to use positive language when we talk to others as well as in our own self-talk. Write 5 positive words or phrases you can use today.	
Write a single statement of encouragement to yourself. This statement should encourage you to keep working toward daily activity goals.	Example: "Keep your head up, stay positive, you can do this."

Now Breathe

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<ul style="list-style-type: none">- It's time to practice breathing into your belly.- Find a comfortable place to lay flat on your back. Place a light object (like a small book) on your belly.- Close your eyes and focus on breathing. As you inhale and exhale, stay mindful of the position of the object. Is it moving?- Focus on making the object move up when you inhale and down when you exhale. If the object falls off your belly, simply pick it up and place it back in position.	Did you complete this breathing exercise? Yes or No
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Day 7

List 3 words or phrases that describe how you feel each time you finish being physically active.	
Write 1 sentence that you could use to convince a friend or family member to be physically active with you.	

Now Breathe

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<ul style="list-style-type: none">- It's time to practice breathing into your belly.- Find a comfortable place to lay flat on your back. Place a light object (like a small book) on your belly.- Close your eyes and focus on breathing. As you inhale and exhale, stay mindful of the position of the object. Is it moving?- Focus on making the object move up when you inhale and down when you exhale. If the object falls off your belly, simply pick it up and place it back in position.	Did you complete this breathing exercise? Yes or No
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Day 9

List 2 accomplishments that you are proud of.	
Choose 1 of those accomplishments and write 3 sentences to yourself describing why you are proud and how that accomplishment will help you in the future.	

Now Breathe

(Visit www.hhph.org/resources/mindful-beats/ for free music to use in this exercise)

<ul style="list-style-type: none">- It's time to focus on our breathing without using a moving object.- Find a comfortable place to lay flat on your back.- Close your eyes and focus on breathing.- As thoughts come into your mind – let them come and go. Bring your focus back to your breathing as you inhale, and then clear your mind as you exhale.	Did you complete this breathing exercise? Yes or No
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Day 11

<p>Think of a friend or family member. List 1 of their most recent accomplishments that you admired.</p> <p>Think about why you are proud of them!</p>	
<p>Now, write 1 sentence to your friend or family member describing why you are proud of their accomplishment and how you believe that achievement will help them in the future.</p>	

Now Breathe

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<ul style="list-style-type: none">- It's time to focus on our breathing without using a moving object.- Find a comfortable place to lay flat on your back.- Close your eyes and focus on breathing.- As thoughts come into your mind – let them come and go. Bring your focus back to your breathing as you inhale, and then clear your mind as you exhale.	<p>Did you complete this breathing exercise?</p> <p>Yes or No</p>
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Day 13

List 3 benefits of completing this 2-week journaling routine.	
Choose 1 of the benefits listed above. How is that benefit related to your emotional health? Give evidence.	

Now Breathe

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<ul style="list-style-type: none">- It's time to focus on our breathing without using a moving object.- Find a comfortable place to lay flat on your back.- Close your eyes and focus on breathing.- As thoughts come into your mind – let them come and go. Bring your focus back to your breathing as you inhale, and then clear your mind as you exhale.	Did you complete this breathing exercise? Yes or No
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