

MONDAY MOMENTS



NEW DAY · NEW WEEK · NEW GOAL

Monthly Theme: Get Kind Week 33: Take A Breath



“Take a deep breath. Inhale peace. Exhale happiness.”
~ A.D. Posey, American Poet



Breathing is natural. We don't necessarily need to tell our bodies to breathe. Our bodies have an amazing nervous and respiratory system that takes care of it. However, let's really think about how we breathe. When you inhale, you fill your lungs with air and expand your diaphragm. When you exhale you clear your lungs and relax your diaphragm. The act of breathing creates space. In that space, we make choices. In our fast-paced and sometimes hectic world, it's easy to react to...well everything. But when we consciously come back to our breath and regulate our breathing, we remember that we don't really need to react. Instead, we can TAKE A BREATH and thoughtfully respond. We can choose whether our actions create understanding, joy and KINDNESS for ourselves, our family and those around us. How does taking a moment to intentionally pause and TAKE A BREATH help us to create KINDNESS in our day?



Took My Breath Away - Have family members share experiences or moments where they found themselves in awe or were impressed. In a way, that experience or moment, took their breath away. Discuss why it is important to use our awareness to connect with things that TAKE OUR BREATH AWAY. Think about how one can spread KINDNESS by noticing things that TAKE OUR BREATH AWAY.



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