

# "Mindfulness May"

at the Manor

May 2020

On our Manor School website, click the  
"Mindfulness May" link.

**STEP 1:** Think about the ways you practice "mindfulness" in your life (ex. yoga, long walks, bike rides, deep breathing, observing nature...)

**STEP 2:** Make a FlipGrid video stating which mindfulness activity you enjoy the most and why. If you have a special place where you practice mindfulness, consider filming your FlipGrid there.

**STEP 3:** Enjoy watching all of the Mindfulness May FlipGrids! This link will be active for the whole month of May.