



"Stop and Smell the Flowers!"

Friends!

Everyone pick a flower to stand on. (or teacher assigns the flowers)

If you are a red flower: raise your hand!

If you are an orange flower: raise your hand!

If you are a yellow flower: raise your hand!

If you are a blue flower: raise your hand!

If you are a pink flower: raise your hand!

Where is my flower garden? You all are!!

Now, we will calm our minds as we get ready to stand in line.

Now. Quietly... THINK about what your flower might SMELL like? Think about the best smelling flower.

Pretend you picked 3 flowers and it is now in your hand.

BREATHE IN 1-2-3-4 and smell the flower!

Breathe OUT 1-2-3-4 and blow the flower back onto the grass!

Breathe IN 1-2-3-4 and smell the flower!

Breathe OUT 1-2-3-4 and blow the flower back onto the grass! Great job!