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Please address correspondence to: Philip David Zelazo, Institute of Child Development, University of Minnesota, 51 East River Road, Minneapolis, MN 55455-0345. E-mail: zelazo@umn.edu.

Appendix

Examples of exercises used in the Mindfulness + Reflection intervention

The 14 mindfulness exercises:

- Lesson 1-- **Getting to Know You, Getting to Know Your Breath**
- Lesson 2-- **The Breath in My Body**
- Lesson 3-- **Introduction to Body Scan, Sound in Space**
- Lesson 4-- **Body Scan and Mindfulness Journals**
- Lesson 5-- **Mindful Movement and Deep Body Scan**
- Lesson 6-- **Deep Body Scan and Mindfulness Journals, Cheerios box**
- Lesson 7-- **Mindful Seeing**
- Lesson 8-- **Mindful Hearing, Egg Carton Game**
- Lesson 9-- **Mindful Touch, “What’s Behind My Back?” game**
- Lesson 10-- **Mindful Smelling Mindfulness Journal blank pages**
- Lesson 11-- **Mindful Taste**
- Lesson 12-- **Interconnectedness book: Who Put the Cookies in the Cookie Jar?**
- Lesson 13-- **Baking Soda in Water and You Are Not Your Thoughts book**
- Lesson 14-- **Snow Globe/Glitter ball activity**

Each lesson begins with a greeting, and ends with friendly wishes and a song (Be Well). New practices are introduced that are relevant to the Lesson theme, and some previously introduced practices are repeated in later lessons. The first 3 lessons provide an example:

- Lesson 1-- **Getting to Know You, Getting to Know Your Breath**
 - Greeting
 - Parachute breathing**
 - Sleeping lions (Wemoweh song)**
 - Be Well Song

Lesson 2-- The Breath in My Body

Greeting

Breathing ball**Pinwheel****Starfish****Sleeping beanies breath**

Friendly wishes

Be Well Song

Lesson 3-- Introduction to Body Scan, Sound in Space

Greeting

Tic Toc**Breathing ball****Body scan with hula hoop****Sound in Space game (Tone bar)****Sleeping beanies breathe**

Friendly wishes

Be Well Song

Sources:

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