

# Brain Break Tic Tac Toe

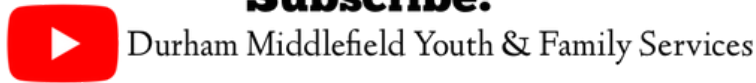
Play Tic Tac Toe like normal but after placing an "X" or "O" you complete the brain break task that is on the spot

Share With Your Opponent Something Good About Your Day	Do the Chicken Dance	Hop on 1 Foot for 15 Seconds
Both Players Sing Along to a Song of Your Choice	Take 3 Deep Breathes	Give a Compliment to Your Opponent
You Have 30 Seconds to Make a Drawing of Your Opponent	Run For 15 Seconds	Both Players Have a Dance Party to a Song of Your Choice

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# Mindful Monday

## "BREATHE LIKE A DRAGON" ACTIVITY KIT



Durham Middlefield  
YOUTH & FAMILY SERVICES



Durham Middlefield  
— LOCAL WELLNESS COALITION —

Activity Booklet Developed By: Lynna Vo

# Create A Dragon Craft

## Materials Included in Kit

- 1 Craft Roll
- 1 Piece of Green Construction Paper
- 4 Pom Poms (2 small, 2 large)
- 2 Googly Eyes
- Tissue Paper

## Materials Not Included in Kit

- Pair of Scissors
- Glue Dots or Glue Gun (Adult supervision is advised for handling a glue gun)

## Instructions

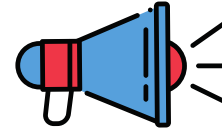
To watch video instructions scan the QR Code or use the link below

<https://bit.ly/30yB746>

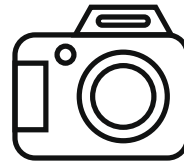


1. Cut a piece of construction paper to be the exact length of your paper roll. Spread glue from a glue stick onto one side of the paper. Line up the ends of the paper with the ends of the paper roll, then wrap the paper around the roll so it's completely covered.
2. Using a glue gun or glue dots, attach one of the googly eyes to the middle of one of the larger pom poms. Repeat for the second googly eye and second larger pom pom. These will be your dragon eyes (you should have two eyes).
3. Using a glue gun or glue dots, attach each of the dragon eyes to one end of the paper roll.
4. Using a glue gun or glue dots, attach the two smaller pom poms near the other end of the paper tube to make the dragon's nose.
5. For the fire, cut scraps of red, yellow and orange tissue paper to be long pointy strips.
6. Spread some glue from a glue stick onto the straight end of one of the strips of tissue paper, then attach it to the inside of the paper roll under the dragon's nose. Repeat, and keep gluing tissue paper to the inside of the paper roll as you work your way around the roll.
7. Only glue tissue paper as shown in the photo. Don't glue tissue paper all the way around the bottom of the roll (under the nose). Gravity will pull down any tissue paper there and it won't move when you blow in the paper roll.

8. Your paper roll dragon is complete! Take a deep breath, put your mouth on the end of the paper roll and BLOW!



## Giveaway Entry Alert!



### We want to see your creation!

Snap a photo with your creation and share it with us by tagging us on Facebook and Instagram!

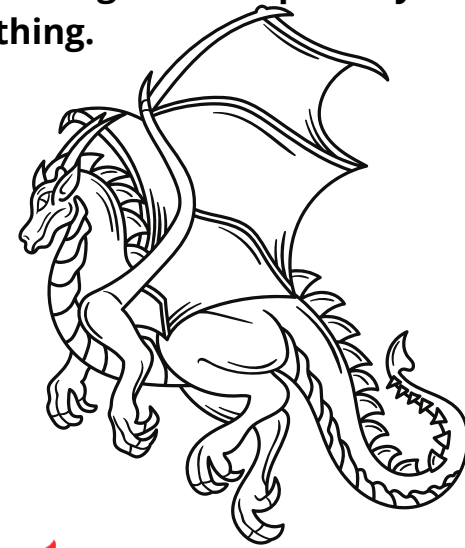
Or email photos to [lvo@dmyfs.org](mailto:lvo@dmyfs.org) to be featured

Share your creation with us and get entered into our Mindful Monday giveaway! Winner will be announced at the end of May.

## Dragon Breathing Exercise

Controlling your breathing is a huge component of mindfulness. This exercise at first might feel super silly but it helps you practice deep breathing.

- 1 Sit up straight
- 2 Breathe in all the way
- 3 Stick your tongue out.
- 4 Breathe out like a...



**DRAGON!**



## Dragon Coloring Sheet

### Materials Included in Kit

- Coloring Sheet
- Crayons



Have some fun coloring your dragon! Name your dragon! And don't forget to sign your name in the bottom right corner!