

Positive Psychology Mindfulness Exercises

Go to the website

<https://positivepsychology.com/mindfulness-exercises-techniques-activities/> that outlines 22 mindfulness exercises. Choose an exercise that can be easily practiced in class by all students of all ability levels. Discuss emotions and feelings, and how those can be related to empathy in the larger class.

Alternatively, students can choose their own exercise to practice outside of class, reflect upon its results, and discuss in the larger class.

