

The most beneficial
extra credit assignment
you'll ever receive



mindfulness assignment

*Scroll to the next page for an optional extra
credit Spring Break assignment*



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mindfulness assignment

Outside of teaching American Literature, Ms. Antonacci also loves teaching mindfulness and self-care practices. Over the break, complete one or more of the checklist items below. Then, in an e-mail to Ms. Antonacci, share what task(s) you completed, and include a short reflection on how it made you feel or the impact it had on your day. I hope you find these practices beneficial.

1. **Take a mindful walk.** Listen to the sounds of nature, walk slowly, and observe your surroundings.
2. **Create something, anything.** When you create anything, you are actually practicing mindfulness, because you are almost forced to stay in the present moment.
3. **Breathe deeply (diaphragmatic breathing).** Try the 4:7:8 breath, where you breathe in through your nose for 4 seconds, count for 7 seconds while holding your breath in, and then gently and slowly exhale through your mouth for 8 seconds. You can practice this breathing style a few times a day. You should feel calmer with each breath you take.
4. **Disconnect from your phone.** I know this is a hard one for you all, but try leaving your phone in another room or turning it off for an hour or two.
5. **Take a self-care day.** This will look different for everyone, but disconnect from electronics and do what makes you happy. Take a bath, read outside, play some basketball, reorganize your room, take time to *actually* listen to music, cook a meal -- whatever your heart desires.