

— Mindful Melt Reading Instructions —

Have students spread out around the class in good fit places laying down or sitting comfortably. Let them know that they can do this exercise with their eyes closed or open (looking down at the floor not at other students).

Before you read, get to a calm place and become grounded.

When reading...

- Read slow
- Use a moderately neutral tone
- Emphasize words (such as: feel, focus, relax, slowly) by changing the tone of your voice slightly
- At the end, ask students to take 5 deep breaths and tell them that when they are ready they can open their eyes (if they were closed) and sit up (if they were laying down)
- Discuss reflecting on how they are feeling (using feeling words) or what Zone they are in