

Mindfulness for Music Classrooms



- **Breathing during transitions** for going into rehearsal, changing songs, leaving rehearsal, etc.
- **Body scan for instrument postures** to become aware of any tension
- **Box Breathing using music stand or sheet music** to help ensemble calm down or refocus
- **Mindful coloring or drawing** while listening to music
- Blowing and releasing **worry bubbles** for difficult rehearsals or if students are anxious before a concert
- **Mindful listening** with certain instruments and sounds to train their ears and focus