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## Mental Vacay

Tallgrass Prairie Center, University of Northern Iowa

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## Mental Vacay (1-8)

**Curriculum Connection:** Health & PE; *Optional* Language & Arts

**Materials:** None

**Activity:** Students will lie down in a natural space outside. Tell students to close their eyes and imagine their favorite outdoor place. Picture themselves being there and think through all of their senses of that space. Tell them they'll have three minutes of silence to visit this special place. After the exercise remind students that anyone can take a mental vacation to help with relaxation and calmness or when dealing with trouble, anger, or stressful times. A simple practice to improve happiness & health.

**Possible Prompts or Leading Questions:**

- Think about why you chose the place that you did.
- What adjectives can describe how you feel when there?
- Think about appropriate times you can do this and how you would benefit from doing this daily or a few times a week.

**Extensions & Other Options:**

- Allow students to write, draw, create a song or poem, or orally describe their favorite place they visited (*Language: Writing; Arts*)