

Mindful Knight - Extensions

LEVEL UP your coding skills with [Prodigy Learning](#) and their [Coding Credentials](#) program! The agent is an amazing resource in Minecraft that is often under-utilized by students. Consider checking out Prodigy Learning and their coding courses, and revisiting the lesson to use the agent to help with design challenges, such as building an elevator or creating a labyrinth in the museum gardens.



Other Extension Ideas:

- **Drawing Your Breath - A Mindful Art Exercise:** Teach relaxation and mindfulness skills to calm and focus our students minds. Check the lesson out here: <https://creativityintherapy.com/2017/08/drawing-your-breath-a-mindful-art-exercise/>
- **Writing a Self-esteem Journal:** Support student journaling to build self esteem, reflections confidence and promote creativity. Have students write journals to develop mindfulness strategies and build positive self image. Check out 52 different prompts here www.journalbuddies.com/journaling-resources/self-esteem-confidence-journal-prompts-for-kids/
- **Breathing and Sensory Activities:** Continue building on our Minecraft lesson with these 5 activities to support breathing and using our senses to stay in the present moment. Check the activities out in detail here <https://biglifejournal.com/blogs/blog/5-fun-mindfulness-activities-children-breathing-exercises>
- **More Mindfulness Activities:** There are a plethora of mindfulness resources online. Here is one with 25 different activities to get you and your students started. <https://positivepsychology.com/mindfulness-for-children-kids-activities/>