

Mindfulness Classroom Implementation

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Mindfulness & SEL:

- Supports self management, self awareness, fosters self-reflection

Building the 1st Layer of Mindfulness-Discussion of what it is, how we use it, and what it could look like:

- Provide language and vocabulary about mindfulness.
Mindfulness means paying attention to what is happening right now. Mindfulness does not mean sitting and not doing anything.
- Why do we do it in class?
It helps us to pay attention, to calm down when we are upset, to make good choices, and to regulate our emotions.
- When is it a good time to do it?
When you are losing your focus, feeling unsure, worried, tired, angry, stressed, and need a break.
- What do our bodies and mouths look like when we do it?
Our bodies are still and quiet. Our mouths are relaxed and being used to breathe in and out.
- What can our partner/community expect from us?
Our partner and community can expect that we do this together. To set up everyone for mindful success, we will be respectful with our bodies and honor each other's mindful space.

Building the 2nd Layer of Mindfulness- Practicing the Foundational Skill:

- 1.) Practicing Mindful body vs. Unmindful body (mindfulschools.org)
- 2.) Practicing Mindful Listening with chime/bell/singing bowl (mindfulschools.org)
- 3.) Practicing Mindful Senses Discovery (use a sense and an object or nature)
- 4.) Practicing Mindful Walking (senses/nature)

Building the 3rd Layer of Mindfulness- Practicing Everyday Mindful Strategies:

- Rainbow Breaths
- Hand Finger Breathing
- Shark Fin
- Visualizing Calming Place
- Body Scan
- Actively Listening to Music
- Be Still
- Object and Sense Discovery
- Attitude of Gratitude (Gratitude Strips)
- Mindful Walking
- Stretching Body
- Connecting with Nature

Building Routines and Procedures for Mindfulness- When and Where to embed it:

- Morning Routine/Morning Circle (on the carpet, same time, same format, provide a poster of choices and refer to it)
- During Content Blocks- every 20-30 minutes
- Before, During, and After Tests
- Transition times
- After recess/After Lunch
- After a pull out (Jiji, Starting Arts, Playworks, Library, etc...)
- Walking to a pull out- Mindful Walk
- Reading the pulse of your class
- Reading your own personal pulse

Materials/Resources:

- Soft bell/Soft chime/Singing bowl
- Mindfulness Strategies Poster
- Self Management/Self Awareness Student Pictures/Posters
- Music (ipad, iphone, CD player)
- Morning Mindful Scripts (TPT)
- Mind Up curriculum
- DESSA Strategies website:
<https://sel.datalinkevo.com/#/login>
- Go noodle (Air time, Rainbow Breaths, Go With the Flow, etc...)
<https://app.gonoodle.com/categories/manage-stress>
<https://app.gonoodle.com/categories/breathe>
- Mindful Apps: Headspace, Settle Your Glitter, Stop, Breathe & Think
- Mindfulschools.org
<http://www.mindfulschools.org/resources/explore-mindful-resources/#starter-lesson>
- Teacher/Student Ideas- Add to Mindfulness Strategies Poster