

| <p><i>Quick and easy ways to integrate mindful moments into your class' routine</i></p> | <p><i>Mindfulness Resources</i></p> |
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| <p>➤ Body Scan:</p> <ul style="list-style-type: none"> - This is a great activity to do at the beginning of the day or just after lunch. Students close their eyes and are guided (either by you or a recording) to observe the feelings in their body from head to toe. | <p>http://www.livingwell.org.au/mindfulness-exercises/6-body-scan/</p> <p>(This link is to a long version of the body scan, but you could easily adapt it to do a 2 or 3 minute session with your class.)</p> <p>http://elishagoldstein.com/videos/3-minute-body-scan/</p> <p>(Here is an example of a 3 minute version. This site also has 5 and 10 minute sessions.)</p> |
| <p>➤ Focus on breaths</p> <ul style="list-style-type: none"> - Ask students to close their eyes and breathe normally. Have them observe their breath. Is it shallow or deep, rushed or calm? They should just make observations without judgment. - Have them count their breaths. (See resource for more details.) | <p>http://www.drby.net/index.php/Practice/mindful-awareness-of-breathing-instructions.html</p> |
| <p>➤ Kind line:</p> <ul style="list-style-type: none"> - Switching gears from focusing on the breath and body, A Kind Line is all psychological—being "kind" is what this practice is all about. A Kind Line is a repetitive compassionate phrase used to bring about our innate kindness towards ourselves and others. - Simple in action, profound in results, and integrated with Breath Focus, A Kind Line starts with the inhale of the breath. On the inhale, students recite a short compassionate phrase. Examples are endless, but here are a few to get started: "I deserve the best," "I wish for others to be happy," or a school-focused one, "I feel confident in my academic abilities." - To encourage self-reflection, ask students to choose or create a phrase that fits their mood or point in their life. Tell them that doing so will create meaning for this practice. But you can also make a list of various phrases for students to choose from if they are having difficulty creating an original one. | <p>http://www.edweek.org/tm/articles/2013/11/05/ctq_b_ohstedt_mindfulness.html</p> |
| <p>➤ Quick synopsis of mindfulness for your reference</p> | <p>http://www.dummies.com/how-to/content/mindfulness-for-dummies-cheat-sheet-uk-edition.html</p> |
| <p>➤ Observing sounds</p> | |

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| <ul style="list-style-type: none"> - Ask students to close their eyes, focus on their breathing for 30 seconds, and then observe (without judgment) all the sounds they hear in the room. - Have students discuss the sounds they heard with a partner. | http://www.the-guided-meditation-site.com/mindful-listening.html |
| <ul style="list-style-type: none"> ➤ A full lesson (grades 3-5) on observing sounds | http://teacher.scholastic.com/products/mindup/pdfs/Mindup_3-5_lessons.pdf |
| <ul style="list-style-type: none"> ➤ Mindful eating: <ul style="list-style-type: none"> - See the link for the Hershey kiss exercise (among others) | http://www.infobarrel.com/Mindfulness for Children |
| <ul style="list-style-type: none"> ➤ Mindful bodies: <ul style="list-style-type: none"> - See the link for the full lesson. (Scroll to the bottom of the page.) There are also links for training for teachers. | http://www.mindfulschools.org/resources/sample-lesson/ |
| <ul style="list-style-type: none"> ➤ Mindful movement: <ul style="list-style-type: none"> - The link to the right is an early elementary school classroom practicing simple and silly yoga exercises. - You can also just learn and teach a few poses with your students to have them calm down, get centered, and work some of the stress out of their bodies. | http://www.youtube.com/watch?v=ZeXuf7sOpzA |
| <ul style="list-style-type: none"> ➤ Create a “How’s my engine running” poster with your students. ➤ Students need to be mindful of their own mental and physical states. This visual can serve as a constant reminder to your students to remain mindful of their behavior and mindsets. | <p>Sample posters:</p> <p>http://km207.blogspot.com/2012/10/how-your-engine.html</p> <p>http://chapelhillsnippets.blogspot.ca/2012/02/self-regulation-scale.html</p> <p>http://www.cbc.ca/thesundayedition/documentaries/2013/12/01/draft-documentary-how-is-your-engine-running/</p> |