

# Group 5

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# Mindful Curriculum and Introducing Mindfulness (Pages 137 - 144)

**Mindfulness Curriculum** - (integrating it into curriculum-themed activities through exercises in breathing, sensory experience, guided imagery, and movement.

(Be a good swimmer before becoming a good swimming instructor)

**Introducing Mindfulness to Students** (Treat it differently, not turning it into another subject that would stressed out about getting good grades)

- Setting up the room (Seating arrangements-more conducive to a sense of equality and openness)
- Introducing Mindfulness (Ask students' idea of mindfulness-have them feel it, own it)
- Inviting Stillness (Let every part of the body come into total stillness and what can be noticed when so still)
- Benefits of mindfulness (Rewires our brain so that we are less reactive and we won't get into trouble, makes us happier and more)

# Layout of a Mindful Lesson and Mindfulness Based Curriculum (pgs. 145-153)

## Layout (p. 145-149) -

Can be integrated into everyday class structures

Helpful to give extended time when introducing new lessons (15 minutes for Elementary)

Use **Basic Flow Set** -

**Opening Mindful Moment** - mindful listening, the anchor breath, and mindful movements

**Check In and Report Back** - Ask how have they used previous mindfulness lessons

**New Lesson Introduction** - Set up the lesson as exploration, using heartfulness and attention, don't say what the experience will be like

**Practice** - Dive into the experience

**Sharing/Council** - Give students time to share their experience, listen without judgment, you can share a story too

**Journaling** - Students reflect in a journal

**World Discovery** - End of lesson suggest ways to explore the theme in daily life

**Closing Mindful Moment** - Short mindfulness practice, belly breathing etc.

# Embodiment Lessons and Language of the Body

Embodiment Mindfulness lessons is a tool that we can use to begin exploring our inner world which is our awareness and the vehicle in which we can learn is our body.

Embodiment Mindfulness is inviting students to do relaxing and engaging movements to bring awareness to their breathing and to their inner body sensations.

Embodiment Mindfulness can help students to improve their abilities to pay attention, to calm down and to make good decisions. It helps with emotional regulation and cognitive focus.

Embodiment Mindfulness lessons is noticing our thoughts, feelings, body sensations and anything happening around us.

Teaching Mindfulness to our children is to give them skills to develop their awareness of their inner and outer experiences.

Embodiment Mindfulness lessons can be integrated into our lessons so our students can learn to identify their sensations.

Embodiment Mindfulness lesson: Walking Mindfully in Beauty...

# Playing Mindfulness and Mindful Movement

## Playing Mindfulness

- \*Playing mindful games helps students to be aware of their breathing.
- \*Practice helps students focus awareness on breathing along with their body movements.
- \*Movement supports student's capacity to relax and be centered.
- \*With practice, students move from external movement to internal stillness.

## Mindful Movement

- \*Practice supports coordination and body awareness.
- \*Being aware of body movement teaches children about their physical boundaries and the boundaries of others.
- \*Students learn to appreciate the subtle movement of their bodies.
- \*Practice develops patience and attention to the body.