

# Mindfulness

Self-Management, Module 2



# AGENDA



1. 1.Warm Up: 1 minute guided mindfulness meditation with music



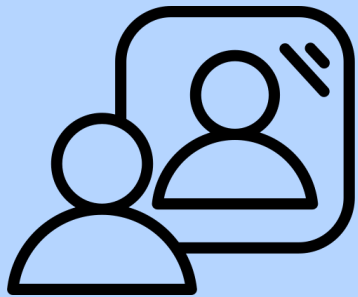
2. Discuss and share your reactions to this mini mindfulness meditation. How did you feel during that minute? Did you relax? Did you feel weird or anxious or nervous?



3. As a group practice as many of the mindfulness activities as you can outlined in the google doc, then reflect on each activity you tried.



4. Reflect: How do you feel about mindfulness? Which strategies did you like best? Which ones do you think you will continue to use?

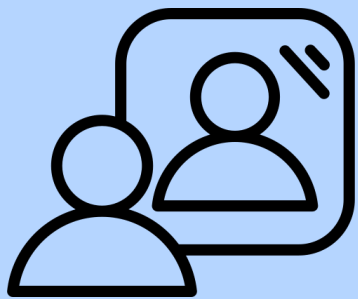
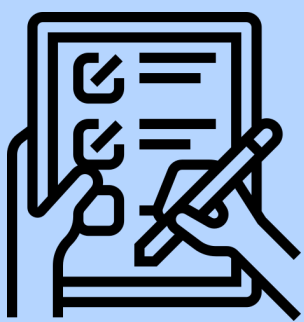
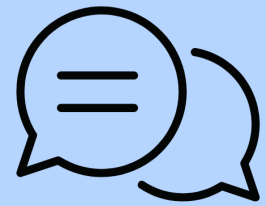


# BRAINSTORM



1 minute guided mindfulness meditation with music. Click the button below to listen and relax!





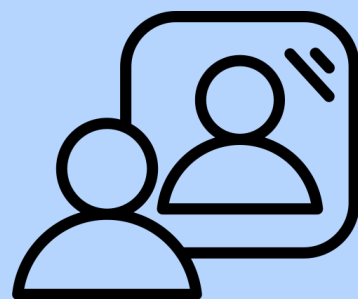
# DISCUSS



At the end of the minute, ask students: How did you feel during that minute? Did you relax? Did you feel weird or anxious or nervous? Acknowledge that however students felt, that's ok.

It's okay to acknowledge that you felt silly or weird during the mindfulness practice, the more you practice the easier it will be.





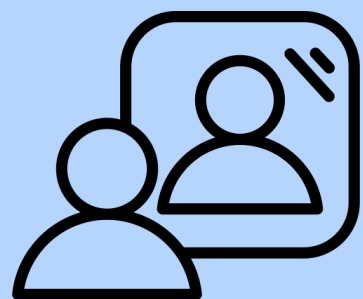
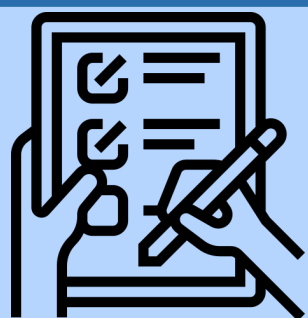
# DIVE IN



## Mindfulness

Mindfulness means giving your complete attention to how you are feeling in the present moment by calmly acknowledging and accepting your feelings, thoughts, and bodily sensations without any judgment.






# ACTIVITY



As a class, practice as many of the mindfulness activities as you can outlined in the activity sheet, then reflect on each activity you tried.

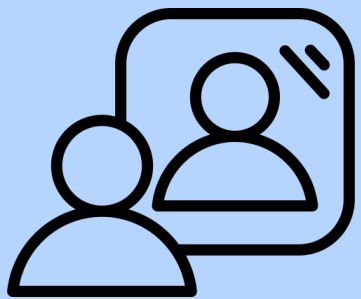
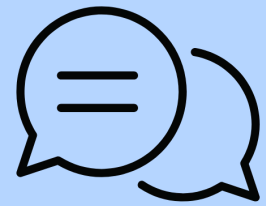
 **High School**

**Mindfulness**

Strategy	Explanation	Reflection
Meditation minute	Sit comfortable, close your eyes and focus on your breathing for one minute.	
4 square breathing	Breathe in for 4 seconds. Hold for 4 seconds. Breathe in for 4 seconds. Hold for 4 seconds. Repeat.	
grounding	Find 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell, take one deep breath in through your nose and out your mouth.	
body scan	Sit comfortably in your chair. Close your eyes. Breathe in and out of your nose. Feel your feet flat on the floor. Without moving them, relax your feet. Bring your attention to your legs. Relax your legs. Move your attention to your belly. Relax your belly. Notice your lower back. Relax your lower back. Bring your attention to your shoulders. Relax your shoulders. Feel your arms, hands, and fingers relaxing. Feel your jaw, eyes, and forehead relaxing. Notice your whole body. Let your whole body relax. Now, slowly wiggle your toes. Slowly wiggle your fingers. Keeping your eyes closed, gently sit up straight and take a deep breath in, hold it, and exhale slowly. Notice how you feel. Slowly open your eyes.	
Other:		

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# REFLECT



How do you feel about mindfulness? Which strategies did you like best?  
Which ones do you think you will continue to use?

# Home Connection



High School

## Home Connection

### Mindfulness

Dear \_\_\_\_\_,

Today in class, we learned that mindfulness means paying complete attention to how you feel in the present moment by calmly acknowledging and accepting your feelings, thoughts, and bodily sensations without judgment.

Please encourage your student to practice mindfulness at home. Ask them to show you their favorite mindfulness activity they learned today.

Please do not hesitate to reach out with any questions or concerns.

Best,

\_\_\_\_\_

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## Professional Development



How could you incorporate mindfulness in your classroom practice?





# Further Study

## For Further Study:

- Edutopia: *Mindfulness in High School*:  
<https://www.edutopia.org/article/mindfulness-high-school>
- Greater Good: *8 Tips for Teaching Mindfulness in High School*:  
[https://greatergood.berkeley.edu/article/item/eight\\_tips\\_for\\_teaching\\_mindfulness\\_in\\_high\\_school](https://greatergood.berkeley.edu/article/item/eight_tips_for_teaching_mindfulness_in_high_school)
- Headspace offers a free subscription to its mindfulness app for teachers:  
<https://www.headspace.com/educators>







**Lesson Complete!**

