



## Mindfulness

### Materials:

- Worksheet

### Brainstorm

Turn off the lights in your classroom. If possible, play relaxing music as you invite students to get comfortable. Set a timer for one minute and instruct students to close their eyes and focus only on their breathing for one minute.

### 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.

### Dive in!

Although mindfulness has been around for thousands of years, it's become a hot topic lately. So, what is 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. Mindfulness helps to reduce stress, and has been found to improve mental and physical health! We just practiced a mindful minute during the kickoff activity. Some of you acknowledge feeling silly or weird, and that's OK, but the more you practice mindfulness, the easier it will become in time. And the mindful minute exercise was just one of many ways we can practice mindfulness. Let's try out some others!

### Activity

Provide each student with a copy of the Worksheet and then together as a group practice as many of the mindfulness activities as you can during the allotted time. After each exercise, provide students with a moment to write a brief reflection about how the exercise made them feel. Feel free to add one of your favorites to the list, or solicit suggestions from students.



## High School

### Reflect

To wrap up the lesson, ask students the reflection questions verbally: How do you feel about mindfulness? Which strategies did you like best? Which ones do you think you will continue to use?

**Optional Home Connection** → Encourage students to practice mindfulness at home and share the following text with students' families: Your student learned about mindfulness today. Ask them to show you their favorite mindfulness activity.

### Professional Development

How could you incorporate mindfulness in your classroom practice?

### 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>