
Mindfulness





mindfulness

think simply feel use

focus daily without

go learn aware thinking want ways

make past process way body

object world present

physical mental may moment pain one practice awareness

feelings insight emotions concentration mbsr something feeling habitual well

arise help just thoughts experience meditation suffering back mind people become see

bring negative mindful time breath work even depression find attention

research painful learning

life important place need stress notice

emotional



Activity 1



Goodie Bag

Pick an object from the bag and observe.

Observe

- Color
- Texture
- Smell
- Pattern
- Taste, if possible
- Feel

The quality or state of being conscious or aware of something: **Mindfulness**



Self



Surrounding



Collaborative

Activity 2





My
Peegü
become the star you are

Breathing Count

- 36-45
- 26-35
- 16-25
- <15

Self Mindfulness

Concentrate: breathing,
eating habits, lifestyle

Sit often

Go easy on yourself

Prioritize

Slow it down

Have fun

Let go

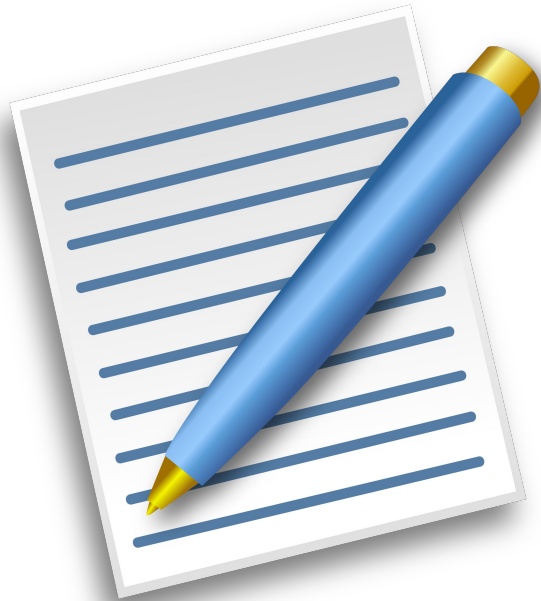
Be patient

Surrounding

- Be a mentor.
- Make connections.
- Expect anything and everything!
- Pay attention to the strengths and limitations of each of your students. Reward their strengths and strengthen their weaknesses.
- If possible, set your room in a U-shape to encourage interaction among students.
- Make your classes relevant. Be sure students see how the content relates to them and the world around them.
- Be expressive. Smile.
- Provide opportunities for students to speak to the class.
- Be available before class starts, during break, and after class to visit with students.



Activity 3



Ready. Steady. Go.

Eat a chocolate

Collaborative Mindfulness

- Special children require special care.
- Attend to the needs of the students.
- Be cautious of tantrums. They could most easily be an escape behavior.
- Try not to judge.
- Involve your students in your teaching. Ask for feedback.
- Children tend to imitate. Observe.
- Be sensitive of feelings, the students' and your own.
- Advocate for your students.



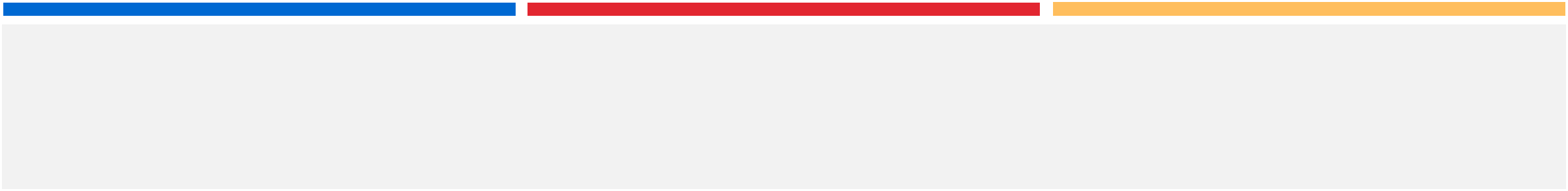
Activity -4 Mindful posing








My Peegü
become the star you are



Activities for Students

- Gratitude Jar
- Meditation
- Ring-a-bell
- Breathing Buddies
- Smell and Tell
- Heart to Heart
- Superheroes
- School Safari



Activities for Students

Gratitude Jar

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That's all, folks!

