

Includes 6 sessions focused on helping students learn about and practice mindfulness!

Session 1: What Is Mindfulness?
Objective: Students will learn why mindfulness is important.
Materials: Group response sheets from pages 7-8 (One copy), Worksheet from page 9 (One copy per student), Writing utensils.
Pre-Activity Discussion: Introductions: Name, grade, one thing you are proud of. Today, we are going to begin a small group and you have never heard of the term mindfulness. What do you think it means? The term mindfulness includes many definitions. It is being aware and present in the moment. Why do you think that would be important? Is mindfulness something that is easy to do? Today, we are going to learn a little bit about it.

Session 2: Why Mindfulness?
Objective: Students will learn why mindfulness is important.
Materials: "Myth v. Fact" voting sheet from page 10 (One per student), Statement sheet from page 13 (One per student).
Pre-Activity Discussion: Last time we met, we talked about why mindfulness is important. Today, we are going to talk about why it is important. Before we start the activity, do you have any guesses about why mindfulness is important to help you?

Session 3: Deep Breathing Strategies
Objective: Students will identify and practice 6 different deep breathing strategies.
Materials: Posters from Pages 16-21 (One copy), Reflection sheet from page 22 (One copy per student), Writing utensils.
Pre-Activity Discussion: Who remembers what we talked about last session, we talked about what mindfulness is and we are going to start learning strategies to do this. We are going to start by talking about deep breathing. Deep breathing may help you to help our bodies and brains feel more calm and present. One interesting thing about deep breathing that we can practice it. There are different ways to do it. Today, we are going to practice 6 different deep breathing strategies. Reflect on which ones you liked and which one you liked the most. Remember that each person is different and what works for one person may not work for another.

Session 4: Noticing My Feelings
Objective: Students will consider ways that they can be more aware of their feelings.
Materials: Lift-A-Flap templates from pages 25 and 26, Scissors, Glue, Writing Utensils.
Pre-Activity Discussion: Who remembers what we talked about last session, we talked about deep breathing strategies. Today, we are going to talk about another part of mindfulness: noticing our feelings. Who do you think it is important to be aware of our feelings can help us to better get out of control. What are some feelings that you have had you were feeling that way? One way to recognize your feelings is by starting to experience different feelings. How is it by noticing how your body looks or how you feel. Do you think that these signals are going to help everyone? Since the signals are different for everyone's are. Today, we are going to make an activity on noticing our feelings.

Session 5: Noticing My Surroundings
Objective: Students will notice their surroundings.
Materials: Blank paper (or the response sheet from page 30), Writing utensils.
Pre-Activity Discussion: Who can tell me what we talked about last week? Today, we are going to talk about being aware of your surroundings. How do you think it can be helpful to be aware of your surroundings?
Activity: What I Notice (5-10 minutes): For this activity, students will have one minute to notice with each of their senses. They are finished, instruct students to raise their hand. Instruct students to raise their hand silently with five another person. This person is their partner. Partners should compare lists, and they don't have before. Once they have finished a new partner in the same way, and share lists.

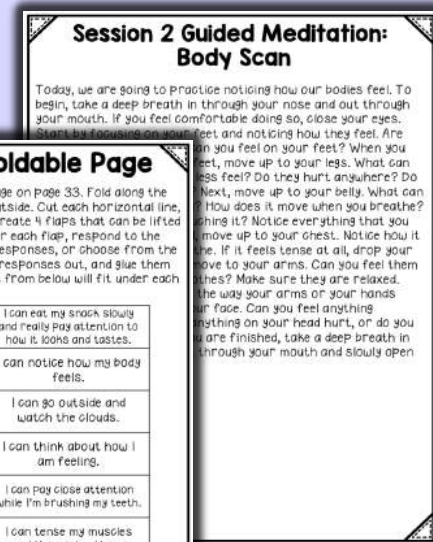
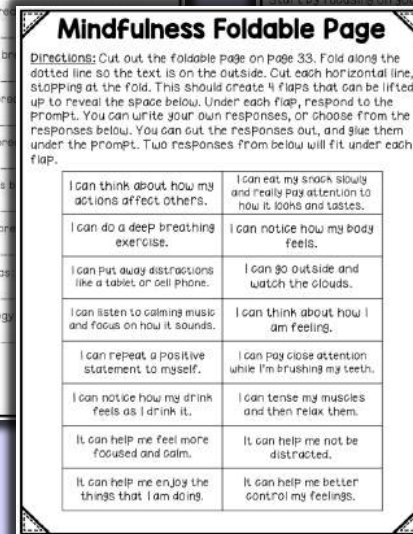
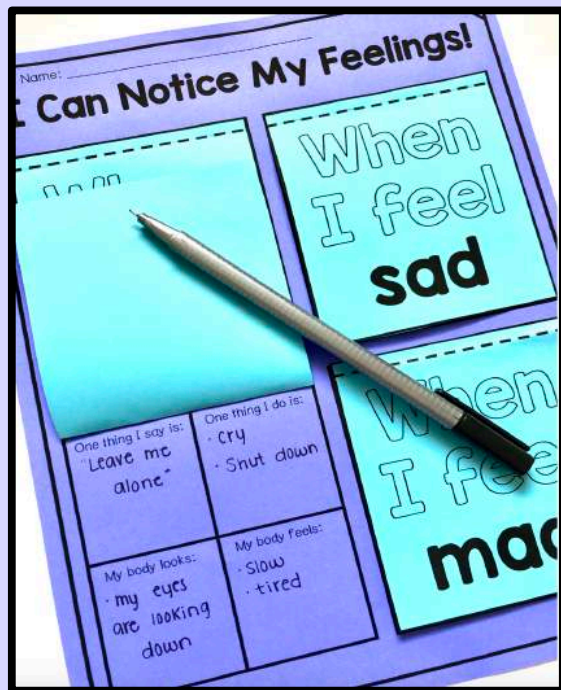
Session 6: My Mindfulness Plan
Objective: Students will identify ways that they can practice mindfulness each day.
Materials: Foldable page template from page 33, Pre-populated answers from page 32 (Optional), Scissors, Writing utensils.
Pre-Activity Discussion: Who can tell me what we talked about last week? Today is our last group session, and we will be reviewing the skills that we learned. Throughout the group sessions, we talked about different ways to practice mindfulness. Who can share some of the things that we talked about? Today, we are going to make a specific plan of how we can practice mindfulness each day. Why do you think it's important to have a specific plan in place? We are going to make foldable pages that we can take home and keep as a reminder of our mindfulness plan.
Activity: My Mindfulness Plan (15 minutes): Give each student a foldable page from page 33. Instruct students to assemble to foldable page according to the directions on page 32. Students can respond to each flap by writing in their own responses, or by cutting and pasting the pre-populated responses from page 32. Once students are finished, have students share their responses. See photo of completed sample on page 40.
Post-Activity Discussion: How do you think your mindfulness plan will help you? What can you do to make sure that you stick to your plan?
** If you are using the assessment for data collection, administer it at the end of this session**

Topics Include:

- What is mindfulness?
- Why is mindfulness important?
- Mindfulness strategies such as deep breathing and awareness of feelings and surroundings

Each session is **NO PREP** and includes:

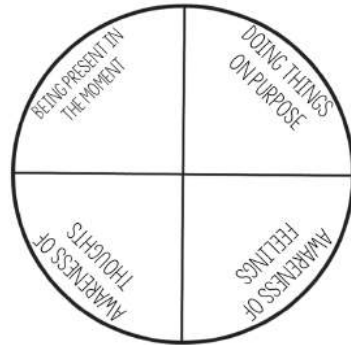
- A lesson plan with objectives, pre-activity discussion points, an activity, and post-activity discussion points.
- Templates/worksheets needed for each activity
- A guided meditation you can use at the beginning or end of each lesson.
- A follow up note to parents and families



This resource also includes...

Name: _____
What I Can Notice A To Z
Take a look around you. Pay attention to what you can hear, see, feel, smell and even taste. Write down what you notice using the alphabet.

What Is Mindfulness? Spinner Base



2 bonus activities to further explore mindfulness and to review the topics and skills your students have learned!

Child's Name: _____ Date: _____
Name and role of the person completing the form: _____
Mindfulness Assessment
Please rate these items:

Name: _____
Mindfulness Self Assessment
Please rate these questions based on to what extent they are true or false:

1- Always False
2- Mostly False
3- Not Sure
4- Mostly True
5- Always True

I know what the word mindfulness means. 1 2 3 4 5

I think mindfulness can help me. 1 2 3 4 5

I can name 3 examples of mindfulness. 1 2 3 4 5

I am good at staying focused in the present moment. 1 2 3 4 5

I can notice how I am feeling before my feelings get out of control. 1 2 3 4 5

I can name 3 deep breathing strategies. 1 2 3 4 5

A self-assessment for students to complete, as well as an assessment that can be completed by teachers, family, or other adults in the student's life.

There is also a family permission form that is editable!