

MINDFULNESS

ASCA Standard A: Students will acquire the knowledge, attitudes and interpersonal skills to help them understand and respect self and others.

PS:A1 Acquire Self-knowledge

PS:A1.1 Develop positive attitudes toward self as a unique and worthy person

PS:A1.8 Understand the need for self-control and how to practice it

Standard C: Students will understand safety and survival skills.

PS:C1.10 Learn techniques for managing stress and conflict

PS:C1.11 Learn coping skills for managing life events

PA Physical Education and Health Standard - 10.1.12.B

Evaluate factors that impact the body systems and apply protective/ preventive strategies.

- fitness level
- environment (e.g., pollutants, available health care)
- health status (e.g., physical, mental, social)
- nutrition

Objective: The students will define mindfulness, and identify areas in their own lives where mindfulness can be beneficial.

Materials: Yoga mats (optional), mindfulness bell (optional), glitter, empty jars or water bottles, water, clear glue.

Procedure:

1. Ask students to write and/or share how they are feeling.
2. Play and have students participate in WVIA's *Mind over Matter* "Mindfulness" video. (You may want to pause the video after each question so students can think about their answers)
3. Ask students to write and/or share how they feel after the "mindfulness minute."
4. Ask students "What do you think mindfulness is?" Accept a variety of responses.
5. Define mindfulness as: being aware. We can be aware of our surroundings, but we can also be aware of our own thoughts, feelings, actions. Ask: can you think of times when mindfulness can be useful in your life?
6. Create a mindfulness jar: Fill a clear bottle or jar (make sure you have the top!) 75% with water. Add glitter and/or small plastic stars, buttons, etc., fill the rest with the clear glue, then (most important) glue the top in place. Once the glue has dried on the top, shake and watch the glitter fall. Breathe deeply until all of the glitter has reached the bottom of the jar.