MINDFULNESS MATTERS:
RESOURCES AND ACTIVITIES TO GET YOU STARTED

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SESSION OUTCOMES

- ATTENDEES WILL:
  - UNDERSTAND THE BASIC CONCEPTS OF MINDFULNESS
  - BE INTRODUCED TO THE BENEFITS OF USING MINDFULNESS
  - BE PRESENTED WITH A RESOURCE BANK OF MINDFULNESS BOOKS, ACTIVITIES, AND WEBSITES OR APPS TO USE IN THEIR SCHOOL COUNSELING PROGRAM

ASCA MINDSETS AND BEHAVIORS FOR STUDENT SUCCESS

MINDSET STANDARDS

M1: BELIEF IN DEVELOPMENT OF WHOLE SELF, INCLUDING A HEALTHY BALANCE OF MENTAL, SOCIAL/EMOTIONAL, AND PHYSICAL WELL-BEING

M6: POSITIVE ATTITUDE TOWARD WORK AND LEARNING

SELF-MANAGEMENT SKILLS

B-SMS 7: DEMONSTRATE EFFECTIVE COPING SKILLS WHEN FACED WITH A PROBLEM

BENEFITS OF MINDFULNESS

- INCREASED ABILITY REGULATE EMOTIONS
  - STRENGTHENS THE PART OF THE BRAIN THAT DRIVES INTENSE EMOTION SO INDIVIDUALS CAN REACT LESS AUTOMATICALLY OR IMPULSIVELY
  - STRENGTHENS THE PREFRONTAL CORTEX- THE THINKING PART OF THE BRAIN THAT IS ABLE TO PROBLEM-SOLVE AND CONSIDER CONSEQUENCES
  - STRENGTHENS CONNECTIONS BETWEEN THE TWO PARTS OF THE BRAIN SO THE PREFRONTAL CORTEX CAN MORE QUICKLY WORK WITH THE EMOTION CENTERS OF THE BRAIN TO CALM DOWN.
- INCREASED RESILIENCY
- INCREASED ABILITY TO MANAGE STRESS
- INCREASED MOTIVATION TO SUSTAIN EFFORT DURING DIFFICULT TASKS

HTTP://WWW.APA.ORG/MONITOR/2012/07-08/CE-CORNER.ASPX

WHAT IS MINDFULNESS?

A MENTAL STATE ACHIEVED BY FOCUSING ONE'S AWARENESS ON THE PRESENT MOMENT, WHILE CALMLY ACKNOWLEDGING AND ACCEPTING ONE'S FEELINGS, THOUGHTS, AND BODILY SENSATIONS, USED AS A THERAPEUTIC TECHNIQUE.

-OXFORD DICTIONARY

MINDFUL PRACTICES

MINDFULNESS IS A MIND STATE THAT IS ENGAGED WITH THE OBJECT OF ATTENTION, BUT THAT ENGAGEMENT IS DISENGAGED FROM CRAVING. ONE BREATHES MINDFULLY, NOT WANTING THE BREATH TO BE LONG OR SHORT BUT JUST BEING AWARE OF IT AS IT IS. ONE WALKS MINDFULLY, BACK AND FORTH, WITH NO DESIRE TO GET SOMEWHERE, SIMPLY NOTICING THE NUANCED TEXTURES OF PHYSICAL SENSATIONS ARISING AND PASSING AWAY IN THE BODY. MINDFULNESS IS THUS ALL OF THE ABOVE—AWARENESS, WITH ATTENTION, IN THE PRESENT MOMENT, ON PURPOSE—WITH THE IMPORTANT ADDITION: AND WITH AN ATTITUDE OR INTENTIONAL STANCE OF NONATTACHED EQUANIMITY.

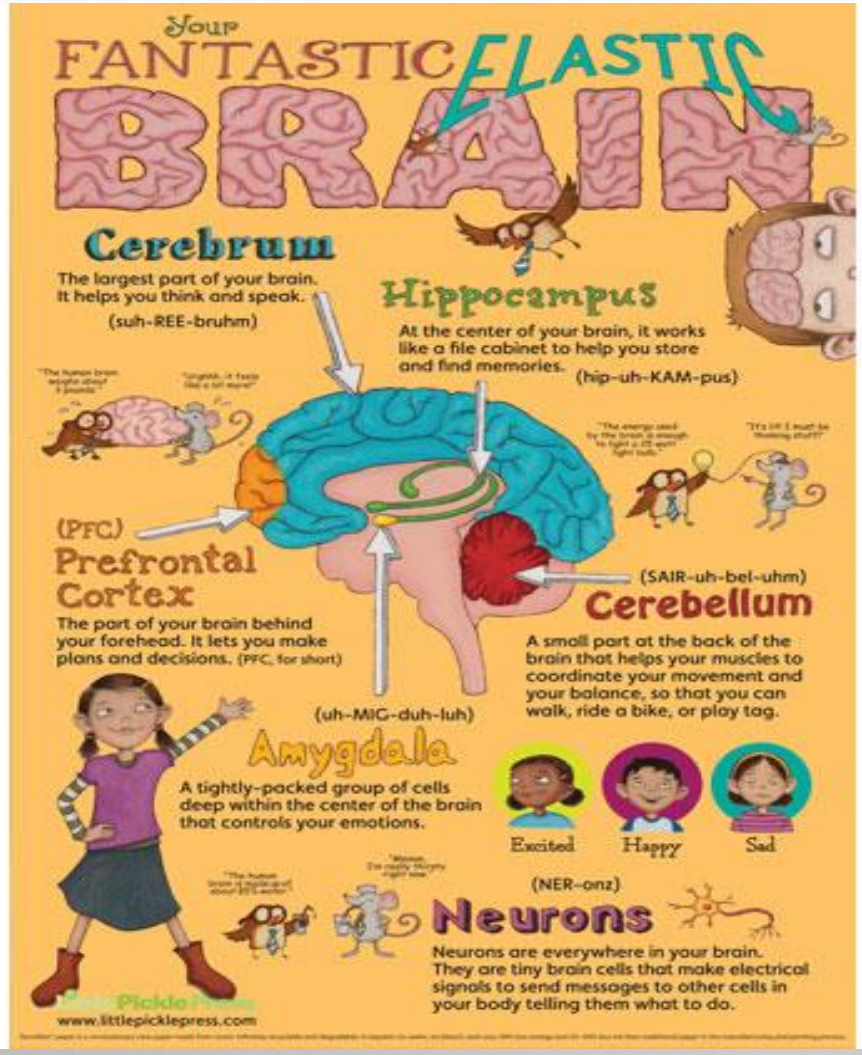
HTTPS://WWW.LIONSROAR.COM/WHAT-MINDFULNESS-IS-NOT/

USING MINDFULNESS IN SCHOOLS

- EVEN YOUNGER STUDENTS NEED TO KNOW WHY THESE PRACTICES ARE HELPFUL. WE CAN TEACH THEM ABOUT THEIR BRAINS AND EMOTIONS TO DEEPEN THEIR COMMITMENT
- EXAMPLE SCRIPT: "FEELINGS ARE IMPORTANT AND IT IS ALWAYS OK FOR THEM TO BE THERE, BUT WHEN FEELINGS GET TOO BIG, THEY CAN MAKE THE THINKING, CALMING PART OF YOUR BRAIN TAKE A LITTLE BREAK UNTIL THE BIG FEELINGS ARE GONE. THAT'S NOT GOOD FOR ANYONE. THIS IS WHEN YOU END UP MAKING SILLY DECISIONS OR DOING THINGS THAT LAND YOU IN TROUBLE. YOUR BRAIN IS STRONG BUT IT IS IMPORTANT TO LEARN HOW TO BE THE BOSS OF IT, EVEN WHEN YOU HAVE BIG EMOTIONS. TO DO THIS, YOU NEED TO STRENGTHEN THE THINKING PART OF YOUR BRAIN AT THE FRONT OF YOUR HEAD. IT DOES A FABULOUS JOB WHEN IT IS ON, BUT WE NEED TO MAKE IT STRONGER SO IT STAYS IN CHARGE EVEN WHEN THE BIG FEELINGS COME.. THIS WILL TAKE PRACTICE BUT FOR SURE YOU CAN DO IT"

HTTP://WWW.HEYSIGMUND.COM/HOW-TO-SELF-REGULATE/

TEACH THEM ABOUT THEIR **BRAINS**!



Young people are going through rapid brain development and will continue this process well into early adulthood.

Buy-in to mindful practice that might feel silly to students occurs more rapidly when they understand their own biology.

<u>The Fantastic Elastic Brain</u> by: JoAnn Deak, PhD is a great resource!

INFUSING MINDFULNESS INTO T1, T2, AND T3 SCHOOL COUNSELING

WHOLE CLASS

WARM UP ACTIVITIES

MINDFUL MINUTE

ATTENTION GRABBER- MINDFUL LISTENING

WHOLE CLASS LESSONS USING CURRICULUM OR PICTURE BOOKS

COOL DOWN ACTIVITY

SMALL GROUPS

WARM UP ACTIVITIES

MINDFUL MINUTE

LESSONS USING CURRICULUM OR PICTURE BOOKS

TEACH COPING STRATEGIES

EXPLORING FEELINGS

COOL DOWN ACTIVITY

INDIVIDUALS

WARM UP ACTIVITIES

LESSONS USING CURRICULUM OR PICTURE BOOKS

TEACH COPING STRATEGIES

EXPLORING FEELINGS

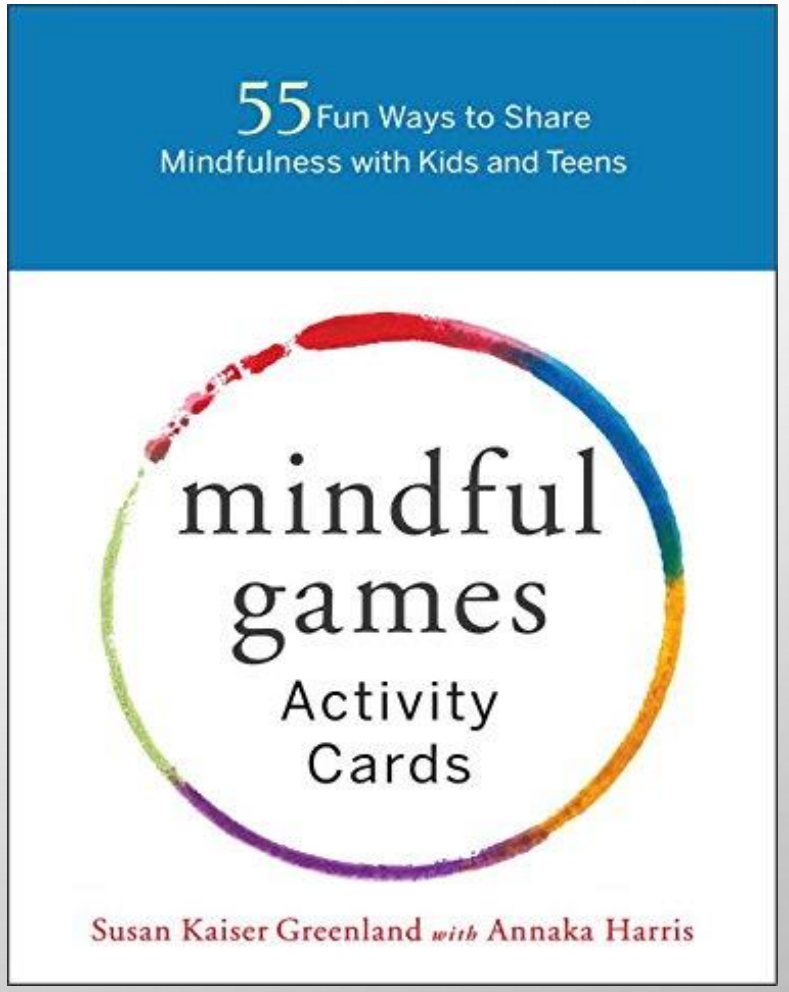
DE-ESCALATION STRATEGIES: I-SPY OR MINDFUL SORTING

COOL DOWN ACTIVITY BEFORE RESTORATIVE PRACTICES

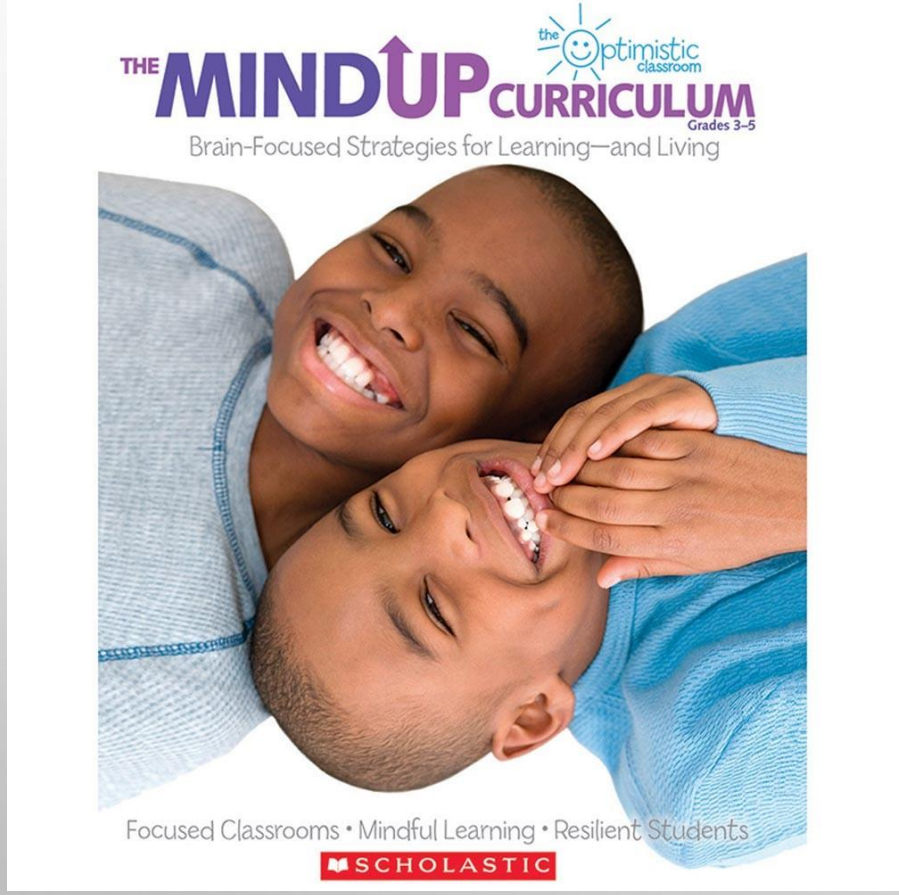
SHORT MINDFUL ACTIVITIES-

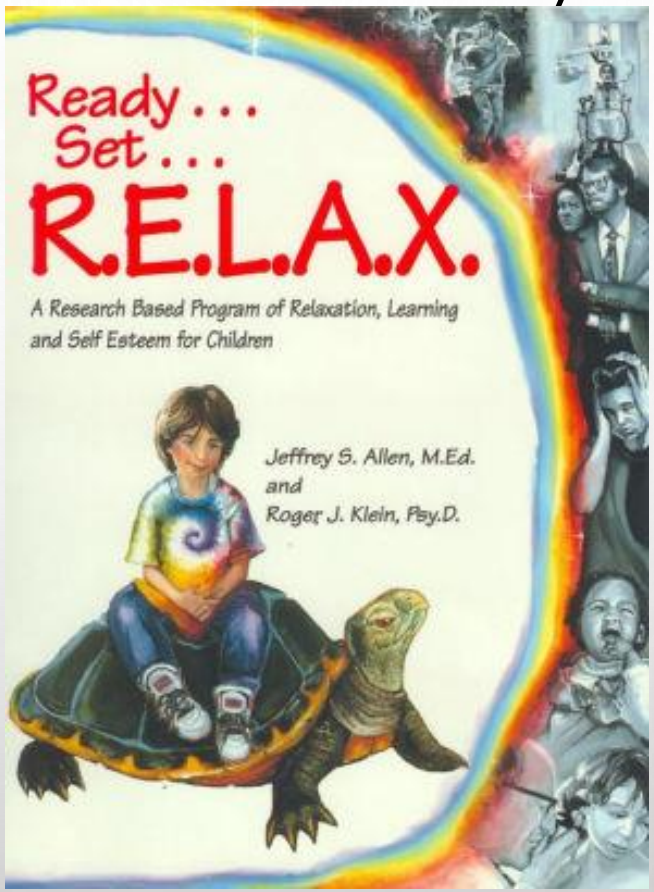
DON'T WAIT FOR ONLY HIGH STRESS MOMENTS TO PROMPT MINDFUL TECHNIQUES- **ASK: WHAT DO YOU NOTICE?**

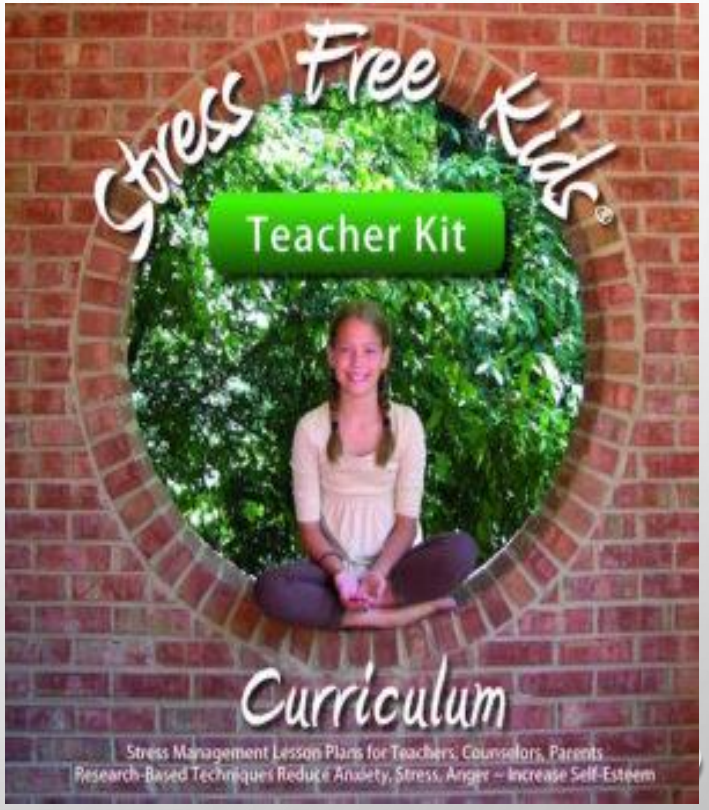
- MINDFUL SENSES:
  - **LISTENING- CHIME OR SINGING BOWL**
  - WALKING- BREATHE APP TO GUIDE PRACTICE
  - **TASTING- STAR MINT OR HERSHEY KISS**
  - SEEING- LABYRINTH TRACING OR CREATION, **MINDFUL COLORING**
  - **TOUCH- MYSTERY BAG**
  - FIVE SENSES SCAVENGER HUNT
- BREATHING
  - MEDITATIONS- MANY ON YOUTUBE AND GONOODLE FLOW CHANNEL
  - APPS: HEADSPACE OR BREATHE
  - **HOT COCOA BREATH, FRESH COOKIE BREATHING, BREATHING CARDS, STAR BREATHING**
- **YOGA PRETZELS DECK**
- BODY SCAN (SMILINGMIND APP)
- **GUIDED IMAGERY**
- MINDFUL RELAY- EGG AND SPOON OR FULL BUCKETS
- YOGA AND MINDFUL STRETCHING (MANY AVAILABLE ON YOUTUBE, GONOODLE, OR VARIOUS APPS)



CURRICULUM BOOKS/KITS





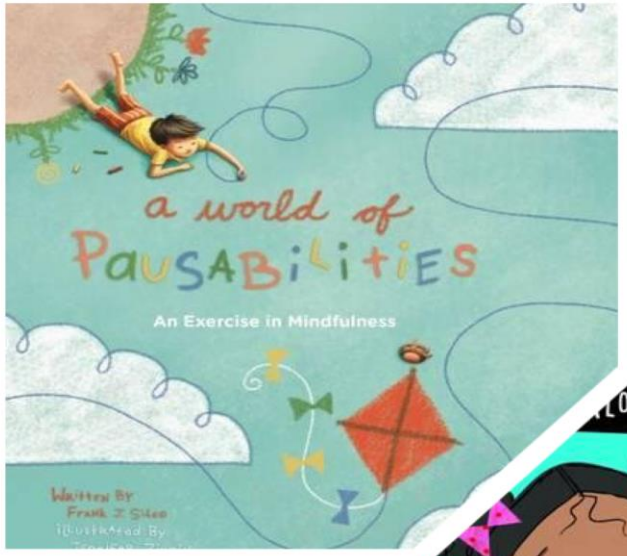


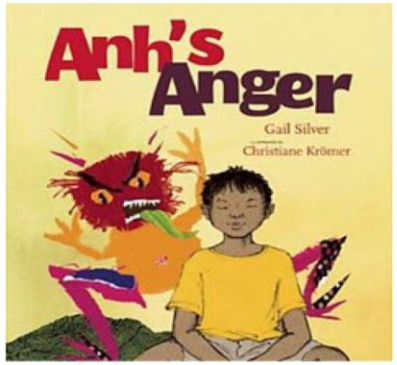
https://stressfreekids.com/

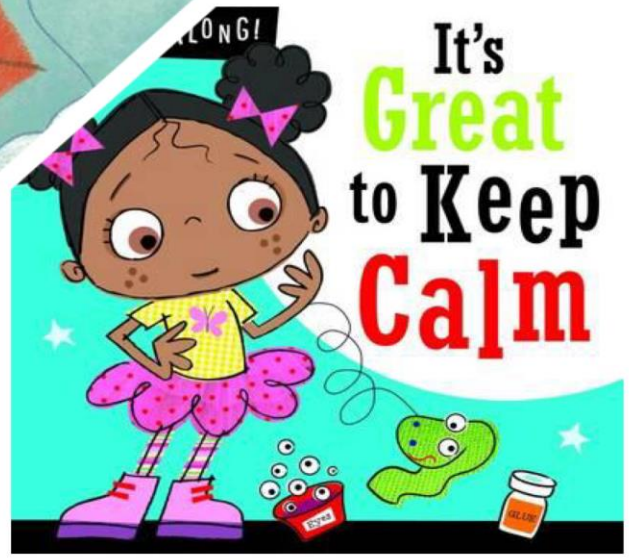
Books available at www.bn.com and www.amazon.com

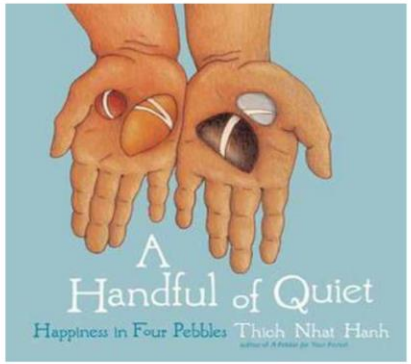
SUPPORTING RESOURCES/BOOKS

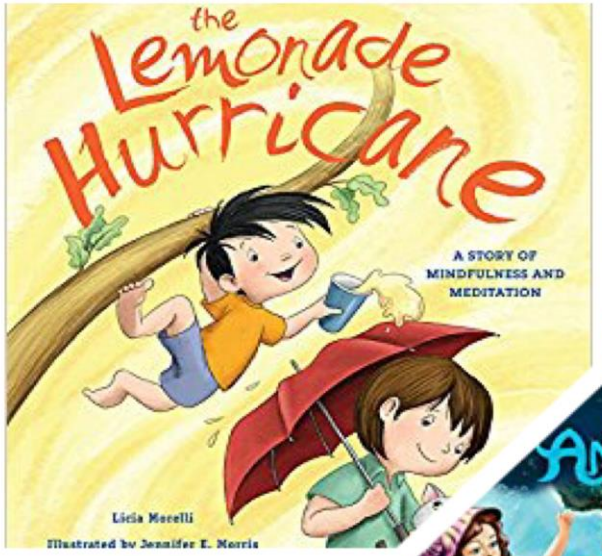
TO USE AT ALL LEVELS

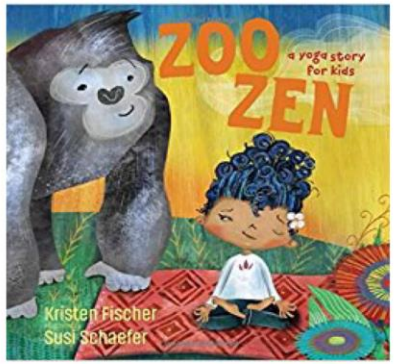


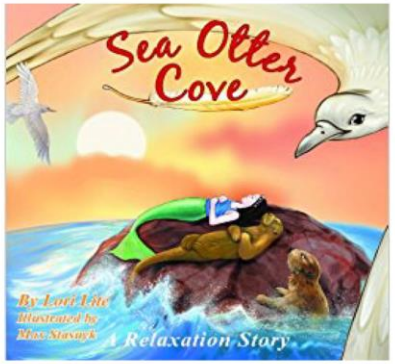


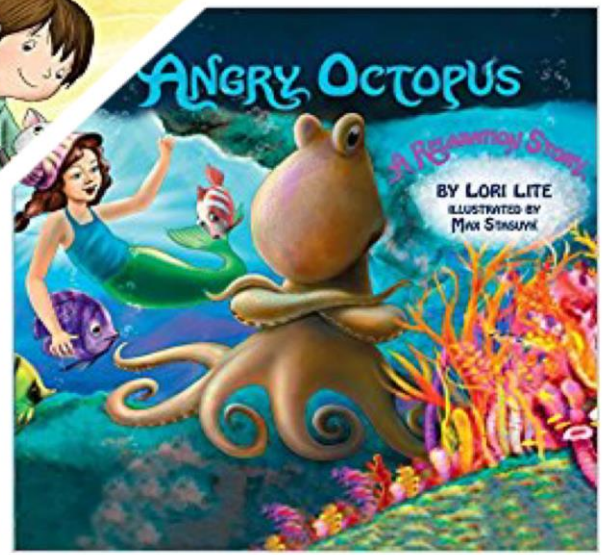












SUPPORTING RESOURCES/BOOKS

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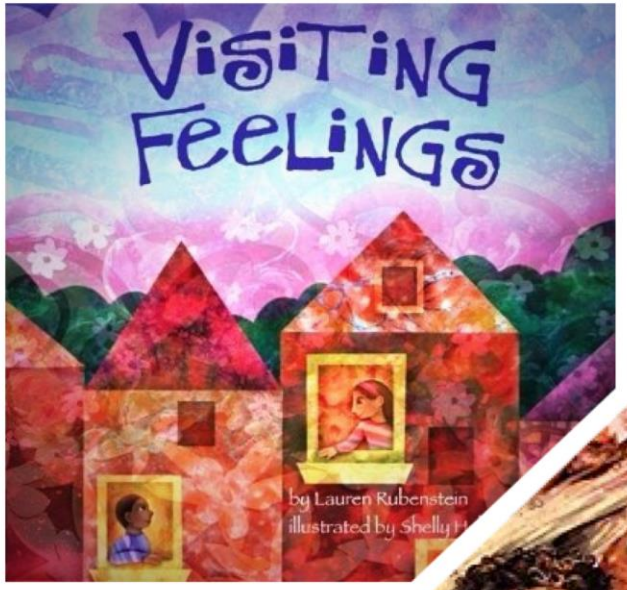
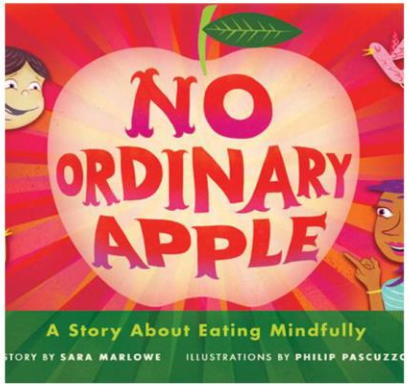
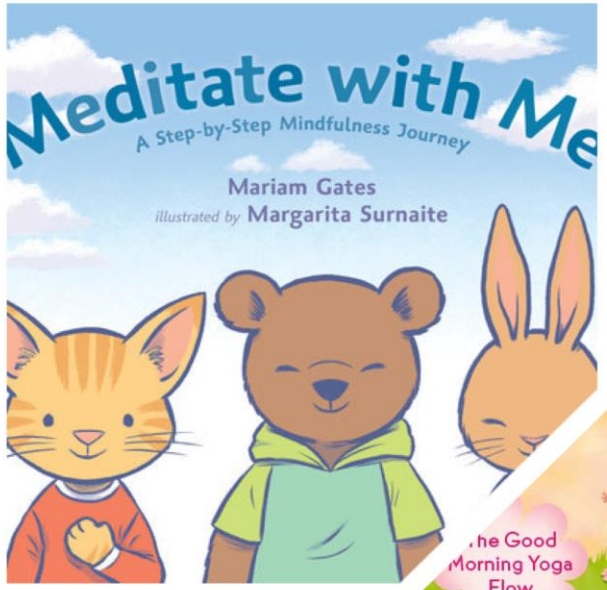
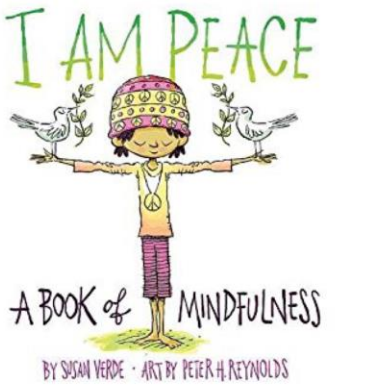
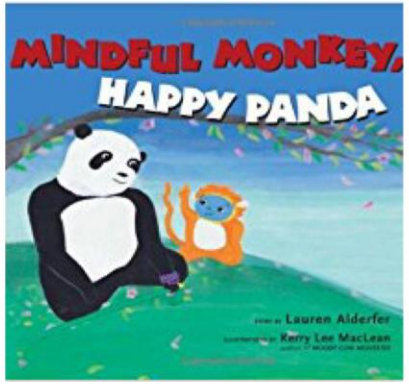
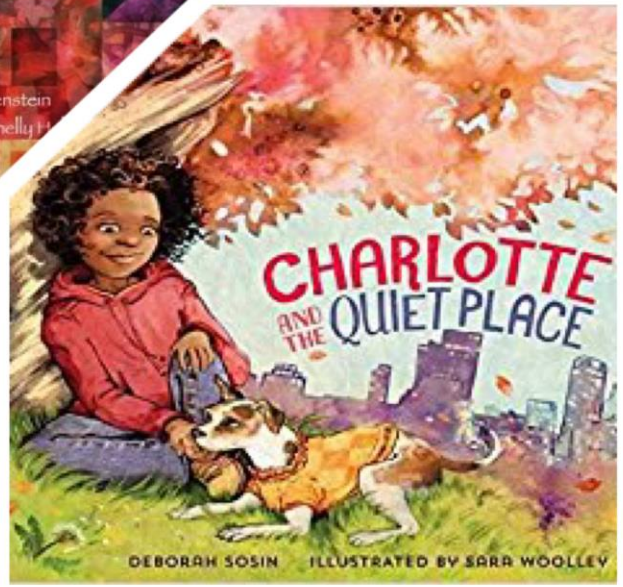


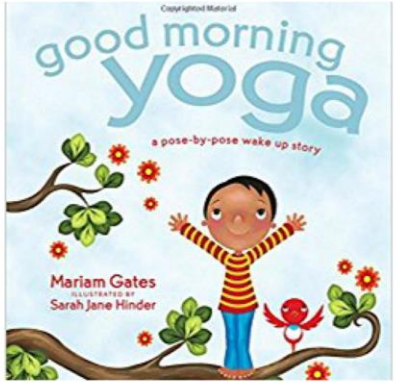












TECHNOLOGY

APPS:

BREATHE KIDS (5 kid spots)

BREATHE (explore Activities)

SMILING MIND (set up an account- available as whole curriculum to purchase www.smilingmind.com.au)

HEADSPACE (Take 10 series of guided meditations free- Kid area by age level subscriptions available- also use www.headpace.com or videos online)

SUPERSTRETCH (guided yoga)

GONOODLE KIDS (only kid acct available at this time- Use Website www.gonoodle.com for groups or classes- FLOW channel is excellent)

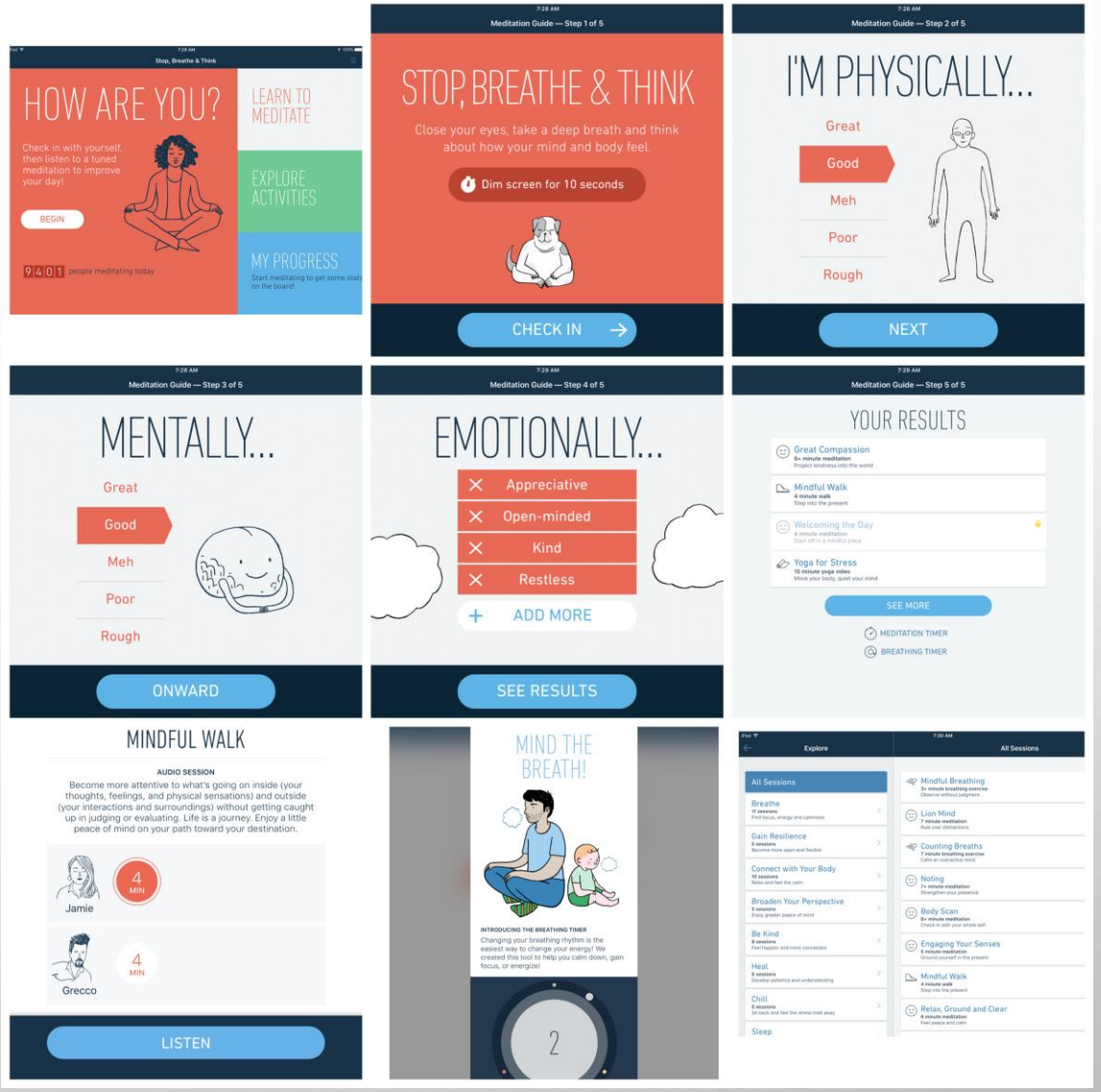
BRAINBREAK (lots of quick activities- waiting on App update)

Others not pictured: MIND YETI and Sesame Street Breathe

BREATHE

USES:

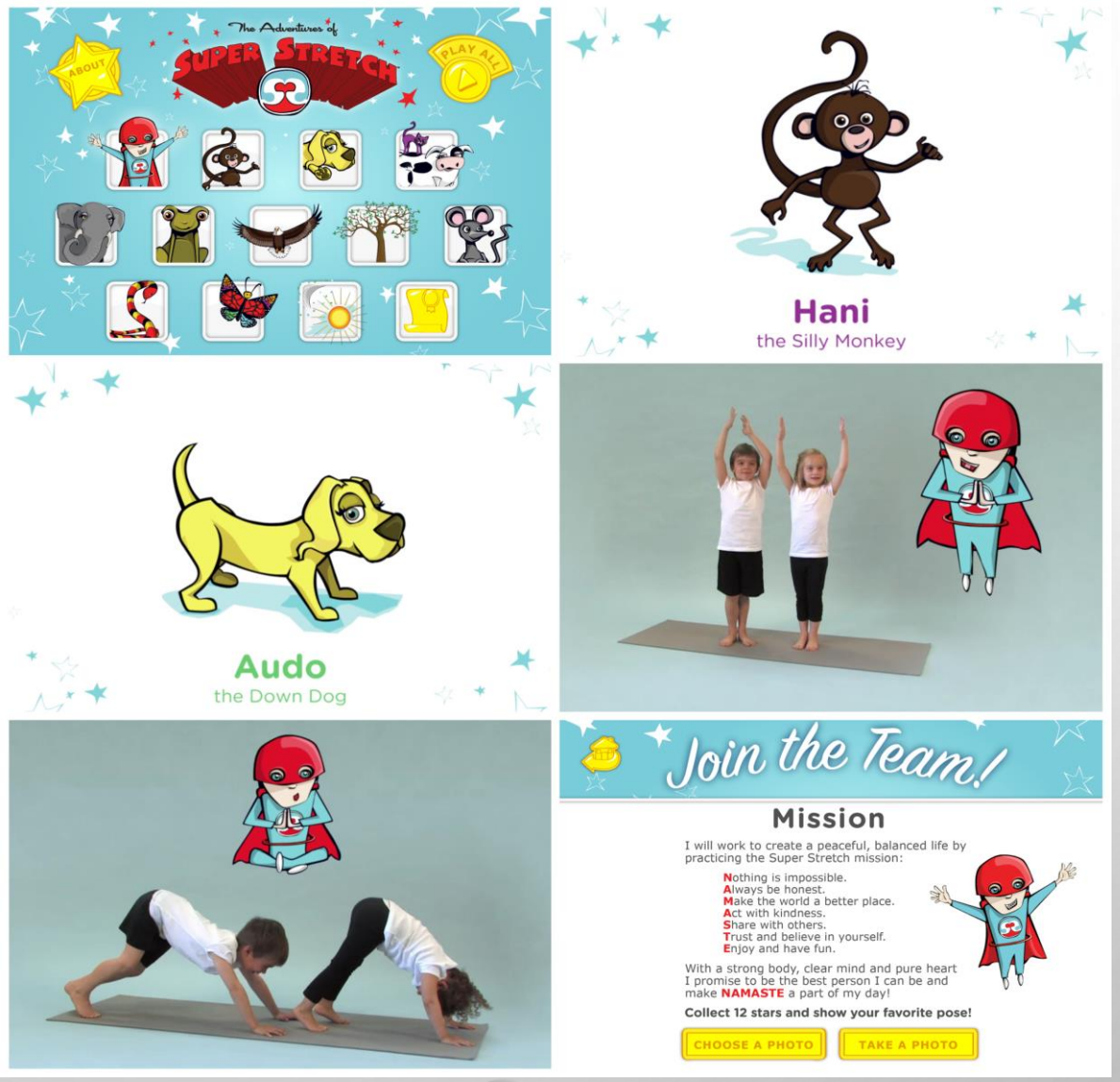
- SELF CARE
- INDIVIDUAL INTERVENTION TYING EMOTIONS TO MINDFUL PRACTICES
- EXPLORE ACTIVITIES TO USE WITH SMALL AND LARGE GROUPS



SUPERSTRETCH

USES:

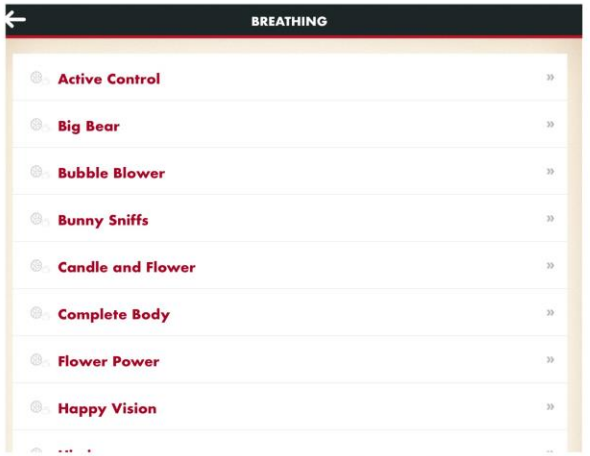
- CALMING FOR SMALL GROUPS AND INDIVIDUALS
- USE TO DE-ESCALATE FRUSTRATION AND AGITATION
- TEACH KIDS TO USE YOGA POSE AS COPING SKILL FOR BIG EMOTIONS
- LEARN MORE AT [HTTPS://ADVENTURESOFSUPERSTRETCH.COM/](https://adventuresofsuperstretch.com/)
- FLASH CARDS AVAILABLE ONLINE $24.00

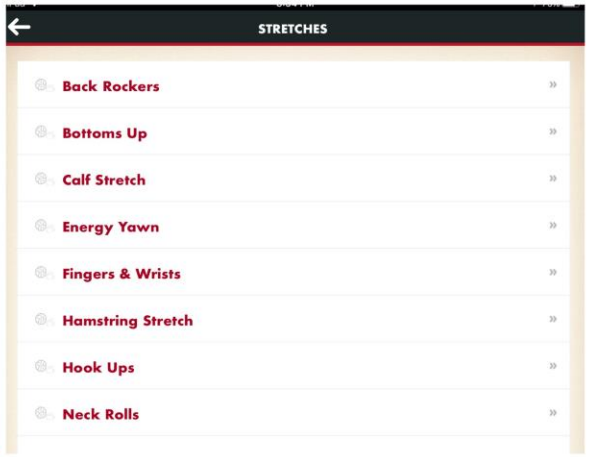


BRAINBREAK

USES:

- QUICK ACTIVITIES FOR WHOLE CLASS, SMALL GROUP, AND INDIVIDUAL SESSIONS
- GREAT TO GET KIDS MOVING AND ALLOW THEM TO REFOCUS





WEBSITES TO FOLLOW AND EXPLORE

- WWW.HEYSIGMUND.COM
  - FOLLOW ON FACEBOOK FOR INTERESTING ARTICLES- NOT JUST ABOUT MINDFULNESS
- WWW.MINDFULSCHOOLS.ORG
  - FOLLOW ON FACEBOOK FOR TIPS AND VIDEOS- TRAINING AND CURRICULUM AVAILABLE ON WEBSITE
- HTTPS://MINDFULNESSINSCHOOLS.ORG/ MINDFULNESS IN SCHOOLS PROJECT
  - RESEARCH BASED TRAININGS AND CURRICULUM AVAILABLE FOR PURCHASE
- HTTPS://WWW.SKETCHESINSTILLNESS.COM/ SKETCHES IN STILLNESS
  - FOLLOW ON FACEBOOK FOR MINDFUL SKETCHES, REMINDERS, AND SHORT CARTOONS ABOUT BEING IN THE MOMENT.