



Lesson #1 The Anchor

While listening to the Morning Announcement, the students have learned to experience mindful moments using the Mindfulness Script. Let's take that awareness further in lesson #1.

The Anchor – What is an anchor? What does it do for a boat? Yes, an anchor helps keep the boat where it is. If the boat starts to drift away, the anchor pulls it back in. That is what our breath is doing for our mind. Sometimes when you try to focus on your breath, you might find that your mind starts thinking instead of focusing on your breath. When our mind wanders away from our breath or starts to think about things; we can notice it and bring it right back to our anchor.

Practice – Let's try one minute. Sit with a mindful body and close your eyes. Let's focus on our breath for one minute and feel that movement in our belly. Place your hand on your belly. This will be our anchor today. You might feel the breath in your chest or your nose. That's ok.

How did it feel to focus on your breath?

Allow the students to share their answers. If the class comments are "calm, relaxed, happy etc, point that out. Identifying it for them allows them to be mindful of that feeling. Ask them to notice how they feel right now, Also, point out that they became calm/relaxed/happy in just a few seconds.

Journal or discuss -

When you breathe, where do you feel it in your body?



Lesson #2

Sending Kind Thoughts

Sit with a mindful body. Place a hand on or near your heart. The heart will be our anchor today. Close your eyes if you're comfortable with that.

Breathe in through your nose and slowly out of your mouth. Continue to breathe and notice how your hand moves on your anchor. Can you feel your heart beating. It's ok if you don't feel it. Remember that not feeling your heart means it's beating quietly, doing its job.

Now let's imagine/visualize/picture someone who you see almost every day who makes you very happy every time you see them.

- Imagine that person is healthy and strong. (Pause)
- Imagine they are very happy, with a smile on their face. Maybe they are doing something they really enjoy. (Pause)
- Imagine that they are surrounded by calm and peaceful things, and that their heart is calm and peaceful. (Pause)

We are going to send kind thoughts to that person. First, let your heart fill with kindness, so full that it's about to burst. Now, take all that kindness, bundle it up and let's send the thoughts together – After I say the thought, either repeat it quietly or silently in your mind.

- May you be healthy and strong (Pause)
- May you be happy (Pause)
- May you be peaceful (Pause)

Sit quietly for a few seconds and continue to let those kind *thoughts flow from your heart to theirs*. (Pause)

Raise your hand if you want to say who you chose and how it felt to send that person kind thoughts.

Students may comment that they feel happy, calm, relaxed, etc. If there is a strong feeling of happiness in the room, point out that it only took about one minute for them to feel that way.



Lesson #3 Kind Thoughts for Yourself

Give students the choice to either place their hand on their anchor (heart) or place their hands in their lap. Give them a moment to try both and decide which feels better today.

Sit with a mindful body. Place your hand on your anchor or place your hands in your lap.

Try both and choose.

Breathe in slowly through your nose and out through your mouth.

Breathe normally and notice how you feel today. Try one minute of quiet, mindful breathing.

Today, we are going to give ourselves a hug. Put both of your hands high in the air. When you bring them down wrap them gently around yourself for a good self-hug.

Pay attention to your breathing while you are hugging yourself. Are your hands moving as you breathe? As I read the kind thoughts for yourself repeat them quietly or silently in your mind.

- May I be happy (Pause)
- May I have good friend (Pause)
- May I be healthy (Pause)
- May I be peaceful (Pause)

Extensions:

- Journal or discuss what it felt like to hug and send kind thoughts to themselves.
- Give students a small paper heart to place on their desk for the day or week. Students can use this good visual reminder that they sent themselves kind thoughts and practiced a self-hug.



Lesson #4 Heart and Brain

Our hearts are approximately the size of our fist. Our brains are approximately the size of both fists together. Discuss with the students how our hearts and brains are different sizes, and how they grow with us. Have some students stand together holding up one then two fists to show how different the sizes can be, even for students in the same grade.

Sit with a mindful body and bring your awareness to your breath. Breathing in and out.

Noticing how you feel right now. **Pause**

Hold one fist in front of you with your thumb on the outside (demonstrate.)

Breathe in through your nose, and when you blow the air out through your mouth feel the air on your thumb. (Pause)

Imagine you are breathing good things into your heart; breathe kindness, empathy, friendship into your heart.

Hold two fists together in front of you with thumbs out. (demonstrate)

Breathe in through your nose, and when you blow air out through your mouth you should feel the air on both thumbs. (Pause)

Imagine you are breathing good things into your brain; kind thoughts, kind words, helping your brain remember what we're learning in class right now (share examples)

Place your hand on your heart. Send out a kind feeling with your heart. (Pause)

Place one hand on top of your head. Send out a kind thoughts with your brain, (Pause)

Extensions;

- Have students trace their fist in their journals and note that this is the size of their heart. Write kind words in their heart.
- Discuss if they could feel the air on their thumb/fist and if they could imagine it was their heart and brain.



Lesson #5 Mindful Walking

No matter what the season, mindful walks are beneficial. Prepare the students for a mindful walk by asking them to;

- **Observe** – without trying to change the way you’re walking, notice how it feels as your feet take each step. Do your feet move the same, or does one foot feel different than the other.
- **Notice** – what is going on around you. Do you see people walking, cars or dogs? (if walking outside). Notice what colours and shapes you see. **You can give the students a colour to look for.**
- **Listen** – Turn your attention to sounds. What can you hear?
- **Feel** - Notice any physical sensations or feelings. Perhaps it’s the feeling of warm sunshine, cool rain or a cold breeze. Perhaps you’ll feel your hands or feet getting cold.

Getting the students to have a silent walk may be too demanding at the beginning. Just ask them to notice some, or all the above suggestions, and then go for your walk. Discuss what they noticed on the return.

Taking the students on regular, perhaps weekly, walks will allow them to develop stronger skills of observing, noticing, listening, and feeling.

Extensions:

Journal or Art

- Students could reflect on what they noticed during their walk.



Lesson #6 Mindful Eating

Students love the opportunity to try food in a mindful way.

We taste sweet and salty at the tip of our tongue, bitter at the back of our tongue, and sour at the sides of our tongue.

Play the game of pretend. Let's pretend that they've never tasted raisins, berries, or other foods before. Tell the students you're going to snap your fingers to erase the memory that they've ever eaten that food before.

Sit with mindful body and take a few slow deep breaths. In through your nose and out through your mouth. Eyes closed if you wish.

- Pick up the food and hold it with your thumb and pointer finger. How does it feel?
- Bring the food up to your nose and smell it. What do you smell?
- Place the food on your tongue, close your mouth and just let it sit there.
- Take a moment to notice what you taste and where on their tongues you taste it.
- Notice how/if the food changes as it sits in your mouth.
- Notice what you smell and taste now as you breathe normally.
- Use your tongue to lift the food onto the roof of your mouth. Can you smell it differently now?
- Bring the food to the front teeth and bite down on it.
- When ready, you can finish eating the food.

Discuss what they experienced. When we eat mindfully, we eat less. We feel fuller from small portions.