



MINDFUL BODY AND MIND ON MONDAY: LET'S GET STARTED!

Notes: Watch the *Mindfulness: Let's Get Started* (BELOW) video as a class.

Alternative Activity: It is the student's choice to participate in these practices each day. Request that they watch and listen to this introduction video before making a choice about today's participation.

Mindful Minute

Shake It Up:

- Sitting, standing, or even walking in a small space, shake your hands, arms, legs, or other body parts.
- We do this—just like animals do—to release any energy we don't need.
- You can do this anytime, anywhere.

The Hook

Why do we brush our teeth and wash our hands regularly? Why is it important?

Note: what you are looking for is how those activities are preventative forms of healthcare—impacting ourselves and others—just like research-based mindfulness practices.

The Lesson

Once a week, we will have a slightly longer lesson to include an informal, 'on the go' practice, information about why we practice (like neuroscience), a slightly longer practice, and a follow-up discussion.

- Introduce 10% Happier app
- What is mindfulness?
 - It is paying attention, on purpose, in the moment, without judgment.
- We use **intention**, **attention**, and **action** to disrupt habitual thoughts and ways of being, which may not serve us. This practice allows us to cultivate focus and form responses instead of reactions to thoughts and situations we encounter.
- **Intention:** Why do we wash our hands or brush our teeth? They are preventative activities that promote health and a sense of wellbeing for ourselves and others. Daily mindfulness practices can also accomplish those goals: health and a sense of wellbeing for ourselves and others.

- **Attention:** Neuroscientist Dr. Rick Hanson shares that our brain is always seeking safety, satisfaction, and connection. If any one of those things is missing, we might not feel our best, possibly experiencing anxiety or stress. (see Extensions in the weekly chart for more information on his Foundations of Wellbeing)
- **Action:** There are actions we can take to support ourselves and manage our responses to stress. Using formal and informal mindfulness tools, we can feel our best, create balance and peace in our lives, and live in alignment with who we truly are.

Meditation

Today's meditation uses sound as a focal point or anchor.

[In the *Mindfulness: Let's Get Started* video, this segment begins at 12:30. The suggested length of this practice is at least 3 minutes. Play video or read script below.]

Getting grounded to begin:

- Sit or stand to feel grounded and upright, but not rigid.
- Take a slow breath in, sighing out the exhale (a 'haa' sound)
- Do this two more times, adding the shoulders. Move them up towards the ears on the inhale; let everything relax on the exhale.

'Zooming Out':

- Turn your attention to your sense of hearing. Listen.
- Like a camera lens, zoom out wide and observe what you hear far away (bird, siren, people).
- If the mind wanders, that's okay. Try gently guiding it back to sounds you hear in the distance.
- Label the sounds you hear, either by name: 'bird,' 'siren,' or simply as 'sound.'

'Zooming In':

- Now, zoom your hearing lens in tight to focus on the sounds directly around you (moving air, clock).
- If the mind wanders, you have a choice to let it run or bring it back to the anchor of sound. This is the action step.
- Again, practice labeling the sounds you hear by name, or as 'sound.'

Closing the meditation:

- Notice how you are feeling at this moment. Consider your mood, energy level, and body sensations. Have any changed?
- Slowly open your eyes.
- Reorient to your immediate space before rejoining the whole room.

Discussion

What did you appreciate most about this experience? Does your body or mind feel calmer? Did your energy change? Remember, there is no right or wrong answer. It's just about noticing. We will continue these post-practice discussions each day. Discussion is important because it helps us process which practices work best for us. Everyone is different.

Closure

[Like the Mindful Minute, this is an informal 'on the go' gratitude practice]

[Students can write these gratitudes on Post-its or use the Padlet app]

1. Find something in this space you are grateful for and name it. Share it with the group.
2. Name one thing you appreciated about this lesson (ex: movement, learning about the brain, meditation, just sitting still). Share it with the group.