

Mindfulness Lesson Plan

Lesson Title: Mindfulness

Recommended grade level: All

Length of Lesson: 1 Class session (20 minutes)	Materials Needed: -Chime or bowl with wooden stick -A closed jar filled with water and glitter.
Prior Knowledge: They have all done mindfulness before with me and with their second grade teachers last year.	

Key Vocabulary:	Essential Question(s):	Differentiation:
-Mindful bodies - Well-Being	- How did it feel to calm our bodies? -Do any of you do mindfulness at home? -When do you think the best learning happens, when everything is moving around in our brains, or when our brains are more still and quiet?	-Arrange the furniture in the room to prepare for mindfulness. -Make sure students will be sitting away from their desk and feet planted on the floor.

Objective:	Common Core Standard Alignment:	Practice(s):
-Students will learn to control their minds -Students will learn to control their bodies	Standard 7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.	Getting into position to focus on next activity.

Lesson:

Overview: Students will know how to use a technique of stillness to help their bodies settle and get ready for learning.

Introduction/Building Background:

I will shake up a jar of glitter and water and sit it on a table so the students can see.

I will explain that this is what happens to our brains when we are moving around a lot and are not exercising self control.

As the glitter and water settle I will say and this is what happens when you become mindful.

I will then ask when do you think the best learning happens, when everything is moving around in our brains, or when our brains are more still and quiet?

That's right, when our brains are still and thoughts are not consistently going we are able to think better.

Discuss with students what mental health means and well being means. Talk about how we are in charge of our well being here at school and our mental health and we must practice good habits to help keep us in the right mood here for learning. A really healthy practice to consider when we need to quiet our minds and get ready to focus on an activity is mindfulness.

- "Please get into your 'mindful bodies' – still and quiet, sitting upright, eyes closed."
- "Now place all your attention on the sound you are about to hear. Listen until the sound is completely gone."
- Ring a "mindfulness bell," or have a student ring the bell to encourage mindful listening.
- "Please raise your hand when you can no longer hear the sound."
- When most or all have raised their hands, you can say, "Now slowly, mindfully, move your hand to your stomach or chest, and just feel your breathing."
- You can help students stay focused during the breathing with reminders like, "Just breathing in ... just breathing out ..."
- Ring the bell to end.

I will then ask:

- How did it feel to calm our bodies?

-Do any of you do mindfulness at home?

Assessment:

I will watch to make sure students are participating.