

## Teaching Mindfulness and Gratitude

Grade: 11

Time: 60 minutes

Objectives:

Students will be able to:

1. Define the term mindfulness.
2. Identify areas in their life where they can start to incorporate mindfulness and gratitude.
3. Describe the importance of mindfulness and gratitude on health and wellness.

Opener:

In their journals, students will complete a short journal write assessing how they currently feel, keeping in mind: mood, stress level, and physical aches or pains.

We will then watch the TED Talk, [Nature. Beauty. Gratitude.](#)

After viewing, students will write a short paragraph in their journal reflecting on what they just watched and identifying if there is any change to their current mood.

Discuss thoughts as a pair and then as a class.

Main Lesson:

Students will get a laptop and work on the following activity with a partner for 20-25 minutes.

### [Mindfulness/Gratitude Activity](#)

Discuss findings as a class.

Discuss daily mindfulness class routine: To start class from now on, students will come in and take out their journals. They need to record the date and 2-3 things they are grateful for at the start of class. The goal is to choose different things. Give examples. Periodically ask students to share what they are grateful for. Have them practice by recording their daily mindfulness for that day.

### Closing:

In journals, have students identify which part of their overall health they would like to become more mindful of. They can choose diet, exercise, or sleep. Explain that they will be keeping a daily log for one week in their journals of the health habit they chose. The log will include either what they ate for the day, or how much exercise or sleep they got. Included in the log for each day, students will write a short paragraph discussing any challenges or obstacles they encountered, how that health habit affected their physical health, as well as commenting on overall mood. There will be a reflection paper at the end of the week.

Pass out the “low tech tweet” forms. Ask students to address the form to one staff member currently working at school. The form instructs students to write a sentence saying why they think that person is wonderful and then asks them to sign their names. These forms will be placed in teacher’s mailboxes by me.

If time, have them take out their cellphones and send a text of gratitude to someone in their life. (During the next class, discuss the responses they received from their text of gratitude and how they felt as a result.)