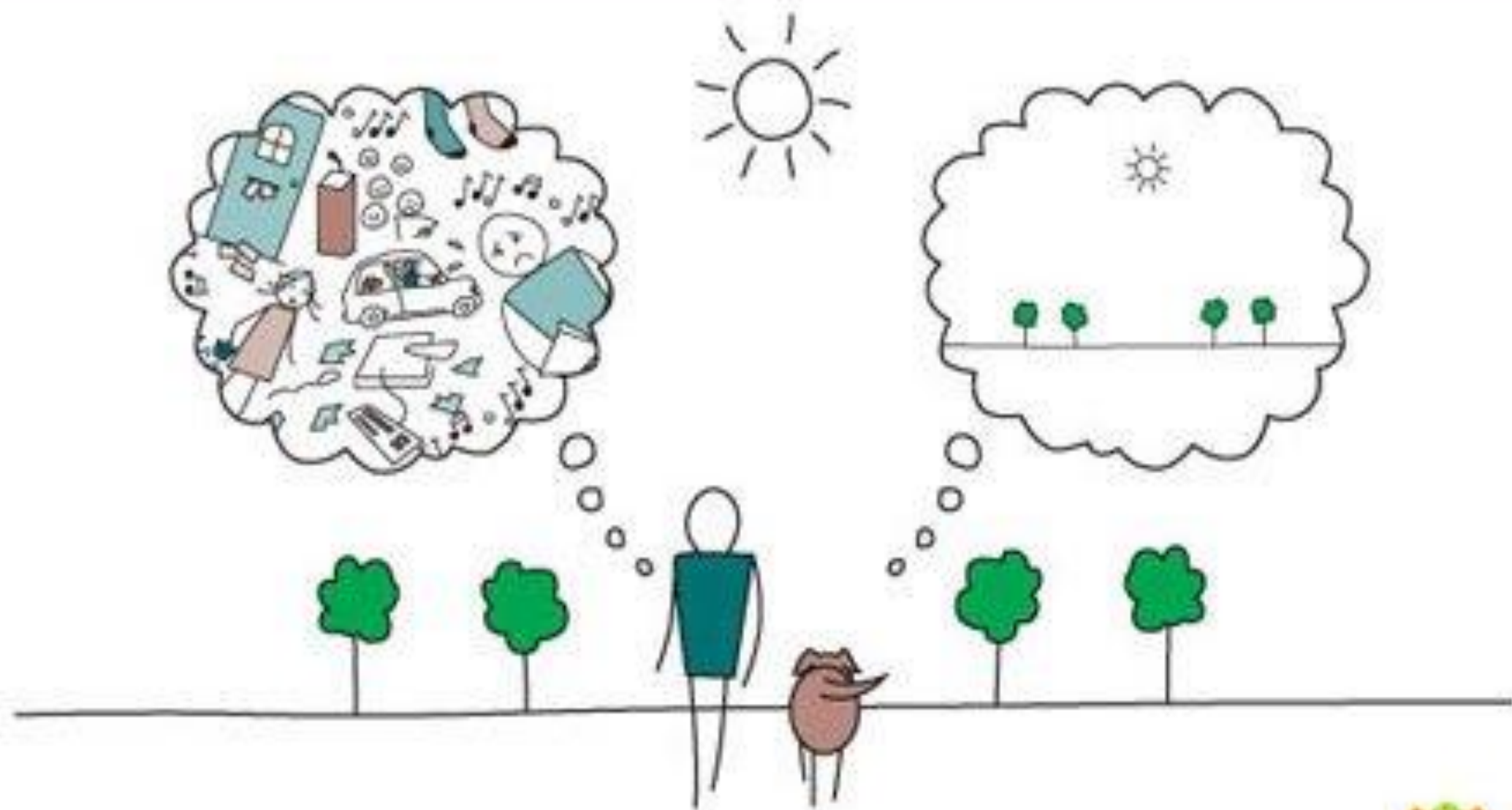





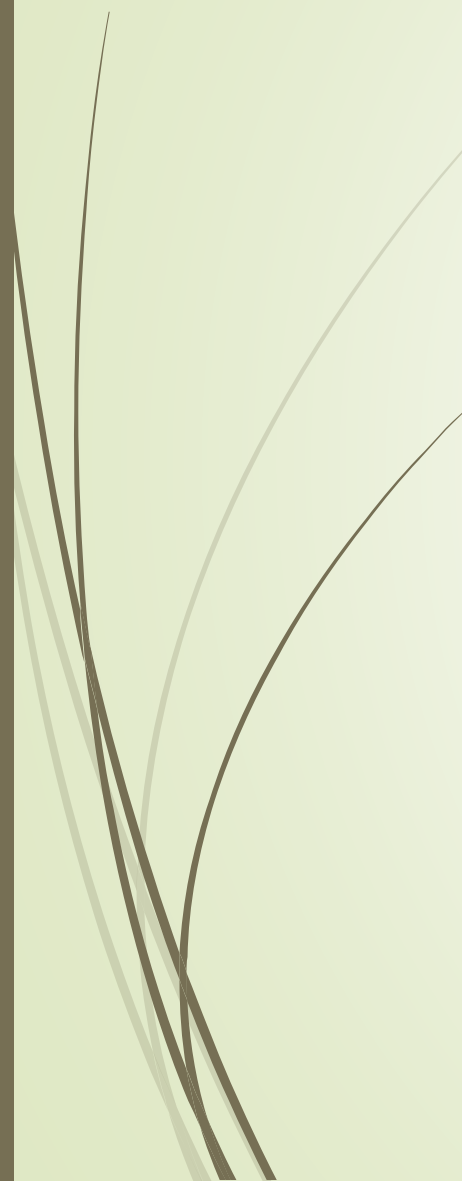

Mindfulness in the Classroom

Presenter: Sergine Gauvin



Mind Full, or Mindful?



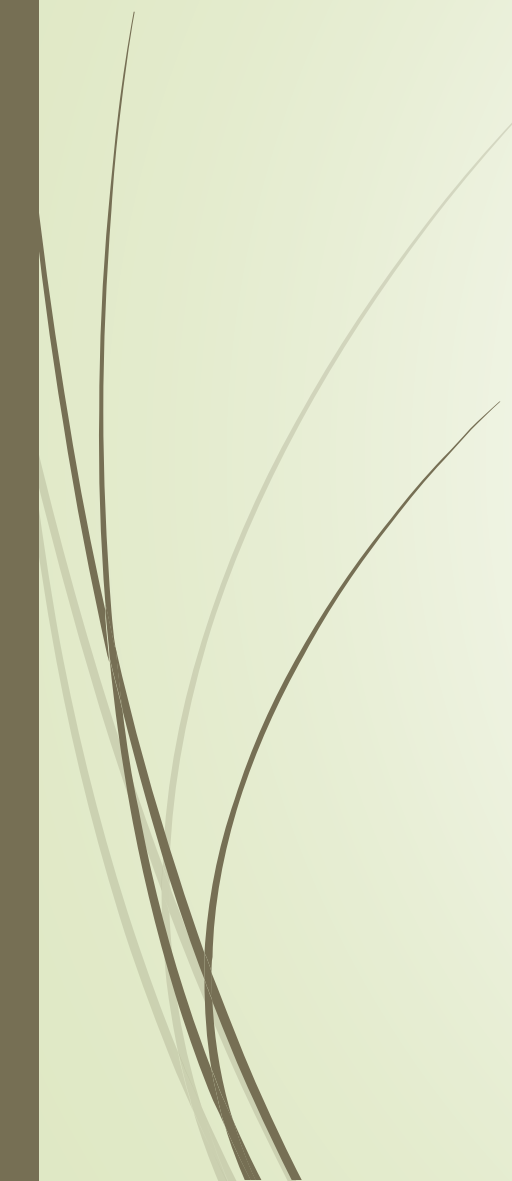


"Live the moment"



What is Mindfulness?

Mindfulness: clear attention to what one does and thinks.

- ▶ Mindfulness includes, but does not require, meditation.
 - ▶ Often includes: sitting in a comfortable position, eyes closed or lower gaze, and focusing attention on the breath.
 - ▶ A few minutes to a much longer time period.
 - ▶ Simple but not easy: doesn't involve a lot of time, training, or expensive equipment. It doesn't cost any money. It can be done anytime, anywhere. With that said, it has its own challenges. It requires disciplined, continual practice.
- 

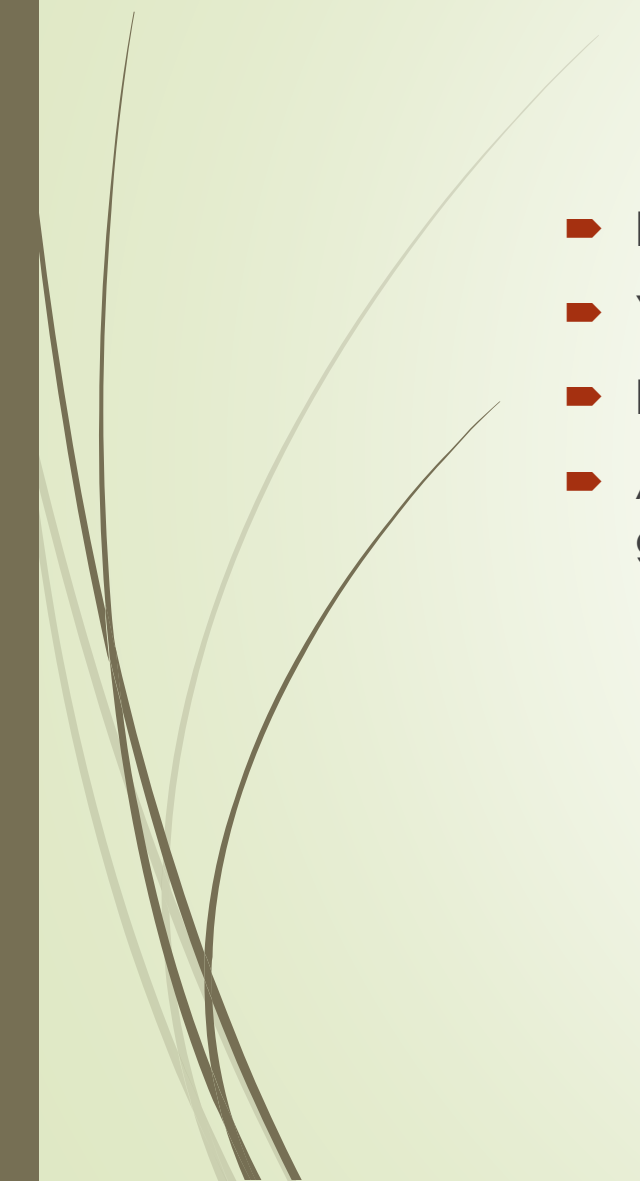


...What is Mindfulness

- ▶ A way of life
- ▶ Can be practiced in 2 ways: formally or informally
- ▶ Formal practice means taking time out each day to intentionally sit, stand, or lie down and focus on the breath, bodily sensations, sounds, other senses, or thoughts and emotions
- ▶ Informal practice involves bringing mindful awareness to daily activities, such as eating, exercising, chores, relating to others, and basically any action, whether at work, at home, or anywhere else you find yourself
- ▶ <https://www.facebook.com/vietgeniuscs3/posts/926443337743621>



Every Day Mindfulness

- ▶ Is not something you have to get or acquire
 - ▶ You already have it within you
 - ▶ It's simply a matter of being present
 - ▶ As soon as you realize that you have been trapped by your thoughts, you gain the freedom to step out of the trap and come back to your BREATH
- 



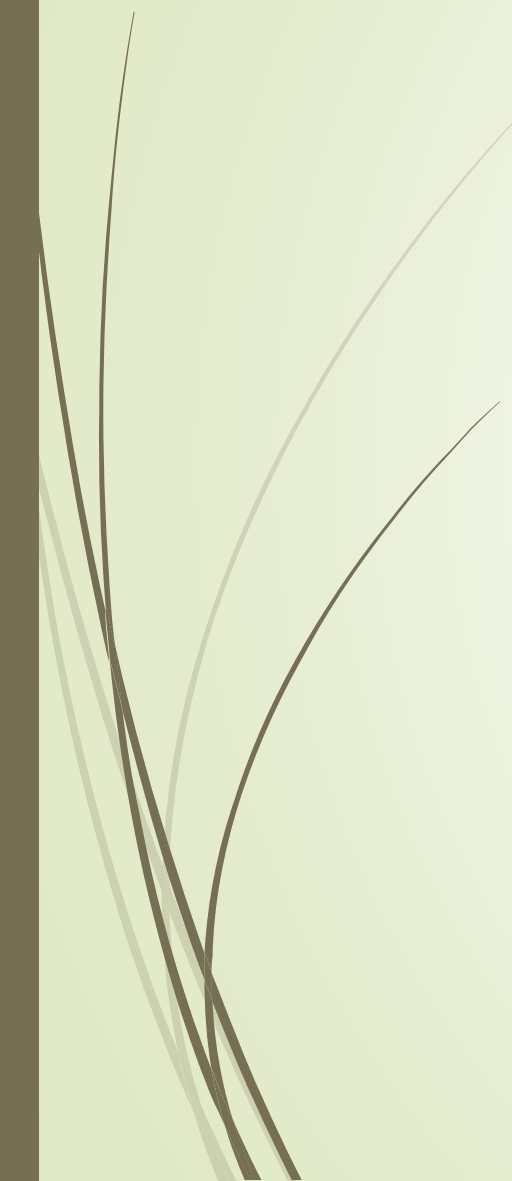
Benefits to look for

- ▶ Brings calmness and focus
- ▶ Feeling more relaxed and more positive about life.
- ▶ Self-regulation skill to manage our behaviors and feelings.
- ▶ Improvement in students' behavior and achievement (Steinberg, 2014).
- ▶ Start with just a few minutes. Halting negative thinking and replacing it with sunnier thoughts while in training....
- ▶ **Executive function** is another critical attribute that can improve thought mindfulness practice. Executive function helps people attend to the task at hand, recall details, managing time effectively, organize, and plan.



Benefits to look for

- ▶ Research on benefits of mindfulness:
 - ▶ Stress reduction
 - ▶ Attention
 - ▶ Emotional control
 - ▶ Positive self-concept
 - ▶ Positive interactions

 - ▶ Wayne Dyer (2004) The positive effect of kindness on the immune system and on the increased production of serotonin in the brain has been proven in research studies.
 - ▶ More comfortable
 - ▶ Peaceful
 - ▶ Even blissful
- 

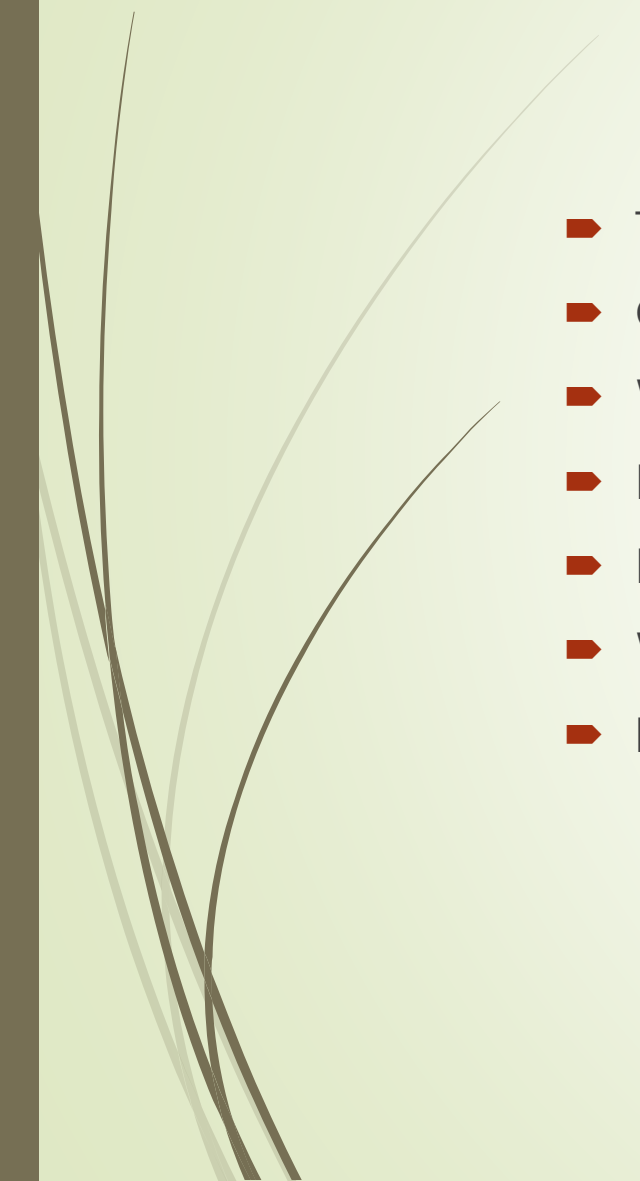


What Mindfulness Does: Benefits

- ▶ Evidence that it relieves stress, develops a sense of calm, and promotes happiness.
- ▶ Warm and caring atmospheres can also increase levels of serotonin and dopamine in students and teachers.
- ▶ <https://www.youtube.com/watch?v=RVA2N6tX2cg> Video Just Breathe Mindful Schools.
- ▶ www.mindfulschools.org/video



How Do We Not Do It

- ▶ Trying to do multiple things at once
 - ▶ Caught up in the past (resentments, If only's)
 - ▶ Worrying about the future
 - ▶ Being on automatic pilot
 - ▶ Being caught up in our thoughts about things instead of experiencing them
 - ▶ Wanting things to be other than they are
 - ▶ If only I had _____, then I'd be happy
- 



Learning to Quiet the Mind – Focusing on the Breath - Practices

- ▶ Exercise 1: Match your inhales and exhales
- ▶ <https://www.youtube.com/watch?v=GnV78j8WDQg&index=5&list=RDppXYF-CURVw> Hans Zimmer - Chevaliers de Sangreal The DaVinci Code (4min21)
- ▶ Exercise 2: Count your breaths
- ▶ <https://www.youtube.com/watch?v=bhsKF4Yo14s> Heaven's Window - Peter Keter (7min56)
- ▶ Exercise 3: Sweet 16 breath
- ▶ <https://www.youtube.com/watch?v=hlWil4xVXKY> Piano and Guitar (3h03)
- ▶ Exercise 4: Practice Belly Breathing
- ▶ <https://www.youtube.com/watch?v=PRPe-rlxkvs> Michel P  p   – Mantra du Coeur
- ▶ Beethoven Silence <https://www.youtube.com/watch?v=YFD2PPAqNbw> (9min55)



Intent Exercise

- ▶ Set aside five minutes to meditate or just sit quietly. A place where you feel safe and secure.
- ▶ Take a few minutes to settle down, breathing in deeply, inhaling and exhaling comfortably. Not trying to control your breath, not trying to control anything. Just letting it flow and its rhythm relax you.
- ▶ Ask yourself the following questions. Don't feel the need to answer the questions. Just take time to experience what comes up when you ask.
- ▶ Who am I?
- ▶ Pause for a few seconds, and repeat the question: What do I want?
- ▶ Pause again for a few seconds, and then repeat the question: How can I serve?
- ▶ Pause, then repeat the question.
- ▶ Take another breath and ask yourself: What does the universe want from me?
- ▶ Do not feel as if you need to have a clear answer to these questions. Just see what percolates in these quiet moments.
- ▶ Use your minds to improve your lives, your emotions, your well-being at this right moment. Setting an intention for the day, or for the evening.



Silence



Seeking Silence: a journaling activity that encourages students to include purposeful silence in their days.

An opportunity to set goals

Mindful drawing

Mindful coloring

Silence is a powerful stress reducer.

Silence induces a sense of tranquility and calm.

It is possible to incorporate silence into many daily activities, such as walking, eating, showering.

Set a follow-up discussion time for a few days. Invite students to share.

Music sites

- ▶ <https://www.youtube.com/watch?v=qb-qv1U36b4>
- ▶ <https://www.youtube.com/watch?v=bNsfqumtc9A> Beethoven A Melody of Tears (6min2)
- ▶ <https://www.youtube.com/watch?v=nbH54RkDtel> Sacred Earth ॐ Breathing Space (8min)
- ▶ <https://www.youtube.com/watch?v=6JAqehYZYNY> Mantra "Be Still" (432 Hz) ~Terry Oldfield & Mike Oldfield(7min59)
- ▶ <https://www.youtube.com/watch?v=9q3Ld0FsG6Y> Hermosa Música Relajante de Piano, Violín, Violonchelo y de la Guitarra | Música Romantica ☀19 (3h02min)
- ▶ <https://www.youtube.com/watch?v=FKRLjdAtdLY> ☀ Temple Of Silence ☀ music by Deuter 🎵🎵🎵 (7min36)
- ▶ <https://www.youtube.com/watch?v=d7gSgXGqjsM> (BMG Time of Love)



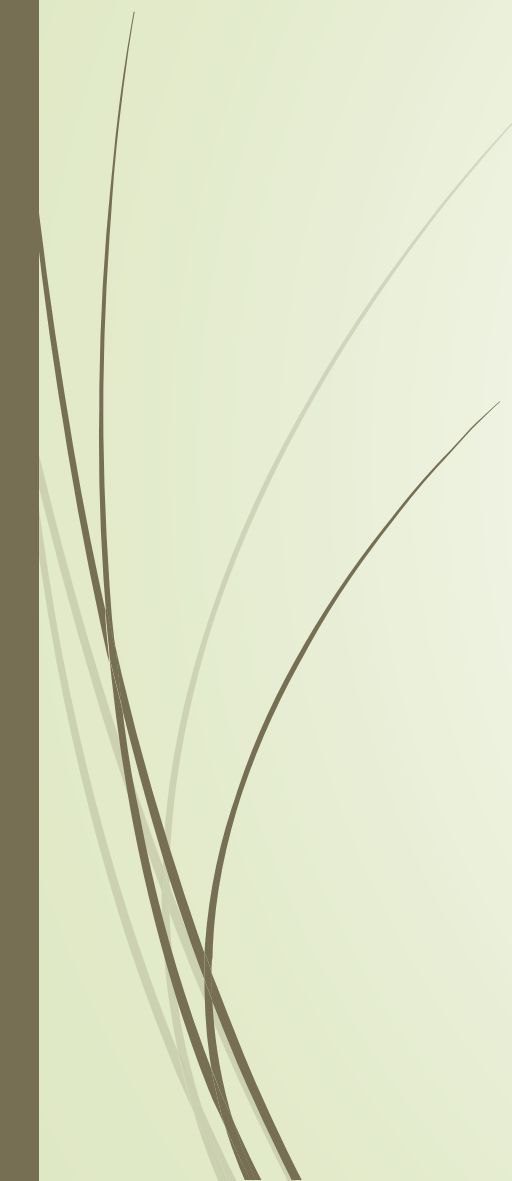
Mindfulness Exercise


- Exercise 1: Match your inhales and exhales
- Exercise 2: Count your breaths
- Exercise 3: "Sweet 16" breath
- Exercise 4: Practice Belly Breathing
- Exercise 5: Short body scan

- <https://annakaharris.com/mindfulness-for-children/>



The HOW: Deep Breathing

1. Sit comfortably
 2. Close your eyes or lower your gaze
 3. Breathe in through your nose on the count of 4
 4. Hold one second
 5. Breathe out through your mouth letting all of the air out on the count of 4 (2 to 3 times then breathing out through your nose)
 6. Hold one second
 7. REPEAT
- 




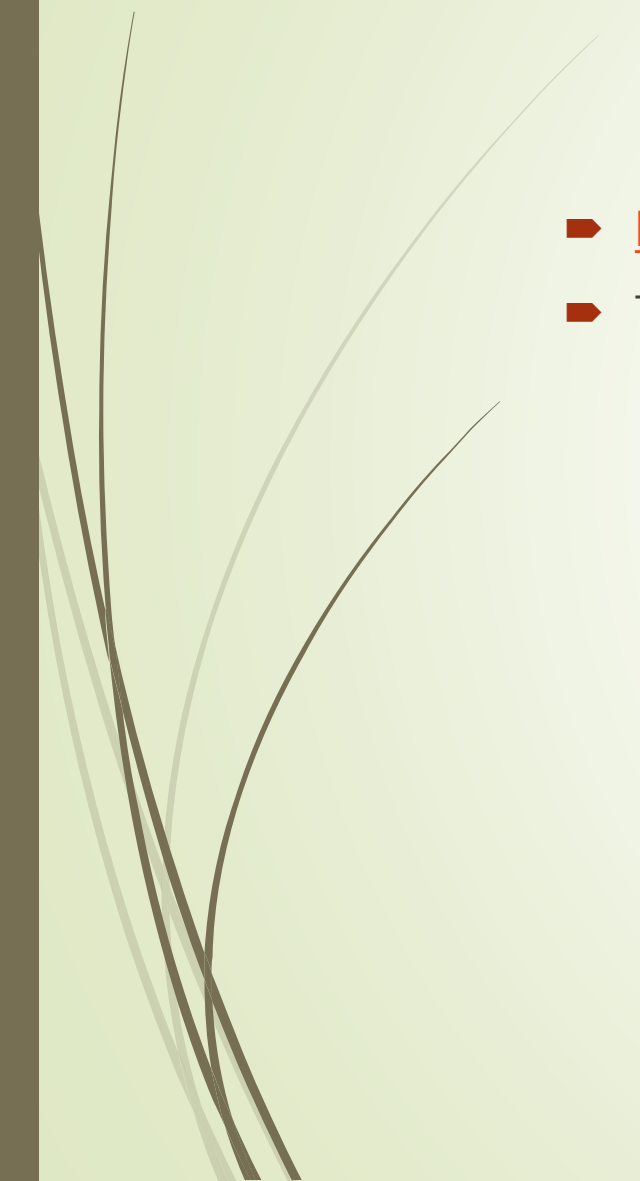
Bite-Sized Mindfulness: An Easy Way for Kids to be Happy and Healthy – Kira Willey – TEDxLehighRiver


- ▶ https://www.youtube.com/watch?v=uOlldmMK_zM
- ▶ at 8 min. Mindful Leaders Rich and Famous
- ▶ at 9 min. Gr. 4 boy
- ▶ at 11min. 55sec. Research
- ▶ Mindfulness is training the brain to have focused attention and increased emotional regulation.



Getting back to the basics with mindfulness

- ▶ <https://mindfulschools.us17.list-manage.com/track/click?u=ae4b49988af32d959531de154&id=25c8fef9d&e=40286da0ff>

- 
- 
- ▶ <https://www.youtube.com/watch?v=-yJPcdiLEkl>
 - ▶ TEDTalk on a research at Howard University



Mindfulness with yoga poses to release stress and come back to our SELF

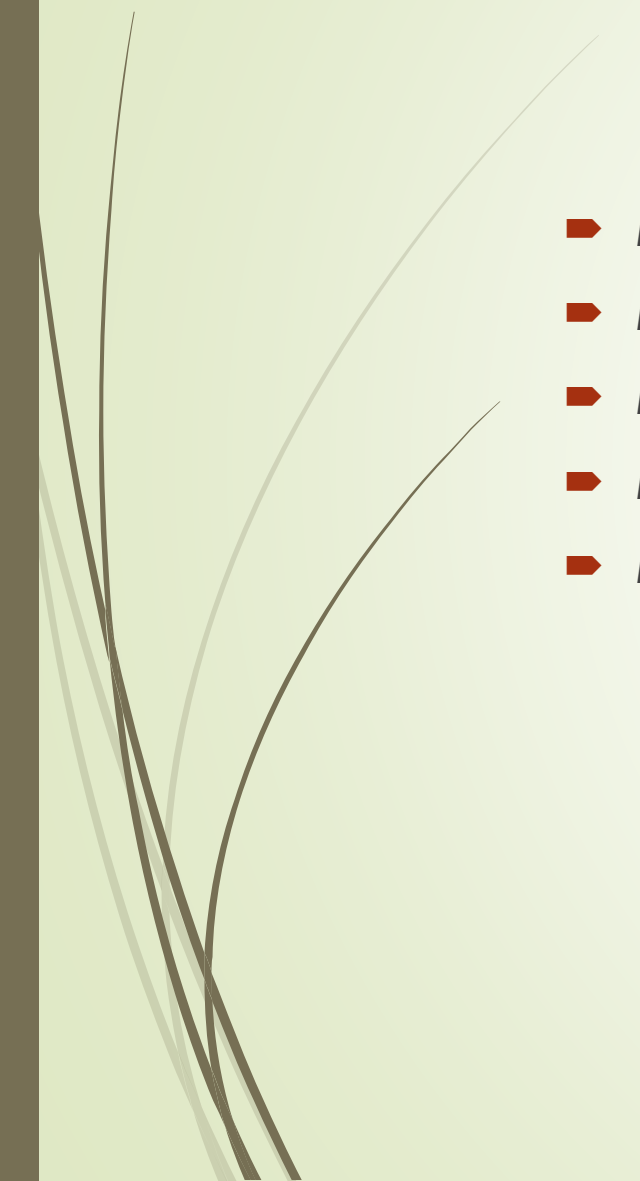
- ▶ <https://gozen.com/8-yoga-poses-for-stress-relief-for-kids/>

Calm Down Jars - Glitter Jars Activity

- A powerful metaphor.
- Mindfulness jars are a great tool for children and adults alike to use to help regulate emotions and take a minute to be at peace and calm down.
- In addition to external noise and stimuli, the mind itself interrupt silence with nonstop thinking.
- Nonstop thinking: mind is continually occupied with thoughts, emotions, and worries.
- Flurries floating around dominating and obscuring the scene. A barrage of thoughts and feelings dominates our minds on a day-to-day basis.
- The mind is similar to a snow globe. At times, it is settled and calm. Other times, it is filled with flurries. People have tools to help them calm the flurries.
- We do not need our thoughts and feelings to go away. We just need thoughts to settle down so we can see clearly.
- <https://www.developgoodhabits.com/mindfulness-jar/>



Mindfulness...

- Mindful Eating
 - Mindful Breathing
 - Mindful Listening
 - Mindful Feeling
 - Mindful Watching (Seeing)
- 

COME ON INNER PEACE



I DON'T HAVE ALL DAY

fb/sun gazing