

Hook: Explain the importance of mindfulness in managing stress and improving focus.

Teach and Model: Define mindfulness as paying attention to the present moment with openness and curiosity.

- Model deep breathing by demonstrating how to use it to come back to being mindful of your body.

Student Practice: Guide students through a mindfulness practice session.

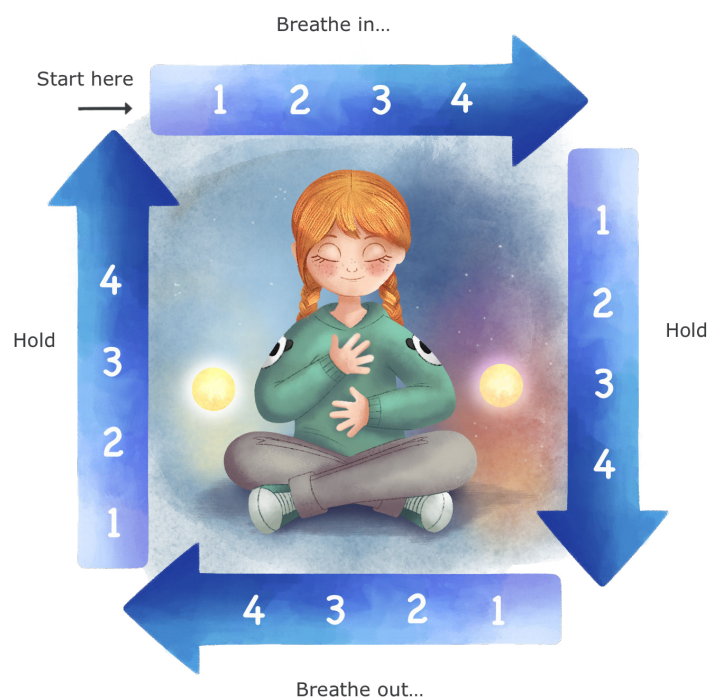
- Instruct students to sit comfortably with their feet flat on the floor and hands resting on their laps.
- Lead them through a brief body scan, encouraging them to focus on the present moment and notice any sensations without judgment.
- Set a timer for two minutes and allow students to practice mindfulness in silence.

Reflection: After the mindfulness practice, facilitate a reflection session.

- Ask students to share their thoughts and observations about the mindfulness practice.
- Encourage them to reflect on how they felt during the practice and any changes they noticed in their thoughts or feelings.
- Guide a brief discussion on the potential benefits of mindfulness and how it can be applied in their daily lives.

Resources: Whiteboard/markers or presentation slides, timer, printed copies of the Student Resource: "Mindful Moments" worksheet

Discussion Prompts: Summarize the key points of the lesson and express enthusiasm for students' engagement with mindfulness. Encourage them to incorporate mindfulness techniques into their daily routines and express openness to any questions or further exploration of the topic.



Name: _____

Grades 6-8

Mindful Moments Can Happen Anywhere

Directions: Take a few moments to engage in a mindfulness practice. Follow the instructions below and use the space provided to jot down your thoughts and observations.

Mindful Breathing

Close your eyes and take a few deep breaths. Notice the sensation of your breath as it enters and leaves your body. Focus your attention on the rise and fall of your chest or the feeling of air passing through your nostrils. Continue to breathe deeply for one minute.

Write any thoughts, feelings, or sensations:

Name: _____

Grades 6-8

Mindful Moments Can Happen Anywhere

Directions: Take a few moments to engage in a mindfulness practice. Follow the instructions below and use the space provided to jot down your thoughts and observations.

Body Scan

Sit comfortably in your chair and bring your attention to your body. Starting from your toes, slowly move your awareness up through your body, noticing any areas of tension or relaxation. Pay attention to each part of your body, from your feet to the top of your head. Take your time as you scan your body from head to toe.

Write any thoughts, feelings, or sensations:

Name: _____

Grades 6-8

Mindful Moments Can Happen Anywhere

Reflection: Take a moment to reflect on your experience with mindfulness. How did it feel to focus on your breath and body sensations? Did you notice any changes in your thoughts or feelings during the practice? Then, write down one way you could incorporate mindfulness into your daily life.

Write any thoughts, feelings, or sensations:
