The mindful® Student

Introduction to Mindfulness

Hook: Let students know they are going to bring their attention to their bodies. Narrate the following directions while pausing to give students a moment to follow directions.

- First, close your eyes and take some deep breaths. Notice your breathing.

- Keeping your eyes closed, place your hands on your head. How is your head feeling? What emotions do you feel? Take another deep belly breath.

- Place your hands on your heart. How is your heart feeling? What emotions do you feel? Take another deep belly breath.

- Place your hands on your belly. How is your belly feeling? What emotions do you feel? Take another deep belly breath, and feel it.

- Place your hands on your thighs. How are your thighs feeling? What emotions do you feel? Take another deep belly breath, and open your eyes.

Ask students to share any sensations they noticed in their bodies.

Teach and Model: Share with students that they will practice mindful coloring. "To be mindful, you focus on one thing at a time, just like we did with our bodies." Provide a sheet of paper or the Mindful Coloring sheet and encourage students to draw and color what they feel and to work silently so they can focus on just coloring.

Student Practice: Give students 10 minutes to draw and color silently. Consider putting on some calming music without lyrics while students work.

Reflection: After 10 minutes, ask if anyone wants to share their drawings (or do a gallery walk). Use the discussion prompts for students to reflect on. Consider displaying the drawings in the classroom as a reminder of the importance of mindfulness.

Resources: Mindful coloring sheet/blank paper/coloring template, coloring materials, music

Discussion Prompts:

1. How did coloring impact how you felt?

2. What did you notice on your body scan?

3. What was challenging about this activity?

Breathe in...

Start here → 1 2 3 4

Hold 4 3 2 1

1 2 3 4 Hold

4 3 2 1

Breathe out...
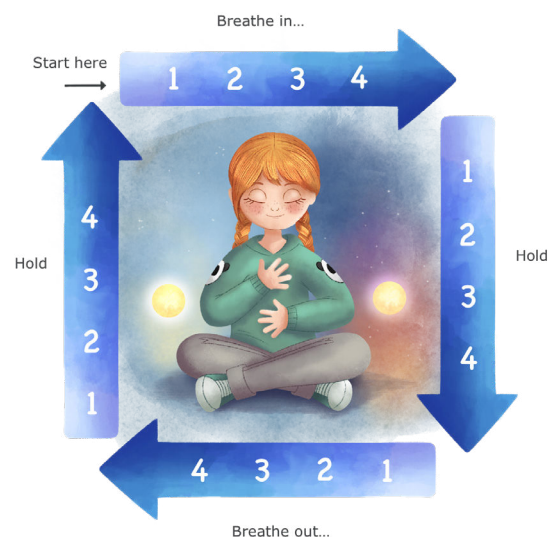
Moving up Reflection

Directions: To be mindful, we can only focus on one thing at a time. Color what you feel in or outside of the shapes below!