

## HIGH SCHOOL

# MINDFULNESS

## Skill Sheet for Educators

Mindfulness is the practice of paying attention on purpose to the present moment, without judging or trying to change your experience. The practice of mindfulness can help students to increase their self-awareness, self-control, and attention. It can also reduce their emotional suffering and increase compassion for themselves and others. Practicing mindfulness allows students to see reality more accurately and without judgement. Regular practice will help to foster an increased sense of well-being for your students.

### Summary of **KEY POINTS** in the video.

- Mindfulness is an ongoing practice, just like daily physical exercise.
- There are three mindfulness skills to focus on with your students.
  - Observe: Notice, without words, what is going on in the environment or in their body
  - Describe: Name what they notice using descriptive and non-judgmental language
  - Participate: Throw themselves fully into an activity or experience

### Practice skills

- Engage in daily mindfulness practice activities to help build your students' mindfulness muscle. Activities can include:

- Take one minute each morning to focus on what students observe with their five senses. Engage in a classroom discussion about observations.
- Practice paced belly breathing. Every time the mind starts to wander to a thought, consider it an opportunity to practice mindfulness and bring your attention back to the breath.
- Listen to a guided body scan. Remind your students to focus on their breathing and follow the guided meditation.
- Set up mindfulness reminders around the classroom. Place sticky notes around the room and teach your students that when they see one, they should follow the instructions. Ideas include:



Take three slow breaths

Notice your surroundings

Pay attention to your heartbeat for one minute

- Fully participate and engage in mindfulness practice with your students. Practicing together creates connection and validates the importance of these exercises.
- It can be helpful to utilize mindfulness-based apps, including Headspace, Calm, Shine, and others, to provide different guided activities. You can also encourage your students to utilize these tools for their ongoing practice.

### Start with this →

- When it comes to mindfulness practice, everything that is taught has to be lived. Start by setting one minute of mindfulness practice before the start of a class.
- Protecting that one minute of mindfulness practice communicates to your students the importance of the practice and sets a mindful intention each day.

On the next page there is an activity that you can share with your students or even place somewhere in your classroom as a reminder to engage in mindfulness practice.

## Activity

Practicing these skills helps you to increase awareness of thoughts, feelings, and behaviors to improve your mental health and wellness.

# Mindfulness Skills & Activities

The more you practice mindfulness the more it will help our mental muscles to have better focus, attention, and awareness. You can choose from many activities below to practice the skills of mindfulness.



**Observe**  
Skill



**Describe**  
Skill



**Participate Fully**  
Skill

**Counting Breaths**

**Paced belly breathing**

**Listening to music and paying attention to one instrument**

**Going for a walk and naming what you see**

**Mindfully eating your favorite food**

**Playing an instrument**

**Journaling**

**Dancing**

### Using recommended apps to guide you:

- Calm
- Headspace
- Shine
- Mindfulness for Children
- Thrive for Alexa: Amazon
- Take a Chill
- OMG I Can Meditate