



Teacher Guide – Youth Module 6

Mindfulness
<p>Overview for Teachers: In this module, students will learn all about mindfulness – what it is, why it’s important, and how to practice it. Students will be guided in practicing multiple mindfulness techniques. Mindfulness has been demonstrated to improve focus, strengthen self-control, reduce stress, and improve emotion regulation. Students and teachers can benefit from a consistent mindfulness practice in their classrooms.</p>
<p>Introduction for Students: <i>Today’s lesson is all about mindfulness. You will learn what mindfulness means, how to practice it, and why it matters. You’ll practice three different mindfulness techniques. Please watch these videos and complete the following worksheets.</i></p>

Videos and Worksheets	
Videos	Worksheets
<p>Mindfulness Part 1: Introduction and Observe</p>	<ul style="list-style-type: none"> • Introduction to Mindfulness Handout • Mindfulness Exercises Part 1 Handout
<p>Mindfulness Part 2: Describe and Participate</p>	<ul style="list-style-type: none"> • Mindfulness Exercises Part 2 Handout • Make Your Own Mindfulness Jar

The Child Mind Institute is an independent, national nonprofit dedicated to transforming the lives of children and families struggling with mental health and learning disorders. Our teams work every day to deliver the highest standards of care, advance the science of the developing brain, and empower parents, professionals and policymakers to support children when and where they need it most. Together with our supporters, we’re helping children reach their full potential in school and in life. We do not accept any funding from the pharmaceutical industry. Learn more at childmind.org.