

Lesson Plan

Mindfulness



Summary

Mindfulness - the practice of being aware of your thoughts and feelings, and being fully present in the moment.

Implementation

Mindfulness is the practice of being present and in the moment. When we get overwhelmed it is usually because our minds start to think about past setbacks or worry about future challenges -- this kind of thinking can lead to feelings of stress and even depression.

If we live in the present moment we can begin to free ourselves of those negative thoughts and feelings, and can be more effective in what we are trying to do at any given moment -- whether it is being more present with our friends or family, school work or hobbies.

Below is a script for a mindfulness exercise that can be led by a teacher or a student, both in school classrooms and in e-learning environments. Do this exercise before or after [The Daily Mile](#) for best results.

Procedure

So let's try mindfulness. This particular mindfulness exercise is about being present and aware of our bodies.

- a. First, I want you to close your eyes. If you prefer, you can also keep your eyes partially open and turned towards the ground.
- b. Now, get comfortable in your seat and allow your body to be still with your feet planted on the ground and your arms resting on your desk or in your lap. I'm going to give you some instructions to follow. During this time your mind will probably start to wander. It's normal for this to happen because our brains are think machines. When this happens, try not to get frustrated. Simply just bring your attention back to my voice.
- c. Now, I want you to observe your breathing. If you want, place your hand on your belly. Notice the rise and fall as you inhale and exhale. Inhale 1, exhale 2... keep counting your breath until you get to 10 [pause 10 seconds].
- d. Now, bring your awareness to your neck and shoulders. Are they holding any tension? If so, take a deep breath in and slowly let go of any tension as you release your breath out [pause for 5 seconds].
- e. Turn your attention to your arms. Notice the contact between your arms and where they are resting [pause for 5 seconds].
- f. Notice your hands. Observe the warmth they feel from your body or the coolness from the desk [pause for 5 seconds].
- g. Remember, if your mind starts to wander, gently bring it back to my voice.
- h. Now, bring awareness to your legs.
- i. Pay attention to the feeling of the backs of your legs making contact with the chair [pause for 5 seconds].
- j. Finally, notice the pressure beneath your feet making contact with the floor [pause for 3 seconds].
- k. Gently bring your mind back to your breathing. With your hand on your belly, observe the rise and fall as you inhale and exhale. Inhale 1, exhale 2. Keep counting your breath until you get to 10.
- l. Slowly open your eyes. I hope you feel present and relaxed.

Mindfulness is something you can do or just a few minutes when you need it, but it is best to practice a few minutes each day to begin to train the brain to become more present and aware.

Additional Resources

Find more free resources on mindfulness and social emotional learning through physical activity using the links below!

- a. [Erika's Lighthouse Resource Portal](#)
- b. [The Daily Mile Social Emotional Learning](#)