

Contents

Introduction 6

Using This Book 8

Acknowledgments 9

Chapter 1: Why Mindfulness Matters in the Classroom 11

What Is Mindfulness? 11

Common Myths about Mindfulness 12

Self-Regulation and Emotions, Attention, and Behavior 13

Mindfulness and Emotion 13

Mindfulness and Attention 14

Mindfulness and Behavior 15

Mindfulness and a More Compassionate World 16

Chapter 2: Getting Started 17

Key Considerations 17

Start with Your Own Practice 17

Ensure Mindfulness Practice Is Secular 18

Be Trauma-Sensitive 18

Differentiate for Diverse Student Needs 19

Have Reasonable Expectations 19

Treat This Time Differently 20

Give Mindfulness Invitational Status 21

Preparing for Mindfulness 21

The “So What?” 21

The Ready Position 22

Daily Practice 22

Planning and Scheduling Mindfulness 23

Opportunities to Debrief 23

Communication with Parents 24

Resources and Tools 25

Introducing Mindfulness to Students 26

Starter Lesson: Mindful Listening with a Chime 26

Starter Lesson: Defining the Present Moment 28

Chapter 3: Mindful Breathing 32

What Is Mindful Breathing? 32

Tips for Teaching Mindful Breathing 33

Breath Activities 33

Breathing Sphere Activities 34

Pinwheels 35

Birthday Candle Activity 36

Introducing Guided Mindful Breathing 36

Three Deep Breaths 36

Mindful Breathing 37

Thoughts As Clouds 38

Breath Counting 39

Buddy Breathing 40

Snake Breathing 41

Bumblebee Breathing 41

Elephant Breathing 42

Back-to-Back Partner Breathing 42

Square Breathing 43

4-7-8 Breathing 44

Five-Finger Breathing 45

Chapter 4: Mindfulness and the Five Senses 55

What Is Mindful Sensing? 55

Tips for Teaching Mindful Sensing 56

Introducing Sensory Awareness 56

Tapping Into the Senses 56

Individual Senses 57

Sense of Smell 57

Sense of Hearing 57

Sense of Touch 62

Sense of Taste 63

Sense of Sight 63

All Five Senses 64

Five-Senses Tour 64

Mindful Eating 66

Chapter 5: Mindfulness of Emotions 81

What Is Mindfulness of Emotions? 81

Tips for Teaching Mindfulness of Emotions 82

Mindfulness and the Brain 82

Reaction vs Response 86

Mindful Responding 86

Recognizing, Naming, and Managing Emotions 87

Emotion and Traits Vocabulary Chart 87

Emotions Graffiti Board 88

Emotion Mapping 88

Worry Box 89

Gratitude Practice 89

Grateful-Heart Mindfulness 90

Gratitude Journal 90

Gratitude Cards 91

Gratitude Tree 91

Loving Kindness 92

Chapter 6: Mindful Movement 107

What Is Mindful Movement? 107

Tips for Teaching Mindful Movement	107
Mindful Heartbeat	108
Mindful Mirroring	109
Mindful Walking	110
Mindful Yoga Movement	111

Chapter 7: Guided Mindfulness 122

What Is Guided Mindfulness?	122
Tips for Teaching Guided Mindfulness	123
Introduction to Guided Practice	123
Body Scan	124
Be the Mountain	127
Favorite Place	129

Chapter 8: Mindfulness and the Peace Corner 139

What Is a Peace Corner?	139
Tips for Creating and Using a Peace Corner	140
Mind Jar	140
Mindful Coloring	142
Mindfulness Cootie Catcher	143
Self-Care in the Peace Corner	143
Self-Care Anchor Chart	143
Recording Self-Care in the Peace Corner	145

Resources 157

Recommended Resources	157
References	160

Index 163