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MINDFULNESS FINDS

CREATE FOCUS & CALM IN THE CLASSROOM



01



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01 Sage Yoga Mat | 02 12 Pack Yoga Mats | 03 Mindful Maze Garden Therapy Toy | 04 Mental Health Check-in Heart Decor | 05 Tree Stump Floor Cushions | 06 Gray Floor Cushion | 07 Rattan Essential Oil Diffuser | 08 Plant Therapy Kid Safe Study Time Essential Oil | 09 Raccoon Essential Oil Diffuser | 10 Mindful Moments Cards

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LESSON PLAN: EXPLORING MINDFULNESS PAGE 1 OF 3

NAME

GRADE

DATE

OBJECTIVE

K-12 students will discover mindfulness as a tool for focus, stress management, and well-being. They'll practice techniques for the start of the day, transitions, or before tests.

MATERIALS

1. White board or chart paper
2. Timer
3. Mindfulness activities OR **download our printable "[Mindful Moments Cards](#)"!**



INTRODUCTION

1. Setting the Tone (15 minutes):

- Begin by asking students what they know about mindfulness. Write their responses on the whiteboard or chart paper.
- Explain that mindfulness is the practice of paying attention to the present moment without judgment. Emphasize that it can help us stay focused, manage stress, and feel happier and healthier overall.
- Discuss the benefits of mindfulness, such as improved concentration, better emotional regulation, and reduced stress levels.

ACTIVITY

Mindfulness Activities (20 minutes):

- Introduce several mindfulness activities, such as:
 - Deep breathing: Filling up a balloon in your tummy to help you feel calm and focused.
 - Body scan: Imagine checking in with each part of your body, like a detective, to relax and feel more aware.
 - Mindful listening: Using your super ears, notice sounds around you like birds chirping, helping you stay focused and calm.
 - Gratitude practice: Make a happy list in your heart, thinking about things that make you smile, feeling thankful and joyful.
- Demonstrate these for the class, guiding them to follow along.
- Students practice activities solo or in pairs to experience mindfulness firsthand.





LESSON PLAN: EXPLORING MINDFULNESS PAGE 2 OF 3

ACTIVITY (CONTINUED)

Mindfulness Practice (15 minutes)

- Lead the class through a guided mindfulness practice using one of the activities introduced earlier. Set a timer for a few minutes and guide students through the practice, encouraging them to focus on their breath, body sensations, or surroundings.
- After the practice, ask students to share how they felt and any observations they made during the mindfulness exercise.

Discussion (15 minutes)

- Discuss when and how students can use mindfulness techniques in their daily lives. Discuss specific scenarios, such as using mindfulness before a test, during transitions between activities, or when feeling stressed or anxious.
- Encourage students to share their own strategies for practicing mindfulness and coping with stress.

Application (10 minutes)

- Brainstorm together as a class how mindfulness can be integrated into daily routines at school. For example, practicing a short mindfulness exercise at the beginning of each class or taking a mindful walk during recess.
- Have students create a mindfulness plan for themselves, outlining how they will incorporate mindfulness into their daily lives both at school and at home.



Our printable ["Mindful Moments Cards"](#) make daily mindfulness practice easy to teach and integrate into classroom routines!

CONCLUSION

As the lesson draws to a close, guide the class through a recap of the essential points covered, ensuring a comprehensive understanding among the students. Express appreciation for their enthusiastic involvement and emphasize that cultivating mindfulness is an ongoing journey requiring dedication and patience. Encourage students to embrace this journey and remind them that like any skill, mindfulness improves with consistent practice. Urge the class to explore a variety of mindfulness techniques, recognizing that each individual may resonate differently with certain practices.

