

Mindfulness Resource Center

We hope you enjoyed our first episode on Mindfulness! If you missed it tune in to Teacher Sauce on iTunes, Amazon Podcast, Spotify, or visit our awakeandaccelerate.com website and click on Teacher Sauce to listen.

As promised here are some quick strategies and resources that can help you get started. Enjoy: Classroom Strategies, [Books for You](#), [Classroom Resources](#), and [Apps](#)

Classroom Strategies:

❖ Mindful Minute

- Direct students to paying attention to their breath.*
- See if you can pay attention when your breath starts to when it ends.*
- Then, move to sensing what's going on in your body and around you. Where do you feel pressure? What do you hear?*

❖ Body Scans

- Starting at the top of your head scan downwards.*
- See if you can sense any pressure in any part of your body.*
- Next, try tightening each body part and then relaxing.*

❖ Mindful Sense: (Touch, Taste, Smell, Hear, See)

- Have the students (without looking/blindfolded) touch a variety of objects and describe their texture or feeling and then compare objects. This can also be done as a guessing game.*

- *Have the students (without looking/blindfolded) taste a variety of food items and describe their texture, taste, smell, etc. This can also be done as a guessing game.*
- *Have the students (without looking/blindfolded) smell a variety of scents and describe. This can also be done as a guessing game.*
- *Have the students listen to a variety of sounds and guess what they are.*
- *Have students pair up. One partner looks at a picture given to them. Their job is to then describe that picture so their partner can successfully draw it.*

❖ **Breathing Exercises:**

- **Triangle Breathing:** *Visualize or print out a triangle (there are also multiple Youtube videos that can guide you in this practice)*
 - *Start at the bottom left of the triangle and breathe for three counts as you trace the first side of the triangle.*
 - *Hold your breath for three counts as you trace the second side of the triangle.*
 - *Breathe out for three seconds as you trace the final side of the triangle*
- **Pizza Breathing/Blow out the Candles:** *Diaphragmatic breathing is a deep breathing practice. It is recommended for students to place a hand on his or her heart and stomach while doing this.*
 - *Breathe in through your nose for 2-5 seconds.*
 - *As air moves through your nostrils expand your stomach.*

- *As your belly fills with air (moving outward) your chest should remain still.*

❖ *Glitter Jars:*

- *Have student take a small jar and fill it with distilled water, clear glue, and glitter.*
- *The glitter represents our thoughts. Shaking the jar shows us how our emotions affect our thoughts and mind. As we breathe the glitter settles leaving the water looking clearer. This represents our emotions settling and therefore our thoughts.*

Books and Resources for You

- ❖ *A New Earth. Eckart Tolle (2006)*
- ❖ *The Miracle of Mindfulness. Thich Nhat Hanh (1975)*
- ❖ *Learn Like a Pirate. Paul Solarz (2015)*
- ❖ *The Emotional Life of Your Brain: How Its Unique Patterns affect the Way you Think, Feel, and Live. Richar Davidson and Sharon Begley (2012)*
- ❖ *The Seven Spiritual Laws of Success: A Practical Guide to Fulfillment of your Dreams. Deepak Chopra (2015)*
- ❖ *Destructive Emotions: A Scientific Dialogue with the Dalai Lama. Daniel Goleman (2004)*
- ❖ *Falling into Grace: Insights into the End of Suffering. Adyashanti (2013)*

Classroom Resources/Curriculum

- ❖ *mindUP-* <https://mindup.org/>
- ❖ *Calm Classroom- Jai and Joy Luster* <https://calmclassroom.com/>
- ❖ *Mindful Schools-* <https://www.mindfulschools.org/>
- ❖ *Brilliant Mindfulness-*
<https://www.brilliantmindfulness.com/resources-for-teachers/>

Mindfulness Apps

- ❖ *Insight Timer: One of the longest running meditation apps. This can be used with adults and kids alike. This is a mindfulness community in which you can connect with others as well. Most of the content is free with a membership available for access to its 150 courses for \$59.99 a year.*
- ❖ *Headspace: Meditation & Sleep: This visually appealing app offers themed meditations and mindfulness workouts. (limited free features; \$12.99 per month, \$69.99 per year) They have student and family plans as well.*
- ❖ *Calm: Offers meditation and audio programs led by mindfulness experts. It even has a mental fitness series led by LeBron James. Like Headspace its meditations are paired with visually appealing graphics. (limited free features; \$14.99 per month, \$69.99 per year, \$399.99 lifetime subscription)*