

# Teaching Mindfully

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How can we teach mindfully and teach our students the same?



# Benefits

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Physical, social, emotional and attentional

# How to be mindful (aware)?

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## • Practice Noticing

- How do you feel?
- How do you act?
- What triggers you?
- Where do you feel it?



# Mindfulness

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- **Stop and Realize**

- Stop in silence
- Don't react
- Notice what happens
- Realize that some habits don't serve you

# Mindfulness

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- **Reassess and respond**
  - What's your intention?
  - Deliberately choose your response

# Breathing

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- Some times the simplest way to be mindful is to breath.
- 4 counts inhale/4 counts exhale. Continue this for about a minute.
  - Alternate nostril breathing for about a minute.
    - Breathing with a mantra or focus.



# Breathing Mantras

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- Inhale: **I am**      Exhale: **Kind**
- Inhale: **I am**      Exhale: **Brave**
- Inhale: **I am**      Exhale: **Strong**
- Inhale: **I am**      Exhale: **wise**

# Poses





# Let's try!

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- **Mountain Pose** (stand straight up)
- **Warrior 1** (one leg back, arms straight over your head, hips facing forward)
- **Tree** (arms up, balancing on one foot)
- **Downward Facing Dog/ child's pose** (hands feet on earth, hips to sky)
- **Cat/cow** (hands/knees)
- **Butterfly** (seated, bottoms of feet touching with bent legs)

# Freeze Yoga

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- I'll play music and when the music stops you pick a yoga pose.
- I'll play the music and then call out the position.



# When can these be done?

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- First 10 minutes of school in your community circle
- After recess
- After lunch
- After they've had 4,000 tests
- When things don't seem just right

# For realz, how can we use this in the classroom and curriculum?

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- Literacy and Science
  - Pieces of text can be used more than once and for more than one idea.
  - Science Standard SC.5.L.17.1 and then any RI standards can tie into this text.
  - 1<sup>st</sup> read by teacher where we incorporate yoga postures into some important paragraphs.



# Another text example: Space

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- Literacy and Science
  - SC.5.E.5.1-5.3 and then any RL standards
  - 1<sup>st</sup> read by teacher where we incorporate yoga postures into some important paragraphs.