



Calm+Kind+Focused Classrooms: Mindfulness At Home Lesson Guide

Lesson 1- Mindful Listening

- **Mindfulness Instruction:**

<https://drive.google.com/file/d/1zu9t9n1UGCDzOpZp0j7f-0EquGLoEI7B/view>

Ms. Sarah defines mindfulness, then guides us through a simple mindful listening exercise.

- **Mindful Movement:**

<https://www.youtube.com/watch?v=Ysp-5WVAI0M&feature=youtu.be>

Join Miss Melanie to learn about Sunshine Breathing. This exercise will improve your focus and allow you to pay attention in a more mindful way. Make yourself some space to spread out before you begin.

- **Mindful Activity:**

<https://drive.google.com/file/d/1w7YCgPba1a9reVE2NwBzx2JIRw218Q1Q/view> Create your own Calm Corner! Take a tour inside Ms. Sarah's calm corner. See what items she finds important to keep her calm, focused and inspired when using the designated area to practice mindfulness. Use this video as inspiration for your own calm corner or another mindful space in your home. If you'd like, send photos or drawings of your Calm Corner to info@shanthiproject.org

- **Mindful Home Practice:**

<https://drive.google.com/file/d/1SxfsXyldp8S9t2NZW0INO4CW6TJ9Ik1K/view>

Create your Calm Corner and practice mindful listening.

- **Journal:**

https://docs.google.com/document/d/1pTP16TwZW8ikwKewJeq2xW40UtgeTDj_IKXi1nbVYsQ/edit

Mindfulness means paying attention to what's happening right now in this moment. It can help you focus, feel calm, and make good choices. What are some times that you think mindfulness could be a helpful skill to know?