



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

### Lesson 3 - Mindfulness + The Brain

- **Mindfulness Instruction:**  
<https://drive.google.com/file/d/12Y-B3CldMDgixtx5Au0H0-6YyTXBAAgv/view?usp=sharing> After a Mindful Minute, we'll learn about our amygdala, our hippocampus, and our prefrontal cortex. Find out why these three parts are a super important part of mindfulness!
- **Mindful Movement:**  
<https://drive.google.com/file/d/1kjUzTaMCuaSSdHltyuB7Z6lpR9luJCDN/view?usp=sharing> Practice balancing with Miss Melanie and Flying Bird Pose!
- **Mindful Activity:**  
<https://drive.google.com/file/d/14VN8C6Tyila0qyYaYvraSNr4GP1RiyfF/view?usp=sharing> Put your hippocampus (memory center) to work in this fun activity video! Gather some objects from around the house and grab a partner -- can you figure out what's missing?
- **Mindful Home Practice:**  
[https://drive.google.com/file/d/1QJXPArOCLVuVS\\_UmB4fLVYLroNEu0TYw/view?usp=sharing](https://drive.google.com/file/d/1QJXPArOCLVuVS_UmB4fLVYLroNEu0TYw/view?usp=sharing) Practice mindful breathing and/or mindful listening in your calm corner. As you move through your day, see if you can notice when your amygdala is activated. Can you take control back?
- **Journal:**  
[https://docs.google.com/document/d/1pTP16TwZW8ikwKewJeq2xW40UtgeTDj\\_IKXi1nbVYsQ/edit](https://docs.google.com/document/d/1pTP16TwZW8ikwKewJeq2xW40UtgeTDj_IKXi1nbVYsQ/edit) 1. Can you think of a few times that your amygdala was activated? 2. Have you ever done something that later you wished you hadn't? What part of your brain was in control when that happened?
- **Supplemental Materials:** [Balloon breath graphic](#)