

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

Welcome and Introductions:

Please begin by reading the welcome letters from our Executive Director, Maureen Wendling, and Director of Programs, Sarah Dennehy. Our leadership team and teachers are excited to introduce themselves and welcome you to our online program!

Introduction Video: This video will introduce what you can expect over the next few weeks as Shanthi Project brings its mindfulness curriculum to you online! We will share mindfulness techniques, mindful movement, and art projects geared toward K-5 students and their families. We look forward to teaching you!

Each lesson contains the following:

- **Mindfulness Instruction** with Sarah Dennehy, Director of Programs
- **Mindful Movement** with Melanie Smith, Director of Trauma-Informed Trainings
- **Mindful Activity:** This could be a game, a creation, or an art project with Dr. Kristin Baxter, Associate Professor of Art from Moravian College.
- **Mindful Home Practice:** Each lesson, we will share ideas for practicing mindfulness at home (or anywhere!) in between lessons. Each “Home Practice Challenge” will set you up to continue daily mindfulness when the course is complete.
- **Mindfulness Journal:** We have included an online template for students to start a mindfulness journal. We will ask you a new question each lesson to answer in your personal journal, or you can write whatever you want and whenever you feel like it!
- **Supplemental Materials:** We will add helpful tools and documents to some of our lessons.

Lesson 1- Mindful Listening

- **Mindfulness Instruction:** Ms. Sarah defines mindfulness, then guides us through a simple mindful listening exercise.
- **Mindful Movement:** 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:** 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:** Create your Calm Corner and practice mindful listening.
- **Journal:** 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?

[Lesson 2 - Mindful Breathing](#)

- **Mindfulness Instruction:** In this video lesson, we will discuss a few mindful breathing techniques and useful tools to help you regain focus when your mind wanders (which it will, and that's okay!) Gently bring your attention back to your breath and keep going. In this lesson we will learn about our breath anchor, plus focus on breathing for one full minute.
- **Mindful Movement:** In this lesson, we learn Volcano Breath. When you are angry or frustrated, you may feel like an active volcano about to erupt! Today, when releasing a deep and powerful breath, we will learn how to be active and calm at the same time. Make yourself some space to spread out before you begin.
- **Mindful Activity:** This art project invites each family member to mindfully trace their hand on a piece of paper. Inhaling as you move upward around each finger, and exhaling as you move down the other side of each finger. Complete your artwork by adding watercolors and watching the colors mix.
- **Mindful Home Practice:** Practice mindful breathing in your Calm Corner. You can do anchor breathing (hand on chest or belly) and/or breathing ball hands.
- **Journal:** What are some times that your breath could help you feel calm? Think about a time at school, during a group activity, at a sporting event, or at home with parents and/or siblings.
- **Supplemental Materials:** [Link to the Hoberman Sphere \(aka Breathing Ball\)](#)

[Lesson 3 - Understanding Our Brain](#)

- **Mindfulness Instruction:** 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:** Practice balancing with Miss Melanie and Flying Bird Pose!
- **Mindful Activity:** 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:** 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:** 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](#)

[Lesson 4 - Kindness](#)

- **Mindful Instruction:** We'll begin with our Mindful Minute, then we'll explore kindness! We'll send kind thoughts and then explore other ways to be kind.
- **Mindful Movement:** Shower yourself with kindness, send hugs to your loved ones!
- **Mindful Activity:** Make your own kindness book. Check out this super cool art project video as Ms. Kristin teaches us to make a book...out of envelopes!

- **Mindful Home Practice:** Do a kind action for someone else, and practice sending out kind thoughts. (And don't forget mindful breathing and listening in your calm corner!)
- **Journal:** 1. Make a list of kind actions you can do for others, and make a plan to do some of them. 2. What are some kind things that others have done for you?
- **Supplemental Materials:** [Loving kindness](#) graphic, [Thumbs Up](#), [Peace Out](#) graphic

Lesson 5 - Feelings

- **Mindful Instruction:** Today's lesson is all about feelings! We'll learn what Name It to Tame It means, and notice where we feel our feelings.
- **Mindful Movement:** Do Washing Machine Pose with Miss Melanie!
- **Mindful Activity:** Grab a friend or two, or some family members and play Feelings Charades! Cards are included below (see Supplemental Materials) -- you can even make up your own feelings faces!
- **Mindful Home Practice:** Notice your feelings and where you feel them inside; continue to practice breathing and/or listening - try a mindful minute on your own!
- **Journal:** Write down or draw each feeling that you had today (we have lots of feelings throughout each day!). What were these feelings telling you? Where did you feel them inside?
- **Supplemental Materials:** [Feelings Picture Cards](#) with instructions, [How to make a balloon + flour stress ball](#)

Lesson 6 - Gratitude

- **Mindful Instruction:** What are you grateful for? Let's practice gratitude and notice how it makes us feel.
- **Mindful Movement:** Paint a rainbow with Miss Melanie!
- **Mindful Activity:** Create your own journal out of envelopes - it's so easy! - and decorate it however you like. Maybe this will be your gratitude journal!
- **Mindful Home Practice:** Begin your own gratitude practice, and keep doing your mindful listening and/or mindful breathing!
- **Journal:** Start a gratitude journal - each day, write down or draw at least three things that you are thankful to have in your life. Sit for a moment and look at your list, then notice how these things make you feel.
- **Supplemental Materials:** [Gratitude graphic](#), [Finger Breathing graphic](#)

Lesson 7 - Our Five Senses

- **Mindful Instruction:** In this lesson, we explore our five senses and how they can help us get un-stuck. We'll also talk about mindful eating!
- **Mindful Movement:** Miss Melanie teaches us to use our five senses to help us balance.
- **Mindful Activity:** Go on a mindful scavenger hunt! (see Supplemental Materials)
- **Mindful Home Practice:** 1) Take some mindful bites at your next meal, 2) Notice if you get stuck in your thoughts, and use your senses to come back to the present
- **Journal:** What are some things that I already do to calm myself when I'm upset or frustrated? What are some things I've learned in Mindfulness that I can use to help myself feel calm?
- **Supplemental Materials:** [Scavenger Hunt graphics](#), [Bunny Breath graphic](#)

Lesson 8 - Mindful Review

- **Mindful Instruction:** We'll review everything we learned so far, and notice how mindfulness can help us feel focused, calm, and happy!
 - **Mindful Movement:** Miss Melanie puts everything together for a moving review!
 - **Mindful Activity:** What's a mindfulness spiral? Watch this video and find out - then make your own!
 - **Mindful Home Practice:** Keep your practice going! Rewatch the videos if you'd like. Create your own breath and teach it to friends and family!
 - **Journal:** What can I do each day to be mindful? How can I continue to practice mindfulness?
 - **Supplemental Materials:** Mindfulness Review graphic
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Teacher Survey

We hope you enjoyed our eight-week mindfulness course! Please take a moment to complete this [short survey](#) to help us provide better online content to you and others like you in our community.

[GIVE US YOUR FEEDBACK HERE](#)

Thank you!