



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!

Letter 1: <https://drive.google.com/file/d/1phHsiiqN6atl938Dh0D3l2rmKw3-PpHd/view>

Letter 2: <https://drive.google.com/file/d/1nBKN6Kwd6VQZ6ZHMWMquXkkaWi-jkbsA/view>

Introduction Video:

<https://drive.google.com/file/d/10oQbyAG06Y8Gv09wytigEtnzyIR94zbp/view>

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

Learn About Shanthi Project:

<https://drive.google.com/a/shanthiproject.org/file/d/16gGfdCafTgJmhjx-xplEj4fH6Vhq-8-4/view?usp=sharing>