

## MINDFULNESS INTRO.

Play:

<https://youtube/kk7IBwuhXWM>

Allow students to write on the white board any stresses/challenges/worries they have.

Ask: What is the impact on you when you name your stressors and write them down?

We are going to practice letting go and being present.

Have students find a comfortable spot in the classroom at their desk or on the floor and have them shut their eyes (if they are comfortable).

Guided mindfulness/breathing exercise:

<https://youtube/dEzbdLn2bJc>

During their guided meditation erase the WordSplash so, when students open their eyes everything they wrote is gone.

How did the mindfulness meditation make you feel? Challenges, distractions etc.

Do you see any benefits to taking 5 minutes to refocus? What are they?

Would you like to do this again? why/why not?

If you have time, end with:

<https://youtube/up3MZuYkf-g>