



LEHIGH
UNIVERSITY

College of
Education

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Lesson 8: Review and Integration

Students will **reflect** on their mindfulness practice and make a plan to **apply** mindfulness to their everyday life.

Begin with this breath meditation:

<https://www.youtube.com/watch?v=XUOUidfOpJ0>

Reflection:

What have you learned by practicing mindfulness?

How has your mindfulness practice changed over the last 8 weeks?

Which mindfulness activities have made the biggest difference for you?

Have you incorporated mindfulness into your daily life? If so, what changes have you noticed? If not, what barriers stand in your way?

Stretch Activity 1: Pick someone in your life that you would like to share your mindfulness practice with. It could be somebody that you live with, or somebody that you don't see very much but can talk to on the phone or over video chat. Do your favorite mindfulness activity with them. It could be an activity from lessons 1-7, or it could be any other mindfulness activity you have found.

Optional Daily Practice:

Make a plan to continue to practice mindfulness. What are some simple ways that you can sustainably practice mindfulness in your everyday life? Start by practicing a different kind of mindfulness every day this week. Look back at lessons 1-7 for suggestions!

Additional resources:

This channel from Stop, Breathe, Think includes several different types of mindfulness exercises: <https://www.youtube.com/channel/UCkB9zEEqnP9kMlf5VChd99Q>

This playlist includes trauma-informed yoga videos for teens:

https://www.youtube.com/playlist?list=PLtKF2-K_dbAGVRVg6Yd98zPbhHb8JPRE

If you would like to, use the spaces below for any notes or reflections from your mindfulness practice this week.

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|------------------|--|
| Monday | |
| Tuesday | |
| Wednesday | |
| Thursday | |
| Friday | |