

PRACTICING MINDFULNESS

Learning Intention

- ❖ I can demonstrate active listening at the carpet.
- ❖ I can practice mindful breathing.
- ❖ I can listen to how my body is feeling.

Criteria

- ❖ Students can respectfully engage with the read aloud and their peers.
- ❖ Students can use a breathing technique to explore mindfulness.
- ❖ Students can demonstrate their ideas orally and through writing/drawing.

Inquiry Questions

- ❖ What are some strategies that help you find peace?
- ❖ How can mindfulness affect your holistic wellness?

Big Ideas

- ❖ **ELA:** Stories and other texts connect us to ourselves, our families, and our communities
- ❖ **PHE:** Our physical, emotional, and mental health are interconnected

Curricular Competencies

- ❖ **PHE:** Identify and apply strategies that promote mental well-being
- ❖ **PHE:** Identify and describe feelings and worries, and strategies for dealing with them
- ❖ **ELA:** Engage actively as listeners, viewers, and readers, as appropriate, to develop understanding of self, identity, and community
- ❖ **ELA:** Exchange ideas and perspectives to build shared understanding

Content

- ❖ **PHE:** Managing and expressing emotions
- ❖ **ELA:** Metacognitive Strategies (thinking and talking about learning to develop awareness of self as a reader and writer)
- ❖ **ELA:** Reading strategies (illustrations and prior knowledge to predict meaning)

Core Competencies

Personal Awareness and Responsibility

- ❖ We will discuss and reflect on factors that affect their emotions and well-being
- ❖ We will explore strategies that help foster mindfulness and resiliency.

- ❖ Students will be able to express their needs and seek help when needed.
- ❖ Students will be able to recognize strategies to help them find peace in challenging situations.

First People's Principles of Learning

Learning requires an exploration of one's identity.

LEARNING EXPERIENCE PLAN

Materials/Resources

Include links to online resources, titles of print resources, concrete materials, technology, etc.

- ❖ I am Peace by Susan Verde
- ❖ Cardstock paper
- ❖ Watercolour paint/paintbrushes

Supporting Diversity

Students are given the opportunity to represent their learning orally during the discussion period, as well as through painting to accommodate a variety of needs.

The Plan

Connecting

1. Gather students on the carpet. Have them sit in a circle.
2. Guide students in a **mindful breathing** session.
3. Explain that when you focus on how you are breathing, it is called mindful breathing, because you are paying attention to what is happening.
 - ❖ Sit upright comfortably and come to stillness (as much as they can) with quiet bodies.
 - ❖ Ask students to close their eyes or look down at the floor and take a few deep breaths to feel their belly slowly rise and fall.
 - ❖ If their minds wander, ask them to gently bring their attention back to the feeling of their breath or belly.
 - ❖ Ask students to notice their breathing. Is it fast or slow? Can you feel it filling your belly as you breathe in?

Processing

1. Read the story "I am Peace" by Susan Verde.
2. Use post-it notes marked on the pages to ask them questions at various points in the story.
 - ❖ What is an anchor?
 - ❖ What are some things you can do to share kindness with others?

- ❖ How did breathing help the main character find his peace?
- 3. Introduce painting activity where students will be able to connect the story to their own experiences.
- 4. After reading this book, brainstorm different things you could do every day to be mindful?
- 5. Ask students to paint a picture of themselves doing this mindful practice.
- 6. Optional: Play music to help students reflect on their peace.
- 7. Check in using thumbs up/thumbs down before they return to their tables.

Transforming & Personalizing

1. Once everyone has had a chance to paint, have students share their creations in small groups.
2. Listeners can ask their peers questions.
3. Circulate the classroom to hear their reflections.
 - ❖ This lesson helps introduce students to the concept of mindful breathing and find peace even when emotions are running high.