

Lesson Name:

What is Mindfulness?

Student Objectives:

- Students will be able to define mindfulness.
- Students will be able to explain why they need mindfulness.
- Students will have a basic understanding of mindfulness exercises.

Educator Preparation:

- Mindfulness in the Classroom Powerpoint

Introduction:

Today we are going to learn about mindfulness. We are going to learn about what mindfulness is and why we need to utilize it in our daily lives.

Instruction:

First, it is important to understand our students and where they come from. A large percentage of our students are coming from traumatic situations. Being about to implement mindfulness helps bring out an inner calm.

Next, it is important to understand what mindfulness is, and how to implement it. Mindfulness is simply being about to be aware of your present moment. This will help you achieve a clear mental state.

Closure:

Lastly, why do we need meditation? Through meditation, we develop emotional balance, relationship awareness, and social-awareness. If we achieve that, we gather self-awareness. Self-awareness helps us become mindful to achieve that inner peace and calmness.

Activity:

The activity for today is to simply become aware of one of the tasks we do daily. For example, I walk to get my mail every single day. It is part of my routine so I don't always think about it—I just do it. I challenge you to become aware while doing a task like that. For example, I notice the length of my driveway, I am aware of the way the breeze feels, the rocks underneath my shoes, I am aware of the cool air that this time of year brings. I am aware of the creaking that my mailbox makes when opening and closing it.