

Mindful Breathing



Good For:  You
  Staff Teams
  Classrooms

GOAL Focused breathing

TIME 60 seconds – 2 minutes

WHEN TO PRACTICE Choose a regular, designated time to practice; especially useful during particularly stressful or anxious moments; beginning of staff meetings; with students at start of class; when alone on a break

HOW TO PRACTICE While sitting or laying in a comfortable position (standing if desired), simply focus your attention on your breath – the inhale and exhale – removing all other thoughts. Pay attention to the rise and fall of your chest or the sensation through your nostrils.

NOTE You may find that your mind wanders, distracted by thoughts or bodily sensations. That's okay. Be aware when this happens and gently bring your attention back to your breath. Sometimes, especially in stressful moments, it may help to start by taking an exaggerated breath: a deep inhale through your nostrils (3 seconds), hold (2 seconds), and a long exhale through your mouth (4 seconds). http://ggia.berkeley.edu/practice/mindful_breathing

10-Second Count



Good For: ● You

GOAL Focused attention

TIME 10 seconds

WHEN TO PRACTICE When alone on a break; multiple times a day

HOW TO PRACTICE Close your eyes and focus your attention on counting to ten. If your attention wanders while counting, start back at one. The goal for this exercise is to count to ten without losing your focus.

Mind Break



Good For:  You  Staff Teams  Classrooms

GOAL Creating Calm
TIME 60 seconds

WHEN TO PRACTICE With students at start of class; beginning of staff meetings; alone on a break; multiple times a day

HOW TO PRACTICE Establish a calm environment by dimming or turning down lights (optional), playing soft music and/or watching a video of a relaxing nature scene (see resources below). Encourage your students/staff to gather their thoughts and be mindful for one minute.

RESOURCES Calm.com, GoNoodle.com, and Insight Timer app are free resources that provides calming videos and music

Experience Calm.com



Good For:  You  Staff Teams  Classrooms

GOAL Focused breathing

TIME Varies

WHEN TO PRACTICE Choose a regular, designated time to practice; especially useful during particularly stressful or anxious moments; beginning of staff meetings; with students at start of class; when alone on a break

HOW TO PRACTICE Log into your account at calm.com. On calm.com, you have the option to watch videos or listen to audio clips designed to provide a relaxing environment. Audio and video files can be accessed on your computer or mobile phone app.

NOTE Must register for a free account on calm.com during your initial visit. For short 2-3 minutes videos, check out *Emergency Calm*, *Calm Kids*, *Returning Now*, and *Deep Concentration*.

Access GoNoodle.com



Good For:  You  Staff Teams  Classrooms

GOAL Mental focus and engagement



TIME Varies

WHEN TO PRACTICE Choose a regular, designated time to practice; especially useful during particularly stressful or anxious moments; beginning of staff meetings; with students at start of class; when alone on a break

HOW TO PRACTICE Log into GoNoodle.com and select an appropriate video for your audience, environment and goal. GoNoodle videos can be used for "Mind Break" practice as well!

NOTE Must register for a free account on GoNoodle.com during your initial visit. Multiple brain breaks throughout the day will help you refocus and reengage in your task at hand.

Mindfulness Room

Good For:  You  Staff Teams

GOAL Provide a calm space

TIME Varies

WHEN TO PRACTICE Anytime; during breaks

HOW TO CREATE Select a small space, preferably a room away from noise and high traffic. Provide comfortable seating. Have soft instrumental music options available as well as nature sounds. Decorate with calm colors and natural images.

NOTE Room could include activities that help relax or stimulate the mind, such as puzzles, coloring books, Rubik's cube and other mindfulness resources.

Utilize Insight Timer App

Good For:  You  Staff Teams  Classrooms

GOAL Provides ambient audio
TIME Varies

WHEN TO PRACTICE With students at start of class; beginning of staff meetings; alone on a break; multiple times a day

HOW TO PRACTICE Access the Insight Timer App on a phone or tablet. Its bells and ambient sound can be altered based on mood; select different audio loops to experience a relaxing break.

NOTE Insight Timer App can be downloaded on Google Play or Apple Store

Conscious Observation

Good For:  You  Staff Teams  Classrooms

GOAL Focused attention

TIME 60 seconds

WHEN TO PRACTICE With students at start of class; beginning of staff meetings; alone on a break; multiple times a day

HOW TO PRACTICE Pick up a nearby object – a coffee cup, pen, or whatever is available. Hold it in your hands and focus all of your attention on the object for a full minute. Simply observe – don't think about its use. Release any thoughts of past or future as you focus on the object.

NOTE You can also practice conscious observation in nature and focus on objects in your environment.

Mindful Eating

Good For: ● You

GOAL Become conscious of your relationship with food

TIME Varies

WHEN TO PRACTICE Every meal and snack

HOW TO PRACTICE Take two bites. Give yourself time to notice and enjoy your food and its effects on your body.

- Allow yourself to become aware of the positive and nurturing opportunities available through food selection and preparation.
- Use all your senses as you choose food that both satisfies and nourishes your body.
- Acknowledge your responses to food without judgment.
- Become aware of physical hunger cues to guide your decisions to begin eating, and satiety cues to guide when to stop.

Start a Book Club

Good For:  Staff Teams

GOAL Expand knowledge and explore mindfulness

TIME Varies

WHEN TO PRACTICE With staff members before or after school

HOW TO PRACTICE Gather a group of staff members that are interested in learning more about mindfulness. Decide on a book and a start date. Read the book and meet regularly to discuss what has been read and how the knowledge can be applied to the classroom or staff environment.

NOTE Looking for book ideas? Consider these options:

- The Mindful Child by Susan Greenland
- Fully Present by Susan Smalley and Diana Winston
- Mindfulness for Teachers by Patricia Jennings
- Building Emotional Intelligence by Linda Lantieri
- The Mindful Brain by Daniel Siegel

Start a Student Mindfulness Club

Good For:  Students

GOAL Engage students in mindfulness practice and promotion

TIME Semester long or year long

WHEN TO PRACTICE With staff members before or after school

HOW TO PRACTICE Consider offering a student club focused on mindfulness and/or wellness. Topics can include: 1) Meditation moment; 2) Wellness topic discussion/lesson; 3) Open play and/or physical activity; and 4) Community service project. Empower students to be wellness leaders and highlight opportunities where they can educate parents as well as students and staff on healthy behaviors.

NOTE Contact Stephanie Kellam for more ideas and suggestions at stephanie.kellam@fortbendisd.com.