

# Mindfulness Matters

Mindful Possibilities to teach Self-Regulation



*Mindful Monkey, Happy Panda*

By Lauren Alderfer

## Two Definitions

“Mindfulness means paying attention in a particular way; on purpose, in the present moment and non-judgementally.” *Jon Kabat-Zinn*

“Mindfulness is paying attention here and now, with kindness and curiosity, and then choosing your behaviour.” *Dr. Amy Saltzman*



Just Breathe

## Benefits of Mindfulness

- \* Increased attention
- \* Increased executive function (working memory, planning, organization, and impulse control)
- \* Decreased ADHD behaviours
- \* Decreased anger management problems
- \* Increased care for others
- \* Increased self-calming
- \* Increased quality of sleep

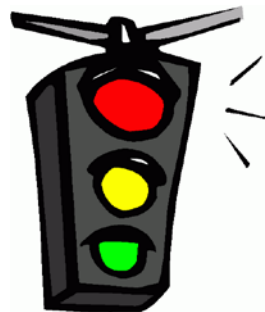


*10 Mindful Moments*

by Goldie Hawn

## Traffic Signal Thinking

- \* Red: Stop and do some mindful breathing.
- \* Yellow: Think about all the different ways to respond
- \* Green: Try the most mindful response and see what happens.



## Happy Wall/Book/Collage

- \* Collections of images that remind the child of things that make them happy/relaxed/confident/safe



## A Still Quiet Place

by Dr. Amy Saltzman

- \* 8-week mindfulness program for kids based on Mindfulness Based Stress Reduction Program (MBSR) by John Kabat-Zinn



### ABCs (ages 5-7)

- \* A: Attention. Stop and pay attention to our...
- \* B: Breath. Usually when we pay attention to our breath it is easier to...
- \* C: Choose. Choose a choice that is kind to us and kind to others.



### STAR (ages 8-11)

- \* S: Stop
- \* T: Take a Breath
- \* A: Accept that you are having difficulty
- \* R: Restart when you are ready

### PEACE (ages 12-18)



- \* P: Pause
- \* E: Exhale
- \* A: Accept & Allow
- \* C: Choose how you will respond
- \* E: Engage with the situation and people again

### Mindful Listening



- \* Listen to one tone
- \* Listen to the sounds in the room
- \* Listen to different tones
- \* Listening Echo
- \* Create a Soundscape



## Sitting Still Like a Frog

by Eline Snel

### Mindful Noticing



- \* What kind of thoughts do you have when you see the bubble container?
  - \* What do you notice about how the bubbles look?
  - \* How did you react to the bubbles?
  - \* Self-Regulation Challenge:
    - \* Blow bubble in various spots amongst the students.
    - \* Challenge them not to touch the bubbles.
    - \* When they think about popping the bubbles and don't, they are self-regulating.



## My Gratitude Jar

by Kristin Wiens



### Gratitude

- Individual, class or whole school Gratitude Jars
- Gratitude Tree
- Thank You Cards
- Gratitude Journal
- Gratitude Brainstorming: i.e. something red, something at school, something you like to do, someone you are grateful for

### Idea: Breathing

- Hoberman Sphere
- YouTube: Long Story Shortz: Breathe
- Take 5

### Idea: 5x5

### Idea: Mirror Movements

You Tube: Mindfulness: Youth Voices

### Application:

- The Mindful Educator the behaviour detective
- The Mindful Educator increased awareness of opportunities
- The Mindful Educator increased Joy

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