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## { ACTIVITY 1 }

# Introduction to Mindfulness



### **Objective**

To introduce mindfulness (four steps to the mindful process) to students and how it can help them with everyday stress

### **Materials**

*My Mindful Journey*

*Daily Mindfulness Practice Chart*

### **Procedures**

Open the activity by checking in with students and have a brief round of “here or not here” (ask students if they are here or not here mentally).

Open the activity by asking students if they are familiar with mindfulness. Then read the following prompt:

Let’s consider the following questions:

- Have you ever made it to your destination without remembering the path?
- Do you often eat lunch or dinner in front of the television or while on your phone?
- When you walk outside, have you ever stopped to listen to the birds chirping?

Mindfulness is the act of simply taking time to explore your world using your five senses. To begin our introduction into mindfulness, we must first become present and welcome our thoughts into our consciousness. This is even more important when you are grieving a loss. Staying mindful during your grief will allow you to recognize when you are grieving and help you manage your grief without it overwhelming you.

Review the four steps of *My Mindful Journey*. Introduce the *Mindful Practice Chart*. Students will keep track of their feelings before and after practicing mindfulness.

**Hint:** You may want to introduce the chart first, so they can record their present emotions before practicing the Mindful Journey.

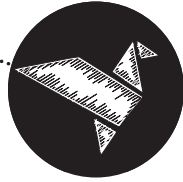
### **Follow Up Questions**

How do you feel after completing the five steps to mindfulness?

How can these 5 steps help you in daily life?

### **Close**

Repeat and meditate on the Daily Mantra.



# My Mindful Journey

**Practice the following four steps to increase your overall awareness. Don't worry if you feel awkward. The more you practice, the more the steps will come naturally.**

## **Step 1: Stop**

The first step to become more mindful is to stop and acknowledge your feelings and surroundings. If you feel upset, angry, or sad allow it to stay with you.

## **Step 2: Take Deep Breaths**

Once you recognize your emotion, pay attention to your breathing. Are you breathing heavy? Fast? Slow?

Mindful breathing is simple. Simply take a deep breath in through your nose as if you are smelling a flower for three seconds. Hold the breath for two seconds then breathe out through your mouth. You should breathe out as if you are gently blowing out a candle.

## **Step 3: Relax your body**

As you breathe in and out, make sure you are seated in a comfortable position. You can either sit in a chair, on the floor with your legs crossed, or you can find a comfortable spot to lay down. As you relax your body, remove all tension. You can start with your shoulders and work down to your stomach, legs, and finally feet. This step will take practice.

Stay with it.

## **Step 4: Do Not Judge. Judging yourself and others**

The final step is trusting the mindful steps and not judging yourself or others. We all experience emotions differently. Removing judgment of yourself and others removes negative thoughts and feelings and welcomes love and acceptance.

