

Dear Parent,

## Mindful Schools Lesson 1

Today was our first mindfulness lesson! We learned about **Mindful Bodies** and **Mindful Listening**.

**Mindful Bodies** is a way of preparing to practice mindfulness by bringing the body to be very still and reduce distractions (in school, by clearing off the desk). The hands can be placed in the lap, the feet flat on the floor, and the eyes closed. We practiced sitting like this for one minute.

**Mindful Listening** is all about practicing noticing sounds—sounds around us and sounds within us.

- ❖ Invite your child to teach you how to have a **Mindful Body** and practice sitting with them in a **Mindful Body** for one minute
- ❖ Invite your child to teach you **Mindful Listening** and practice **Mindful Listening** during many moments of the day – in the car, waking up in the morning, during dinner, outside on a walk, etc.

Dear Parent,

## Mindful Schools Lesson 2

Today was our second mindfulness lesson. We learned about **Mindful Breathing**.

**Mindful Breathing** is about noticing where we feel our breath in the body. Placing a hand on the belly can help you feel your breath and pay attention to it. We're not trying to make the breath do anything in particular—we're just learning to pay attention to the breath and bring the mind back to the breath when it wanders (in this way, the breath is like an anchor to keep the mind steady).

- ❖ Invite your child to teach you how to do **Mindful Breathing**. Practice this with them for one minute.
- ❖ Use **Mindful Breathing** yourself and with your child at various times throughout the day. Take 3 Mindful Breaths anytime you feel stressed. Practicing **Mindful Breathing** at non-stressful times can be helpful for your child, so that when stress does come, the brain is more ready to use this skill.

See <http://www.mindfulschools.org/resources/explore-mindful-resources/> (scroll to the bottom of the page) for a guided **Mindful Breathing** practice for adults

Dear Parent,

### Mindful Schools Lesson 3

Today was our third mindfulness lesson. We learned about **Heartfulness – Sending Kind Thoughts**.

**Heartfulness** is all about cultivating compassion for ourselves and for others. We practiced this by learning to send **Kind Thoughts** to another person and to ourselves. These kind thoughts may be phrases such as “May you be healthy and strong,” “May you be happy,” “May you be peaceful,” or other phrases you come up with on your own.

- ❖ Invite your child to teach you how to **Send Kind Thoughts** to another person. Practice this with them for one minute.
- ❖ Practice **Sending Kind Thoughts** to others and to yourself throughout the day.

Dear Parent,

### Mindful Schools Lesson 4

Today was our fourth mindfulness lesson. We learned about body awareness and your child learned a practice called the **Body Scan**.

An important part of mindfulness is strengthening our ability to notice what is happening in the body. The **Body Scan** practice invites us to notice sensations in the body – for example, warm, cool, tingly, prickly, tight, heaviness, lightness, etc.

- ❖ Invite your child to teach you how to do the **Body Scan**.
- ❖ Use the **Body Scan** yourself and with your child at various times throughout the day. This is a wonderful practice to do before bed.

See <http://www.mindfulschools.org/resources/explore-mindful-resources/> (scroll to the bottom of the page) to access a full-length guided **Body Scan** practice for adults.

Dear Parent,

## Mindful Schools Lesson 5

Today was our fifth mindfulness lesson. We continued learning about **Mindful Breathing and staying at your base** as a way of steadying attention.

The breath becomes the “anchor” or base of awareness, and each time the mind wanders away from the breath, we can practice bringing our attention back to the sensations of the in-breath and out-breath while thinking “breathing in...” and then thinking “breathing out...” Each time the mind wanders, we kindly bring our attention back to the breath.

- ❖ Continue to practice **Mindful Breathing** with your child throughout the day.
- ❖ Practice **Mindful Breathing** on your own throughout the day. A guided audio recording of **Mindful Breathing** is available at <http://www.mindfulschools.org/resources/explore-mindful-resources/> (scroll to the bottom of the page)

Dear Parent,

## Mindful Schools Lesson 6

Today was our sixth mindfulness lesson. We learned about **Heartfulness – Generosity**.

We continued to cultivate the quality of **Heartfulness** by focusing on **Generosity** today. We practiced cultivating awareness of how it feels to give to another person through acts of service. Students were encouraged to do generous acts for others and also notice generous acts others do.

- ❖ Practice **Heartfulness – Generosity** yourself by bringing to mind times you have been generous to others and noticing how your body feels as you think about this. Bring awareness to **generous** acts you do for others throughout the day.
- ❖ Notice the **generous** acts your child does.

Dear Parent,

## Mindful Schools Lesson 7

Today was our seventh mindfulness lesson. We learned about **Thoughts**.

This lesson focused on becoming aware of thoughts and what happens when the mind wanders away from the breath. For those in K-2<sup>nd</sup> grades, we focused on helping them notice the first thought that pops into their mind while practicing mindful breathing. For those in 3<sup>rd</sup>-6<sup>th</sup> grades, we brought awareness to noticing when the mind is thinking something from the past/present/future.

- ❖ Invite your child to teach you what they learned in the mindfulness lesson about thoughts.
- ❖ Practice **noticing your own thoughts** throughout the day and then coming back to the sensation of the breath.

Dear Parent,

## Mindful Schools Lesson 8

Today was our eighth mindfulness lesson. We learned about another mindfulness practice called the **Mindful Seeing**.

During this practice, students were given another opportunity to use one of their senses to connect to the present moment. We practiced observing with the eyes, and then also observing with the eyes and ears.

- ❖ Invite your child to teach you how to do **Mindful Seeing**. Practice this with them for one minute.
- ❖ Use **Mindful Seeing** yourself when you are outside or in the house, perhaps noticing something you haven't noticed before.

Dear Parent,

## Mindful Schools Lesson 9

Today was our ninth mindfulness lesson. We learned about **Heartfulness – Kind and Caring on the Playground**.

This lesson encourages students to begin integrating our previous **Heartfulness & Mindful Breathing** practices to increase compassionate interactions on the playground through pretend scenarios.

- ❖ Invite your child to teach you what they learned from their lesson today about **Kind and Caring on the Playground**.
- ❖ Bring awareness to your own interactions with others, practicing **Sending Kind Thoughts** and using **Mindful Breathing** when you notice you are frustrated or angry during an interaction with another person.

Dear Parent,

**Mindful Schools Lesson 10**

Today was our tenth mindfulness lesson. We learned about **Emotions**.

**Mindfulness of Emotions** is a powerful application of mindfulness. We explored emotions today by naming emotions (happy, mad, sad, scared, etc.) and noticing how emotions affect body sensations. With the older classes, we explored how naming our emotion 2-3 times creates **space** for mindfulness before reacting to the emotion, for example saying “frustrated frustrated” or “angry angry,” etc. With younger grades, we practiced noticing emotions and where students feel emotions in the body.

- ❖ Invite your child to teach you about the lesson they learned today about **Emotions**.
- ❖ Model naming your own **emotions** out loud and encourage your child to do the same.

Dear Parent,

## Mindful Schools Lesson 11

Today was our eleventh mindfulness lesson. Our lesson today was about **Mindful Movement** with body awareness through slow motion body movements.

We practiced being aware of body sensations while doing simple daily actions such as raising hands, standing up, sitting down, etc. Students were encouraged to pay attention to mindfully moving while moving their chairs, touching objects on their desks, and so forth.

- ❖ Invite your child to teach you about slow motion mindful movements.
- ❖ Practice bringing awareness to your own movements throughout the day, perhaps by selecting one daily task (brushing your teeth, washing dishes, opening a door) to notice.

Dear Parent,

## Mindful Schools Lesson 12

Today was our twelfth mindfulness lesson. We learned about **Gratitude – Looking for the Good**.

We continued to cultivate positive mind and feeling states by noticing the things that make us happy and bringing our attention to these. Students were encouraged to write down the things they are grateful for.

- ❖ Invite your child to teach you about looking for the good/gratitude.
- ❖ Practice **Gratitude** yourself, perhaps by a making a list each day this week of things you are grateful for. Encourage your child and other family members to name things that make them happy/they are grateful for, perhaps around the dinner table each night.

Dear Parent,

## Mindful Schools Lesson 13

Today was our thirteenth mindfulness lesson. We learned about **Mindful Walking**.

**Mindful Walking** is a way of practicing mindfulness while moving. We slow down our walking to practice noticing sensations in the feet, legs, and body while walking.

- ❖ Invite your child to teach you how to do **Mindful Walking**. Practice with them for a few minutes.
- ❖ Practice **Mindful Walking**. A guided recording of **Mindful Walking** is available at: <http://www.mindfulschools.org/resources/explore-mindful-resources/> (scroll to the bottom of the page)

Dear Parent,

## Mindful Schools Lesson 14

Today was our fourteenth mindfulness lesson. We learned about **Mindful Eating**.

**Mindful Eating** is about bringing awareness, through the five senses, to the daily act of eating. This usually means slowing down the process of eating!

- ❖ Invite your child to teach you how to do **Mindful Eating**, perhaps using a small piece of fruit. Practice this with them.
- ❖ Use **Mindful Eating** yourself and with your child at various mealtimes. Having a mindful meal as a family (or at least bringing mindfulness to the first few bites of a meal) can be a time to share this practice together.

Dear Parent,

## Mindful Schools Lesson 15

Today was our fifteenth mindfulness lesson. We learned about **Mindful Test Taking**.

This lesson weaves together various mindfulness skills previously taught, to increase students' awareness of their bodies and emotions while preparing for and taking tests. We practiced calming the body and mind before taking a test.

- ❖ Invite your child to teach you how to use mindfulness to calm the body and mind before taking a test.
- ❖ Practice **Mindful Breathing** or the **Body Scan** with them in the morning before they go to school on test days.

Dear Parent,

### Mindful Schools Lesson 16

Today was our sixteenth and final mindfulness lesson. We reviewed the skills students have learned over the past sixteen weeks and prepared them to continue using mindfulness in the classroom and in their daily lives.

- ❖ Continue using Mindfulness personally and with your child, integrating small moments of mindfulness into your daily life.

We'd love to hear your feedback about the Mindful Schools program. Please visit:  
<http://www.dbhprevention.org/parent>