

## Classroom Toolkit

1. *Zach Gets Frustrated* book by William Mulcahy (Frustration Triangle tool)
2. Chill Skills
  - Rainbow Walk for Transitions (walk around the classroom or hallways and notice the colors of the rainbow. ROY G BIV. Walk slowly and quietly. Take an in breath and take 3 steps, out breath take 3 steps.)
  - Bunny Breathing/3-4-5 Breathing for Calming (breathe quickly 3 time through the nose, exhale through the mouth. Repeat./Breath in for 3 seconds, hold for 4 seconds, breath out for 5 seconds
  - Sitting Still Like A Frog for Movement (On all fours like a frog sitting still. Hop in place like a frog, when the students hear Sit Like A Frog, they stop and control their movement while breathing with control like a frog. Repeat.)
  - Lion's Breath for Frustration (Raise your arms and extend your fingers next to your head (like you are being scary). Inhale through your nose. Exhale strongly through the mouth, making a "ha" sound. As you exhale, open your mouth wide and stick your tongue as far out as possible towards your chin. Repeat)
3. Mindful Bell that rings every 30 mins for consistent reminders of relaxation and pause. Students are directed to take 3 long slow breaths and notice when they are breathing in and breathing out.
4. Mindful Jar
5. Mindfulness Card Deck (Yoga 4 Classrooms, Little Flower Yoga)
6. The Brain - education on what occurs when stressed and when calm - *Fantastic Elastic Brain* book (Also, Mindful Life, LLC lessons are helpful)
7. Planting Seeds - education of growing healthy seeds of happiness in our brain (Inside Out Movie is helpful comparison)



# Mindfulness in Education

Intentional awareness of our own and other's thoughts, emotions, and behaviors in order to develop compassion, kindness, & understanding

## Benefits

### For You

- Reduces burnout, anxiety, and rumination
- Facilitates proactive (versus reactive) classroom management strategies
- Facilitates healthy student relationships (compassion and understanding)
- Improves sleep and stress management
- Increased cognitive flexibility and awareness

### For Your Students

- Strengthens attention and concentration
- Reduces anxiety, stress, and mental health
- Enhances social and emotional learning
- Increases working memory and executive functioning skills
- Increases academic achievement and class participation

## Mindful You

### Informal Practices

- Walking into school - set intentions
- Leaving school - 3 grateful moments
- At stop light or phone notifications, take 3 mindful breaths
- Count your breathing w/o thoughts
- Mindful walk from lunch to classroom
- Bell of Mindfulness

## Classroom

### Implementation

- Mindful Movements - brief activities that refocus awareness and control for more effective learning. Frequent practice in the morning, after lunch, and end of the day - The Wave, Morph, Sundance, Animal Poses, Mirroring, Yoga

## Resources

- Google Drive - <https://goo.gl/dO1L8u>
- Mindful Prezi - <https://goo.gl/LLuloy>
- Insight Timer App - ([Android](#) & [Apple](#))
- Kira Willey - <https://goo.gl/EQiZoG>
- Smiling Mind - <http://goo.gl/ap3T5>
- mindful.org - <http://goo.gl/uzbExE>
- Andy Hobson - <https://goo.gl/XwDpZ7>
- Cosmic Kids Yoga - <https://goo.gl/xpl4U>

## Classroom Toolkit

- Zach Gets Frustrated and the Frustration Triangle
- Chill Skills - Rainbow Walk, Bunny Breath, 3-4-5 Breathing, Lion's Breath, Sitting Still Like A Frog
- Bell of Mindfulness - <https://goo.gl/b34Nzy>
- Mindful Jar
- Planting Seeds of Happiness
- Science of the Brain

Smile, breathe, and go slowly