

THE WAY OF MINDFUL EDUCATION

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Mindful Eating



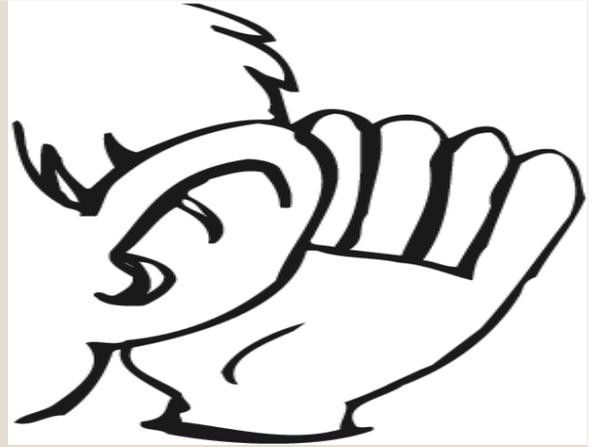
- When we eat mindfully, we gain a new way of relating to the experience of eating.
- Bring awareness to taste, by which we explore our sense of touch, smell, hearing, sight, and taste.
- Learning Objectives:
 - Enhancing sense awareness and somatic presence.
 - Cultivate gratitude and appreciation of the moment.
 - Heighten attention and attunement skills.
- Preparation: The ideal foods for this practice are small, tasty, and natural.
 - Raisin, apricot, tangerine, or other similar fruit.
 - Be sure to find out if there are any children with food allergies in your classroom.
- Simple Script- “Today we are going to learn how to be mindful of some thing totally new.”

Mindful Eating

- Dialogue “Usually when we eat raisins we just throw a bunch in our mouths really quickly and chew them so fast we hardly get a chance to taste them.”
- Journal Prompts:
 - Draw: Draw a picture of what it looks like inside your mouth when you're eating.
 - Writing: How does eating mindfully feel differently from the way you normally eat?
 - What else would you like to eat mindfully.
 - What are some other things in your life that would be better if you slowed down.
- World Discovery: Every time you have something to eat, you can eat mindfully.
- Age and Stage: K-5 students enjoy the sensory experience of mindful eating, and younger kids love sharing what they smell, feel, see, hear, and taste.



Mindful Listening



- Learning Objectives:
 - Cultivating focused, present-moment awareness.
 - Relaxing the mind and the body.
 - Becoming aware of thoughts and working with distraction.
- Preparations:
 - This practice can be done indoors or outdoors, with few sounds or many. As you continue to practice, using different sounds can be fun for the students. Ringing different types of bells, shaking rattles, and being in place.
 - Sample Script: Mindful Listening –
 - “Today you will learn to open up your senses and experience the world in a richer and fuller way”.
 - Dialogue-
- When the class is ready, ask students to share their experience and how they feel after practicing the exercise. You can ask what noise they heard and what they noticed about their minds as they tried to pay attention.

Mindful Listening



- Journaling Prompts:
 - Drawing: Sounds are made of waves. Draw a picture of the ocean of sounds you are hearing right now.
 - Writing: What are your favorite sounds to listen to?
 - What do you notice about your attention when you try to stay focused on sound?
 - How do you feel your emotions responding to each sound?
- World Discovery:
 - Keep your mindful ears open and see if you notice any noises you usually miss. If you've been forgetting to really listen in your life, you may be amazed by all the amazing sounds all around you!
- Age and Stage:
 - K-5 students will enjoy this practice when it is more playful. It can take 5 minutes: listening to music or going on a nature walk.
- Things to Remember:
 - Listening is a core practice for students and can be used throughout the day, even for a single ring of a bell that students listen to. This can be a relaxing and regulating moment.

Mindful Seeing

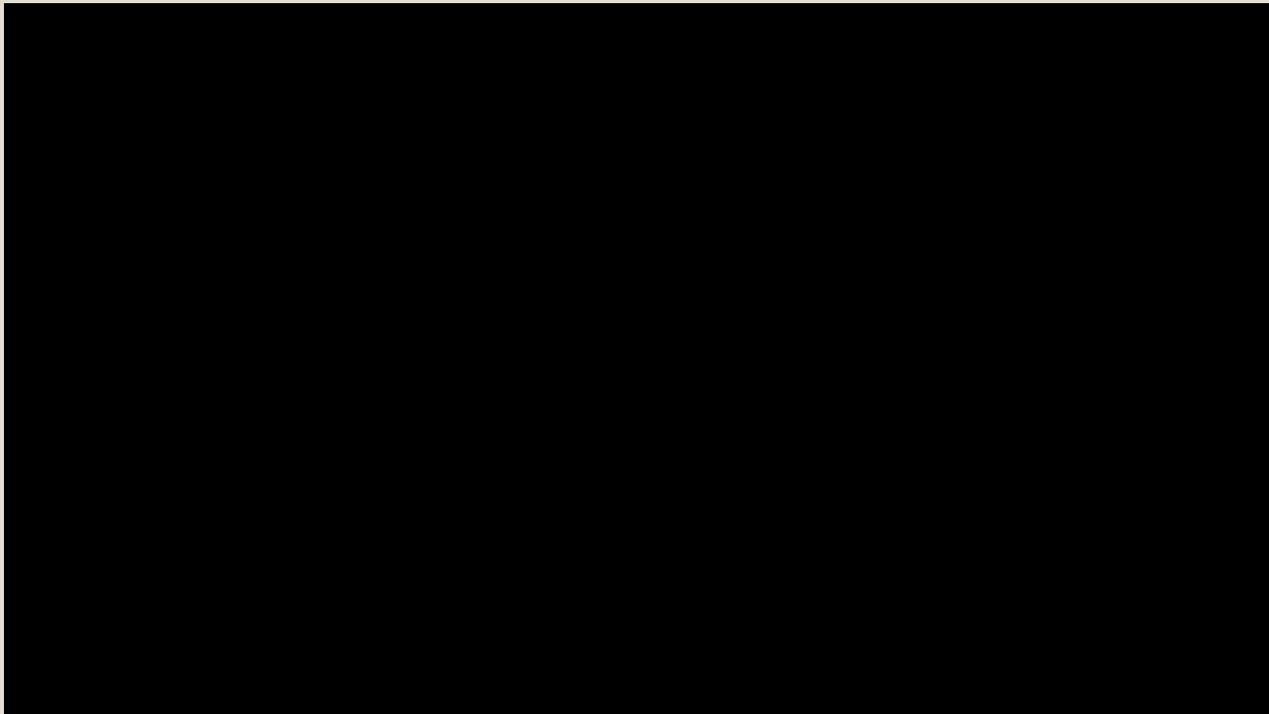


- Best anchor points is mindful seeing to cultivate the attention muscles in using the eyes.
- When the focus of the eye is on a single spot, it helps anchor the awareness.
- Learning Objectives: the mindful seeing practice cultivates attention skills and helps become aware of distractions.
- Preparation: have students bring their attention to a single spot on the wall or outside on any object as long as it's not moving.
- Sample Script: Do the activities with the students
- You will choose one object to focus on (i.e. poster), in the classroom on the wall. When your eyes start to wander off, we can pull our attention back to that spot. It's like you are lifting weights and your attention muscles are getting stronger.
- We are going to begin our activity: Now choose your spot, focus your eyes on and keep them glued on that one spot for one minute.
- Q: What did you notice about trying to pay attention to your spot? Did your eyes get distracted?
- Let's get our mindful eyes on and look around to see if there is anything that you have never seen before.



Mindful Seeing

- Dialogue: conversation with students after seeing one of the videos of “Selective Attention Test,”
 - “What else do we forget to pay attention to in our lives, like not seeing the _____ (object)?”



Mindful Seeing



- Journal Prompts
 - Drawing: Draw as many things as you can see in the room.
 - Write: Write what you wish to pay greater attention to; things that distract you from paying attention, how can mindfulness help you?
- World Discovery: Continue to build attention muscles by focusing your one-pointed attention spot, and spot things you have never seen before.
- Things to Remember: Do Not focus on moving objects during the practice, relax, and focus and often return to practice to build their attention muscles.



**TEACH LIKE A PINEAPPLE
STAND TALL.
WEAR A CROWN.
BE SWEET ON THE INSIDE**