

MINDFUL ENGAGEMENT

(Pages 256-260)

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This final lesson is aimed at helping students integrate their mindfulness practice into their daily lives.

- ▶ - Students can become ambassadors of mindfulness . They can bring compassion, attention, and embodiment into the world as an empowering gift for others.**

Learning Objectives:

- ▶ **Integrating the mindfulness, heartfulness, and embodiment practices into daily life.**
- ▶ **Building the sense of confidence and empowerment that comes from teaching to others.**
- ▶ **Building an empathic community.**

Preparation:

- ▶ **Examples of being mindful in all aspects of our lives:**
 - ▶ **Brushing our teeth**
 - ▶ **Walking down the street**
 - ▶ **Talking with a friend**

In this lesson, we will learn how to bring mindfulness into our daily lives. Let's all get our mindful bodies on and practice mindful breathing.

- ▶ Think of a moment when someone was really kind to you.
- ▶ Then close your eyes: Keep picturing this moment as if you have a T.V. in your mind and you were watching it on the screen.
 - ▶ *How does your body feel when you are picturing or watching this kindness?*
 - ▶ *Now that you have this kind feeling in your heart, let's imagine a kind act you could do for someone . Again, picture doing this in your mind and see how it feels in your body.*

Commitment:

Now we can make a commitment within ourselves to bring our heartfulness into the world.

Journaling Prompts:

- ▶ **Drawing:** Draw a picture of you giving your act of kindness.
- ▶ **Writing:** What is your vision of how you can bring your heartfulness into the world?
- ▶ How could you teach other people mindfulness?
- ▶ What qualities have you developed that you can offer to the world?

World Discovery:

Having students choose a mindfulness service project will serve the student and the community. The mindful service work can be simple commitments of how they want to change in the world or real projects that they can do themselves or in a larger group.

Age and Stage

- ▶ K-5 students can visualize themselves being mindful in the world and then writing about this. It's a good game to play and strengthens their ability to respond in the future in ways they have already imagined.
- ▶ 6th-12th grade students can visualize how they want to be in the future. They can plan ways to be mindful in their lives, and the whole class can come up with a mindfulness project.