



SUSD Elementary School Counselor Lesson Plan

Topic: Practicing Mindfulness and Breathing Exercises

Duration: 45 Min.

Grade Level: K - 6th Grades

ASCA COUNSELING STANDARDS / MINDSETS & BEHAVIORS

ASCA STANDARDS (Personal/Social Development)

PS:A1.1 Develop positive attitudes toward self as a unique and worthy person.

PS:A1.8 Understand the need for self-control and how to practice it.

PS:C1.10 Learn techniques for managing stress and conflict.

PS:C1.11 Learn coping skills for managing life events.

ASCA MINDSETS & BEHAVIORS (Self-Management Skills)

Behavior Standard/Self-Management Skills 2: Demonstrate self-discipline and self-control

Behavior Standard/Self-Management Skills 7: Demonstrate effective coping skills when faced with a problem

OBJECTIVES

Students will be able to have a better understanding of how Mindfulness or "being present" in the moment can help us:

- Decrease stress and anxiety
- Increase self-awareness
- Improve self-control/impulse control
- Improve attention and concentration skills
- Be more empathetic and compassionate

VOCABULARY

Mindfulness
Mindful Breathing
Belly Breathing
The Hubbub: Stress
Awareness: Thinking, Feeling and Sensations
Past, Present and Future
Yoga Poses
Being Present
Relaxation Exercises
In & Out Breath

INTRODUCTION TO LESSON

- Start lesson by reading book, What Does It Mean to be Present? By Rana DiOrio.
- Inform students we will be practicing mindfulness by using various deep breathing exercises, relaxation exercises and yoga poses after each lesson for 10-15 minutes.

CONTENT KNOWLEDGE / INSTRUCTIONAL DESIGN

INSTRUCTOR ACTIONS

STUDENT ACTIONS

Review what "being present" may or may not look or feel like.

Have students describe when they are "present". Have students describe when they are not present and the effects on their classwork, relationships, etc.

Have students comment on pictures in the book about who looks like they are "present in the moment" or not.

Have students review and discuss the pictures in the book pointing out which students appear present or not.

Discuss with students how we can easily become distracted in class providing examples (i.e., hunger, stress, etc.). Discuss concepts of "past" "present" and "future" thinking about events, etc.

Allow students to provide examples of when they are distracted from being in the "present" reminding them to include how they are thinking, feeling and their sensations.

Coach students on various ways of breathing

Students will practice various breathing

reminding them to be aware of their breathing to help create a quiet/calm brain. Remind students this takes practice.	exercises.
Coach students through relaxation exercises and yoga poses. Remind students how these exercises take practice. Remind students to be aware of their thinking, feelings and sensations.	Students will participate in relaxation exercises and you poses.

CLOSURE / CHECK FOR UNDERSTANDING

At the end of breathing and relaxation exercise, have students share what they were thinking, feeling or what sensations were used. Have students share whether their "active" brain felt calmer at the end of the exercises. Leave students with one strategy for them to practice during the week with teacher support (i.e., deep breathing before transitions; turtle walking when lining up, etc.).

AVID WICOR STRATEGIES UTILIZED

Writing: Have students draw, write and color "Being present means.....". "Breathing in, I see myself as a _____. Breathing out, I feel_____". Develop class book with student work. Provide younger students with ABC Yoga poses they can color, take home and practice.

- I -
- C -
- O -
- R -

RESOURCES

Books:

What Does it Mean to be Present? By Rana DiOrio

The Mindful Child by Susan Kaiser Greenland

Planting Seeds Practicing Mindfulness with Children by Thich Nhat Hanh

The ABC's of Yoga for Kids by Teresa Anne Power

Peaceful Piggy Meditation by Kerry Lee MacLean

Peaceful Piggy Yoga by Kerry Lee MacLean

Moody Cow Learns Compassion by Kerry Lee MacLean

Just Me and My Mind by Kerry Lee MacLean

Mindful Monkey, Happy Panda by Laura Alderfer

www.kerryleemacleanauthor.com

www.mindyeti.com

Mindful Education: www.mindfuledex.com

DIFFERENTIATED INSTRUCTION

SUPPLEMENTAL LESSON AND RESOURCES

