



Engaging Children. Supporting Educators. Transforming Schools.

Pre-K - Grade 5 Classroom Teacher
Mind Body At School Handbook

A Social-Emotional Learning Program



K-5 Classroom Teacher: Mind Body At School SEL Program Handbook

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1. A Shared Partnership

Some of the best work is the result of many people coming together to achieve a common goal. Mind Body Align At School is a collaboration of classroom teachers, students, and mindful



awareness instructors. Social-emotional learning and mindful awareness help students develop skills needed to succeed in school and in all areas of their lives, both now and in the future.

Research suggests that these skills can be taught, learned, practiced, and cultivated to help children and adolescents increase focused attention and self-regulation. Not only can this self-awareness lead to improved participation in academics and extracurricular activities, but it can also allow for positive mind states like empathy, kindness, and compassion. These, along with other pro-social mindsets like generosity and gratitude can contribute to an enhanced sense of community and belonging within classrooms, individual school buildings, and throughout entire school districts.

This program is a partnership between you, your students, and your social-emotional instructor. Your instructor is an expert in teaching social-emotional skills to students; however, your support and encouragement is what will make this program a success. Our goal is to provide you and your students with enough tools and understanding of social-emotional education that you can continue to integrate mindful awareness into your daily curriculum if you choose.

Your Role as the Classroom Teacher

Because students mirror the behaviors and subtle cues of the adults around them, you have a great amount of influence over the success of the program. You are the most important role model for your students, and your interaction with the practices will be the guide they follow. When you show enthusiasm and support for the mindful awareness tools, your students will follow your lead. If you appear doubtful or indifferent, you can expect them to reflect similar attitudes.

It might seem like a great idea to use the 15 minute lessons to get things crossed off your to-do list, like returning emails or grading papers. **Our top request is that you join us during social-emotional learning, and participate in each lesson along with the students.** This sets a positive example for your class, and you'll also begin to experience the benefits of the training yourself. This is an opportunity for you to reduce stress, improve focus and enjoy your job more.

- At the scheduled time, please have your students ready for social-emotional learning.
- Set a positive example by joining us and participating in the lesson.

Thank you for following the above two requests. This will ensure that your class has the full fifteen minutes and it will model to the students the value of social emotional education.

Dealing with Discipline and Behavior



As skilled instructors, you can count on us to address challenging student behaviors during our lesson times. When you allow us to compassionately intervene and redirect students who are having trouble settling down, your class will see that you trust us to lead and firmly hold the space with kindness. However, if you see that any students are not responding to us and are having difficulty following directions, controlling their behavior, or understanding the negative impact they are having on the class, we welcome your support. **In these instances, if you see our attempts having no effect, please feel free to gently redirect the student, sit near them for support, or ask them to sit near you in order to encourage them.**

Challenging moments can make for excellent teaching opportunities. Because of this, we will try to use any difficult situations as a way to practice our social-emotional skills in real time. If you know of particularly effective interventions with specific students, you are welcome to offer them or act in a way that will benefit the student and the class. Because of our partnership, we will do our best work when we support each other.

We Value Your Observations

Please offer feedback at any time during the program. We are here to support both you and your students. If you notice things not going well with your students, or see a way to improve the experience for your classroom, let us know right away. This way we can make adjustments sooner rather than later, which will benefit everyone.

You are welcome to ask questions and offer your observations at any time. This is a great way to deepen understanding and create space for encouragement. This is just the beginning! When the program ends, stay in touch. We offer additional workshops, lesson plans, and other supportive resources; we are also committed to assisting you in continued practice of social emotional learning and mindful awareness, both in the classroom and in daily life.

2. Being Mindful Every Day

In order to see the most benefits of social emotional learning practices, it's important to find a little bit of time each day to practice paying attention, focus and emotion regulation. There are many quick and engaging ways to work the training into your classroom routine each day without taking time away from other academic subjects. We hope that you will start using the techniques as soon as you feel confident and comfortable, and we would like to offer some tips and guidelines that might help you do this.

Using the Bell in Your Classroom

When you receive your classroom bell, start using it right away and with consistency. Each time you ring the bell, it should mean the same few things. Here are some examples: