



Tips for Creating a Mindful Classroom Week 3

Amplify learning! Reinforce this week's mindful SEL lesson using the following simple exercises.

1. Mindful Breathing - During transition times when your students are busy or out of the room and you have a moment, rejuvenate using grounding exercises.

- Try this breathing exercise: Close your eyes and notice the sensations of breathing.
 - Inhale and notice what the air feels like moving through your nose or mouth
 - Exhale and feel the new sensations. Notice the air move from your chest through your throat, nose and mouth
 - Let your body relax. Breathe in and out naturally
 - Try to do this for one minute
- Try this grounding exercise in a chair: Sit in a chair with a back. Place both feet on the floor. Sit deep enough to rest your back and seat comfortably.
 - Notice the feeling in your back and your legs where they contact the chair
 - Cross your arms and place a hand on each shoulder
 - Alternate tapping each shoulder gently
 - Try this for a few minutes
 - To be less obvious, rest your hands in your lap and tap each leg alternating back and forth

2. Body Sensations - Notice where in your body you feel tension arise.

- Bring attention to a part of the body that feels tense, then practice relaxing that area of tension
- What are the specific sensations (e.g., tightness, pain, heat, throbbing) that you notice in the part of the body that feels tense? Observe them with compassion
- Notice any patterns in interactions during which you feel more or less tense
- Focus on extending your spine to invite more alertness when you feel tired or tense