



Tips for Creating a Mindful Classroom Week 3

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

1. Mindful Listening - Children love making a game of listening. They are eager to practice mindful listening because they can see their improvements right away. They become more interested in listening if they notice their own ability to recognize sounds and focus on sounds around them. This also supports phonics work in the classroom because they gain confidence in breaking apart sounds around them.

- Play the MB Awareness Simon Says with your students to improve listening skills. This game is really simple.
 - Here are the basic rules:
 1. One person is chosen to be Simon
 2. Simon gives a command
 3. Players must only obey the commands that start with "Simon says"
 4. If you follow a command that doesn't begin with "Simon says," you are out
 - **10 Commands to Improve Listening Skills:**
 - Simon says bend over to touch your toes three times
 - Simon says clap five times in a row
 - Simon says spin in a circle two times and stop.
 - Simon says solve this problem. Answer out loud as soon as you solve it. What is $5 + 3$? (adapt this to fit their grade level and skill)
 - Simon says do six jumping jacks
 - Simon says touch each knee with the opposite hand
 - Simon says count to ten in your head. Raise your hand when you're done.
 - Simon says close your eyes and balance on one foot.
 - Simon says pat yourself on the back because you are doing a great job!
 - Simon says meow like a cat. Then, bark like a dog.

Continue until you are ready to end the game.

2. 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