



## Tips for Creating a Mindful Classroom Week 5

Ring the bell, and reinforce gratitude and connection every day by using the following simple exercises.

### 1. Practice Gratitude and Generosity

- Notice your energy level and the energy in your classroom. Anytime you sense the need for upliftment, pause and Take Ten. Take Ten is a practice of acknowledging 10 things you're grateful for and counting them on your fingers to keep track. Once you start, it's easy to keep going, so you might need to Take Twenty!
- Look at each letter in the word "gratitude" and think of something you are grateful for that starts with each letter.
- Think of something you are grateful for that starts with each letter of the alphabet.

### 2. Generosity & Gratitude Mindful Moment Ideas

- Think of something you do in which you feel extremely independent. Then, think of ways other people support you in this endeavor. As an example, consider your work as a teacher. Note all the professors, authors, researchers, mentors, and colleagues who've helped create the teacher you are today, as well as the teacher you will become in the future. Even though we stand alone at the front of the classroom, all these influences and supports are right there with us. Remember to acknowledge how you give to your community, as well. In addition to your students, think of those colleagues, student teachers, and brand new teachers you support, encourage, and inspire by sharing your materials, your time, and your effort. Notice how it feels to spend a few moments in generosity and gratitude.
- Try a similar practice with your students to help them discover a sense of generosity and gratitude. Encourage students to think about the lunch they enjoy each day. Guide them through acknowledging all the people that help make their delicious and nutritious lunchtime possible: the person at home who provides the food and helps them pack their lunch, or, the people who prepare, cook, and serve their lunches in the school cafeteria. You can even acknowledge the plants, animals, farmers, and store owners who make the food available to us each and every day. And the students have their own part to play: offering thanks to the people who help and serve them, as well as cleaning up their space, disposing of their trash, and recycling any bottles and bags. This can help students understand what it means to belong and take an active role in their community, to both give and receive.

Thank you for being a part of the [Mind Body Align](#) community. Our mission is to transform lives through mindfulness, and we could not do it without you.