



## Tips for Creating a Mindful Classroom Week 8

Reinforce our lessons by employing the following supplemental mindful practices:

### 1. Mindful Walking

It's normal for slow, mindful walking to feel boring at one time or another, and that's okay; there's no need to change anything. But if you're looking for some variety, try out these options:

- Choose a path you take everyday and slow it down. For instance, if you always walk a particular hallway or stairwell, designate that one section as your time for mindful walking or finding your slow flow.
- Experiment with different speeds. Try out what it feels like to walk quickly while still paying attention to all the joints, muscles, and movements that are involved in propelling you forward (or backward!)

### 2. Mindful Test Taking

After you've taken your three mindful breaths as a class and/or practiced a body scan or other visualization, offer your students one of these mini practices to use between questions or whenever they need to settle or refocus:

- On pencil/paper tests, trace your name slowly while breathing in and out through your nose. Or, slowly trace the edges of your paper while breathing in as you move your finger along one edge, and breathing out as you move along the second edge, and so on.
- For tests on the computer, try tracing the edges of the mouse pad with your finger while breathing in and out through your nose. Move your finger along one edge as you breathe in. Then breathe out as you move along the second edge, and so on.

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