

YOGA + MINDFULNESS FOR YOUR CLASSROOM

Seated Practice:

Why: The goal of the seated practice is to help students connect their body and their breath. These practices help to calm the nervous system, refocus the brain, and relax the body. Sessions that begin with a seated practice help bring students into the present moment and tune out what happened before their practice, and what might occur after practice. These seated practices are grounding, connecting, and centering.

In each session, participants will learn breath techniques, mudras (yoga for the fingers) or mantras; and then choose the practice that feels best for them. All three practices support social-emotional development by teaching students to quiet their minds, look inside themselves, determine what they are feeling, and express themselves in a safe way.

How to use Mudras:

- **Teach:** Teach about and breathe using 3 mudras
- **Choose:** Each student then chooses the mudra that feels best for their mind and body.
- **Breathe:** Close eyes and guide 3 breaths in the chosen mudra

Social-Emotional Tool:

- Self-Awareness
- Self-Management

Breath Techniques:

Why: Breath techniques help individuals to pause between a stimulus and response in order to respond in a more clear, healthy manner. Utilizing breathwork helps to calm the nervous system, self-regulate, redirect attention and reduce stress.

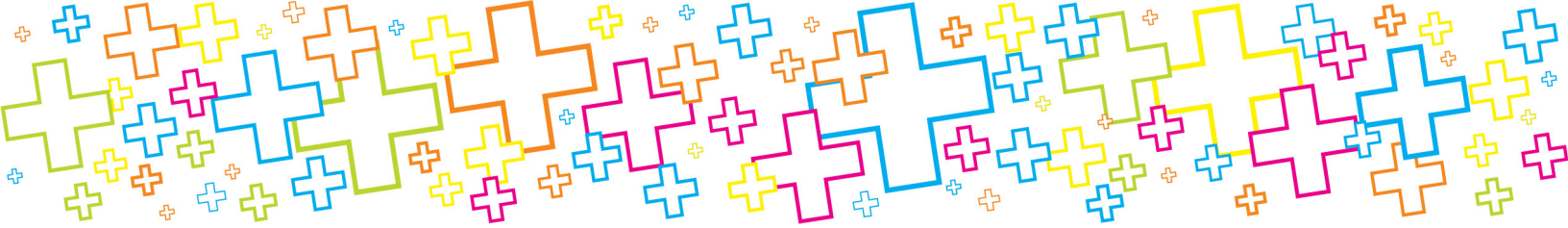
Breath Techniques:

Flower Breathing: Place your hands in Lotus Flower Mudra. Breathe out through your nose, bringing the tips of your fingers together, as if the flower is closing. Breathe in through your nose, opening your fingers back up, like a blooming flower. Repeat until you feel focused and calm.

Social-Emotional Tool:

- Self-Awareness
- Self-Regulation
- Stress Management

Finger Breathing: Hold up your non-dominant hand in front of you. Use your other pointer finger to trace your fingers. Begin at the base of your thumb and breathe in through your nose as you trace up your thumb. Breathe out as your trace down the inside of your thumb. Repeat this process as slowly as possible with the rest of your fingers until you feel calm.



Metta Mindfulness

Why: Metta Mindfulness is a great practice to connect our breath and body to help spread love and kindness to the world around us. You can do Metta anywhere, sitting, standing, walking, or even waiting in line. In doing so, you are drawing a sense of peace and love to yourself and others. This is a very powerful way to redirect angry thoughts into loving ones.

How to use Metta:

- **Actions:** First, focus your attention on yourself. Second, focus your attention on someone you care about very much. Finally, focus your attention on someone you don't like very much. Each round, repeat the following words with that person in mind: "May you be happy. May you be healthy. May you feel loved. May you be safe."

TIP: Repeat these phrases three times each round.

TIP: The recorded "Metta Meditation" can be found on the "Mindfulness in the Elementary Schools" album on any music streaming platform.

Social-Emotional Tool:

- Self-Confidence
- Perspective Taking & Empathy
- Appreciating Diversity & Respect for Others

Gratitude:

Why: Gratitude helps shift a student's perspective to a positive one. This helps them to see others with more empathy and situations from a different perspective.

Gratitude Circle:

1. Place students in circles of 4-5.
2. One person stands or sits in the center of the circle and the rest of the group stands or sits around him/her.
3. Group will go around the circle, taking turns saying something each student is grateful for about the person in the center. Have them will keep going until you ring the chime to indicate a switch to the person in the center.
4. Only kind and supportive things should be said about the person in the center of the gratitude circle. Students might phrase their words, I am grateful for _____ because _____. Think about what that student contributes to the class, what would be missing if he/she wasn't here.
5. Everyone will get a turn to be in the center of their circle.

Grumbles to Gratitudes:

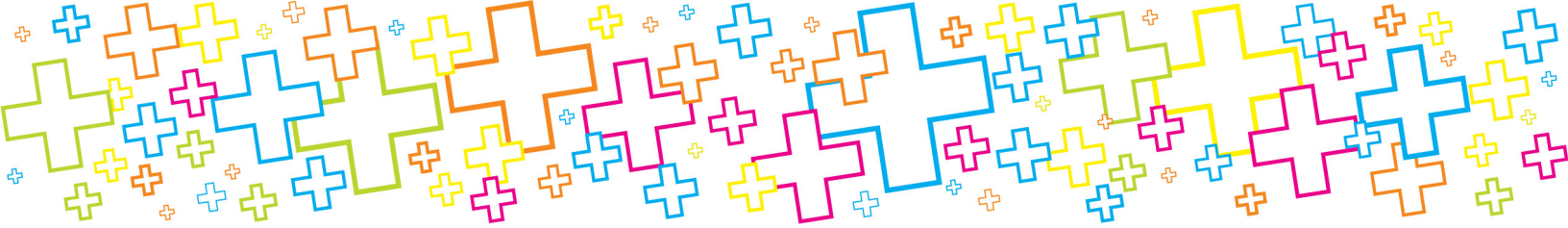
How: Have student brainstorm things they complain about and then have them flip those complaints to gratitudes to see the positive within each situation.

Gratitude Circle Social-Emotional Tool:

- Social Awareness
- Relationship Skills

Grumbles to Gratitudes Social-Emotional Tool:

- Relationship Skills
- Responsible Decision Making



MINDFUL SEL ACTIVITIES

Self-Awareness

- Mudra Videos, Cards, Poster
- When I Feel *Mudras* Poster
- Mantra Video, Cards, Poster
- Yoga Flow Videos
- Tune Into How You Feel Worksheet

Self-Management

- Breath Videos & Cards
- When I Feel *Breath* Poster
- When I Feel *Yoga Poses* Poster
- iPOP Mobile Calm Down Kit
- Breath Technique Posters
- Close of Practice Videos
- Yoga Pose Cards & Poster

Social Awareness

- Yoga Games
- Metta Mindfulness Practice & Poster
- Wish Walk Activity/My Dreams Can Come True Graphic

Relationship Skills

- Yoga Games
- Mindful Conflict Resolution Poster
- Group Gratitude Activities

Responsible Decision Making

- Gratitude Activities
- Mindful Conflict Resolution Poster
- Thought Changing Activities