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ACTIVITY 4.1
How to do Mindfulness

Concept

As students are learning about mindfulness, provide them with opportunities to see how mindfulness can be incorporated into daily life and learn about the benefits that mindfulness can have on well-being. Teachers may want to mention some applications for devices that use mindfulness-based interventions, such as HeadSpace, Insight Timer, or Calm. PositivePsychology.com has reviewed several apps for meditation and highly rated Mindfulness Daily and HeadSpace (Ackerman, n.d.). Depending upon the school's community, teachers may want to address the mindfulness and religion debates (Helderman, 2019).

Units it could embed into

Cognition, Consciousness, Stress & Health

Learning Targets

1. Learn about some benefits of mindfulness-based activities.
2. Experience an approachable mindfulness-based activity that can be replicated.
3. Determine if you want to introduce mindfulness into your weekly routine and what could be achievable.

Materials

Materials will vary based on the mindfulness activities selected, Positive Psychology Handout 4.1.

Time

10-30 minutes; however, this activity could prompt excellent conversation and may extend beyond that time. You may also want to pick and choose which activities that you incorporate.

Instructions

- Have students watch "All it Takes is 10 Mindful Minutes" (Puddicombe, 2012). Students can record their take away from the 9-minute clip on the mindfulness-based activities Handout 4.1 and consider some activities that could be mindful. As a whole class or in small groups, generate a list of activities that could engage mindfulness. Examples may include, but as not limited to meditation, yoga, running, eating, brushing teeth, praying.
- Select a mindful activity that your students can engage with in their learning space. You can use some of the examples from MentalUp (Cole, 2020). Mindful walking, mindful bubbles, and mindful coloring can be easy activities that take little preparation. If you have not participated in mindfulness-based activities, The Greater Good Science Center at the University of California, Berkeley has many helpful resources, such as a walking meditation and a mindful breathing "how to do it" (Greater Good Science Center n.d.-a).
- Have students complete the rest of the mindfulness-based activities handout 4.1.
- Engage students in a discussion about the activity and their feelings.

Extension activities

- Have students research mindfulness-based interventions and their effectiveness. Determine if there are MBIs that are proven to be most effective or work best for specific disorders.
- Invite students to keep a mindfulness journal for a week. Students could design their own journal and set some of their own goals or use a premade journal, such as this one from Calm.

References

Cole, L. (2020, Sept. 3). *10 mindfulness activities for teens*. MentalUp. https://www.mentalup.co/blog/mindfulness-activities-for-teens.

Puddicombe, A. (2012). *All it takes is 10 mindful minutes*. TEDTalks. Retrieved from https://www.ted.com/talks/andy_puddicombe_all_it_takes_is_10_mindful_minutes?language=en#t-541964/

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HANDOUT 4.1

How to Practice Mindfulness

Mindfulness is the state of mind that allows you to be present.

Learning Targets

1. Learn about some benefits of mindfulness-based activities.
2. Experience an approachable mindfulness-based activity that can be replicated.
3. Determine if you want to introduce mindfulness into your weekly routine and what could be achievable.

Step 1: Learn from a monk.

Watch Andy Puddicombe's TEDTalk from 2012 (9:09 minutes). In a sentence, write your take away from the Talk.

Provide your own definition for mindfulness.

List some activities that could be categorized as mindfulness-based.

Step 2: Practicing mindfulness. Complete your mindfulness activity with your class or on your own. Then, answer the following questions.

What did you notice **during** the mindfulness activity? Consider the environment, your thoughts, your physical body, heart and breathing rates, or challenges.

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What do you notice **after** the mindfulness activity? Consider the environment, your thoughts, your physical body, heart and breathing rates, or challenges.

Step 3: Now what?

How would you feel about integrating mindfulness into your weekly routine? Explain your thoughts.

What might be some challenges to a successful mindfulness routine and what could be some of the solutions to those challenges?

What would be some of the benefits to adding mindfulness to your life?