

MINDFUL ME

MINDFULNESS AT SCHOOL

TIPS FOR CAREGIVERS

Social and emotional learning (SEL) helps children manage emotions, learn how to feel empathy, create and achieve goals, and make good decisions. An important goal of teaching SEL skills is providing students with ways to be aware of and manage their emotions. Using mindfulness practices can help support these skills, both in and outside of the classroom or school setting.

BEFORE READING

Talk to the reader about tools he or she uses to calm down or focus in school.

Discuss: Do you ever have a hard time focusing at school? What are ways you can help your mind and body get ready for learning?

AFTER READING

Talk to the reader about mindfulness at school.

Discuss: What are some ways you can be mindful at school? How could these practices help you outside of school, too?

SEL GOAL

Children are more likely to struggle with self-regulation during times of transition, such as from one class to the next, from one activity to another, and from lunch back to learning. Try practicing mindfulness to help these transitions go more smoothly. Set aside a few moments at the beginning of class for students to shut their eyes and focus on breathing. Students will have the opportunity to reset and focus for the next lesson.

GOALS AND TOOLS

GROW WITH GOALS

There are many ways to practice mindfulness at school.

Goal: Tell your teacher! Share with your teacher what you learned about mindfulness. Ask if you can practice it together as a classroom.

Goal: Practice gratitude! Write down one thing you are thankful for every day for one week. Try to focus on things you are grateful for at school. See how this makes you feel.

Goal: Try new ways to be mindful! If you like to meditate, try to journal. If you like to focus on how your body feels, try to pay attention to your mind. You might like something new!

MINDFULNESS EXERCISE

Using mindfulness at school can help you pay attention and learn more. Before each class, pause to take a few deep breaths. Reset yourself for the next subject.

1. Does your mind feel more clear?
2. How does your body feel at the beginning of class?
3. What are other ways you can practice mindfulness at school?



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