

# MINDFULNESS IN THE CLASSROOM

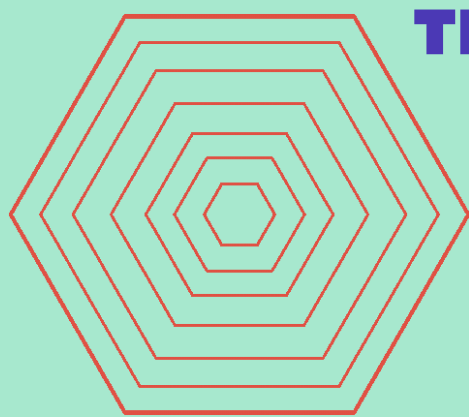
## Return to In-Person Learning

Tips on how to incorporate mindfulness practices into the classroom

SUSD  
**POSITIVE  
BEHAVIOR**  
Interventions  
& Supports

**Mindfulness is** the act of **paying attention and being present** in the moment. It can help to **reduce stress** and **enhance focus**. We encourage you to **incorporate this into your daily routines** such as: morning routines, transitions, end of the day, before and after testing.

## MINDFULNESS THROUGH BREATH



### STEP 1

Put your right hand on your belly and left hand on your chest

### STEP 2

Feel how your body falls and rises with your breath

### STEP 3

Count to 3 as you inhale, then count to 3 as you exhale



Listen to relaxing music or other calming sounds in the classroom

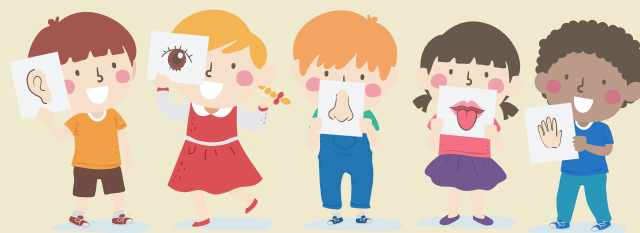


Go outside to hear the sounds of nature



Play I Spy or go on scavenger hunt in nature

## MINDFULNESS THROUGH SENSORY



## MINDFULNESS THROUGH GUIDED IMAGERY



### STEP 1

Have your students close their eyes (if that's comfortable) and slowly talk them through a pretend journey

### STEP 2

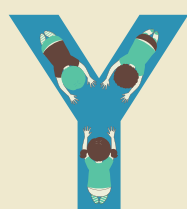
End the guided relaxation with a few deep breaths

### STEP 3

Students can draw what they imagined and discuss their ideas as a class.



Yoga is a simple strategy for adding movement to your school day



Use poses that relate to class topic makes the motion relevant and meaningful for your students.

## MINDFULNESS THROUGH MOVEMENT

*Humans were born to move. Adding movement to mindfulness practice allows your students to tap into their natural way of learning.*

## RESOURCES

**Mind Yeti:** <https://www.youtube.com/channel/UC6Aicy3GqIHBgEvSpL2CWfA>

**SUSD Mindful Monday:** <https://www.stocktonusd.net/Page/13599>

**Activities:** <https://www.teachstarter.com/au/blog/classroom-mindfulness-activities-for-children/>

**SUSD Mental Health and Behavior Support Services Department:**  
<https://www.stocktonusd.net/mhbss>