



Mindful Moments In and Out of the Classroom



Hello!

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Participants will walk away with:

Benefits of Mindfulness

Mindful Movement, Meditation, and Community Connections

Resources

01

Benefits of Mindfulness Practices

“Educating the mind without educating the heart is no education at all.”

– Aristotle



Direct Benefits of Mindfulness



- Develops present moment awareness of emotions and thoughts.
- Creates space for conscious choice of and response to emotions and thoughts.
- Increases focus and attention.
- Calms the mind and body.
- Increases social and emotional awareness.
- Cultivates sense of compassion and self-acceptance
- Creates space and freedom to grow.

Long-term Outcomes of Mindfulness

- Increases overall health and well-being
- Increases social, emotional, and academic intelligence.
- Improves behavioral, emotional, and mental regulation.
- Enhances mental, physical, and academic performance.
- Increases ability to respond vs. react.
- Reduces overall stress and anxiety.
- Significantly reduces anxiety.



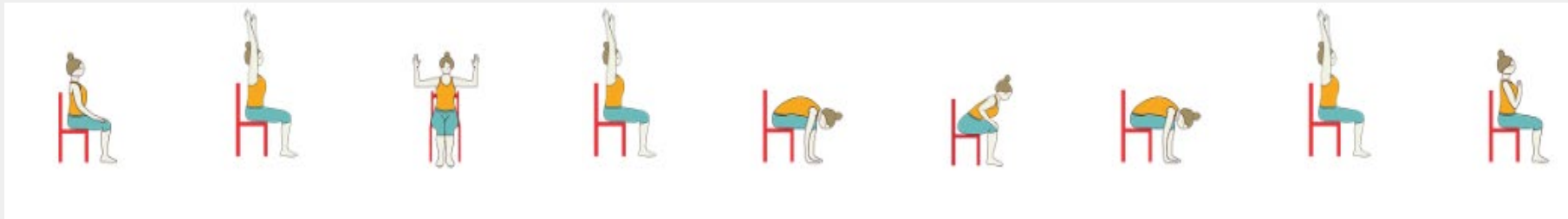
02

Mindful Movement

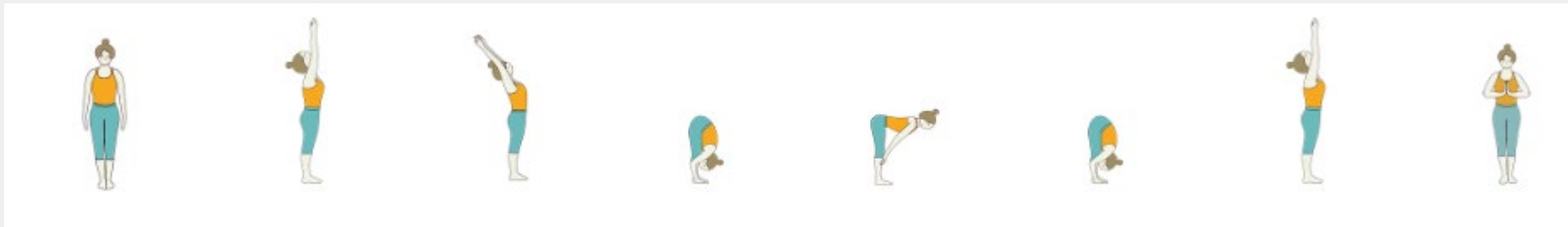
*Sun Salutation Modification (seated or standing)

Tree Pose

Sun Salutation Modification



Start by being still–inhale arms up overhead–exhale open–inhale arms up–exhale fold forward
inhale half lift–exhale fold forward–inhale arms up–exhale hands to heart center



Tree Pose

Tree pose connects you deeply to the earth, sharpens your focus, strengthens your legs and builds balance in your whole body.

1. Start off in child's pose, sitting on your knees, folding over them from the hips and resting your forehead on the earth. Take deep breaths and try to imagine what it would feel like to be a tiny seed – warm and cozy and waiting to grow
2. From seed pose, slowly take a deep breath in and begin floating your arms up over your body. Then gently look up and stretch your upper body to the sky to become a seedling. Close your eyes and feel the sun helping you to grow tall and the wind swaying you from side to side.
3. Take a few deep breaths as a seedling, and then come all the way up to stand. Stand tall with your feet slightly apart. Ground down through all four corners of your feet so you feel rooted to the floor.
4. Find a steady point to rest your gaze, out in front of you or on the floor a few feet ahead of you. This will help you build concentration and find and maintain your balance.

Tree Pose (continued)

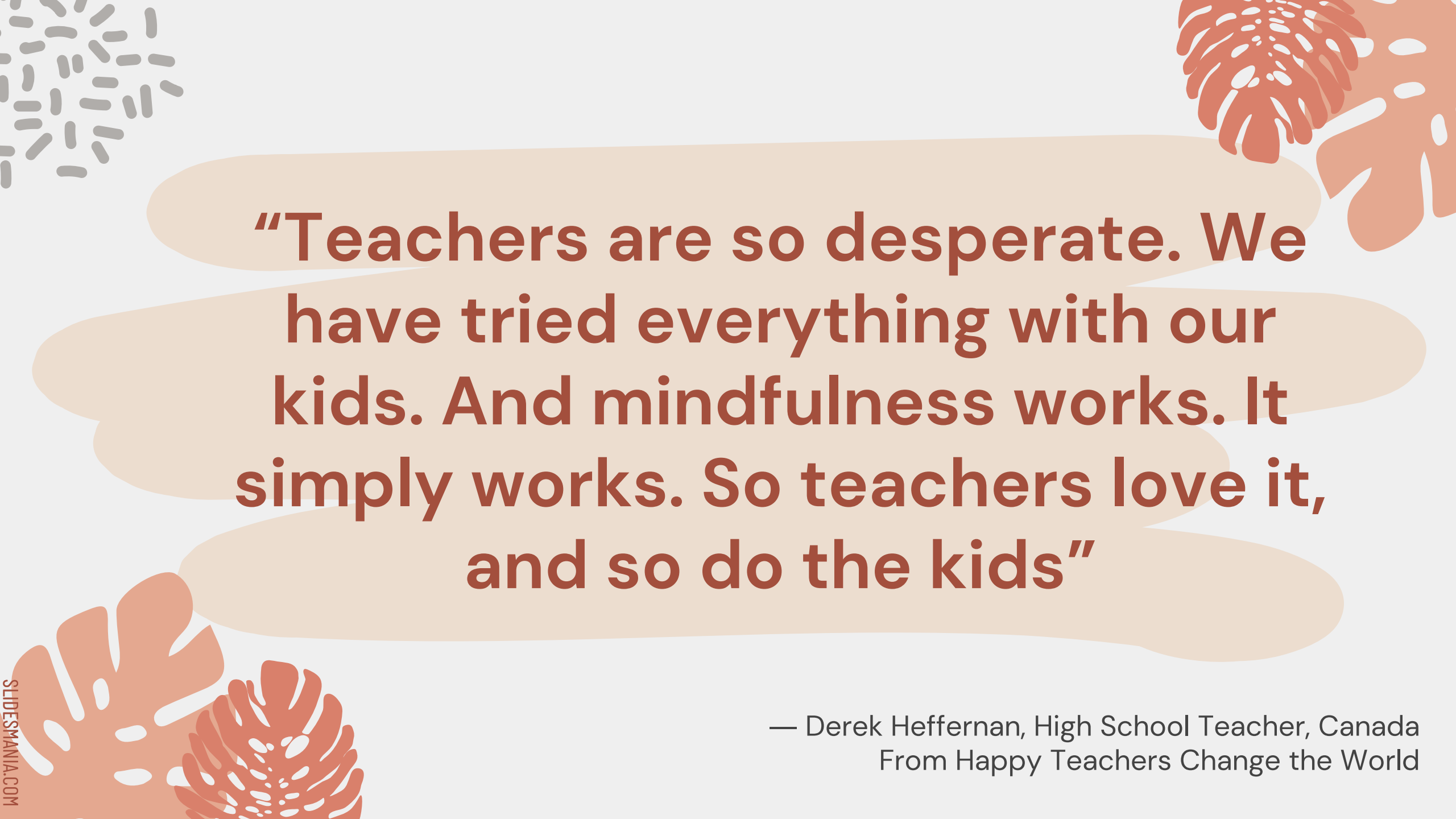
5. Now put some extra weight into your left foot as you slowly lift your right foot off the floor and place it inside your left leg, bending your knee away from your body. You can start by balancing with your right toes still touching the ground, and work towards bringing your foot as high as you can. Press your foot into your leg and let your leg push back to find the centerline of your body. Bring your hands together in front of your heart, pushing evenly between both of your palms, or reach your arms up to the sky growing your “branches” towards the sun.

6. Take a few moments to return to your breath here, focusing on slow, even inhales and exhales, and keeping your gaze steady.

If you are with a group, try standing in tree pose in a circle, and slowly bring your hands out to the sides and join your palms to support one another, and become a forest of trees.

Talk with your students about what kind of tree they are, where their tree is living, or even allow the discussion to turn to why trees are so important in the world.

Kate Kuper-Alphabeat songs that can be used with tree pose: “Little Seed” for focus and attention and “Travelers in the Magic Forest” for a more active, turn-taking activity



“Teachers are so desperate. We have tried everything with our kids. And mindfulness works. It simply works. So teachers love it, and so do the kids”

— Derek Heffernan, High School Teacher, Canada
From *Happy Teachers Change the World*

03

Meditation

*Body Scan & 3-part breath

Guided Meditation

Animal breathing

Guided Meditation

from Yoga Pretzels (Kids Yoga Cards) by Tara Guber

Be a rainbow –Relax and close your eyes and go inside. Slow down your breathing...sigh, ahhh...let go and melt into the floor. Imagine you are walking down a beautiful path. A storm is clearing and you see a rainbow. Stand under it and let its warm, bright light fill you with happiness. You are connected to all life. You are a rainbow too.

Red: You are strong and safe.

Orange: You are happy and playful.

Yellow: You are proud and confident.

Green: You are kind and caring.

Blue: You are honest and truthful.

Indigo: You are clever and creative.

Violet: You are a good friend.


More Guided Meditation

from Yoga Pretzels (Kids Yoga Cards) by Tara Guber


- **All is well** (nurture) – rest back and relax. Close your eyes and go inside. Breathe and know that all is well...repeat softly or silently to yourself: May I be safe and loved. May I be happy and healthy. May I be kind and caring. May I know that all is well.
- **Special place** (relax)– sit back and relax. Breathe deeply and slowly. Close your eyes and go inside. Feel your breathing and let go of everything else... imagine a place that is special to you...where you love to be. It may be outside in nature, inside a house, or from a picture or dream. Wherever it is, go there now. Notice what it looks and smells like; see the textures and hear the sounds. In this special place, it is peaceful and beautiful...you feel safe and loved, happy and relaxed. You can feel your heart and know your own mind. You are free to be yourself and you decide who else can come in. you can invite someone you love to join you, or you can just be by yourself. Whatever you choose, enjoy some time for you in your special place.

Animal Breathing

- **Bunny Breath:** (cleanse and clear) Keeping your chin down, take 3 big sniffs, one right after the other. Then exhale in a long release, as though you are sighing out through your nostrils. Repeat for 5–7 rounds. When you've finished, you should feel clear, awake and alert.
- **Bumblebee breath:** (relax and sooth) Wherever you are – walking, working, playing or resting, breathe in fully and as you breathe out, hum like a bee. Make sure your face and lips are soft so you can feel the vibration. As you hum, think of what makes you happy!
- **Bear breath** (rest and balance) Sit up tall, close your eyes and go inside. Through your nose, breathe in for a count of 5, then hold in for a count of 3. Breathe out for a count of 5, then hold out for a count of 3. Repeat for 5–7 rounds. Open your eyes and notice how you feel.
- **Snake breath** (slow and calm) Sit up tall. Take a deep breath in, filling up your whole body. Pause and breathe out slowly and smoothly, making a hissing sound for as long as you can. Repeat for 3–5 rounds, feeling yourself slow down and become calmer each time.
- **Elephant Breath** (wake up and energize) Choose something to shower yourself with – sparkles, love, laughter, strength. Stand with your feet wide apart. Link your hands and dangle your arms in front of you like an elephant trunk. Inhale through your nose as you raise your arms high above your head and lean back. Exhale through your mouth as you swing your arms down through your legs. Repeat for 3 rounds. Then arch back and shower yourself!



“Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.”



–Viktor E. Frankl

04

Community Connections

*Partner Poses

Community Circle

Create a Peace Corner

Partner Poses

From Yoga Pretzels by Tara Guber and Leah Kalish

- Rooftops- 1) face partner, arms-length apart 2) press each other's palms and step away from one another 3) lean forward and start to push hands up 4) push hands up as high as you can. Breathe steadily, have fun and move slowly.
- Warrior friends- 1) face each other, right foot to right foot 2) step left legs back and bend right knees 3) link hands left to right, right to left 4) twist open and deepen stretch. For a powerful stretch, twist, arch and turn away from each other, pulling hard
- Elevator- 1) hold your partner by both wrists 2) lean away so that you are holding each other up 3) leaning away, bend your knees until squatting 4) leaning away, straighten legs to standing. Feel the difference between holding yourself up and leaning away so that your partner is holding you up. That's balance!
- Open heart- 1) stand behind your partner 2) hold your partners wrists 3) let your partner arch and lean forward 4) hold your partner as he stretches fully forward. When you are the holder, stand with one foot back, one forward, and knees slightly bent. When you are the leaner, bend your elbows slightly and squeeze them together to open your shoulders and chest

Partner Poses (continued)

- Double pretzel- 1) sit cross-legged, knee to knee 2) twist left and extend your right arm to your partners back 3) reach your left hand behind your back and hold your partner's right hand 4) gently pull, twist and arch so you both get a deep stretch 5) Pull your partner gently but firmly as you twist and look away. Work together to go deeper by opening your chest and arching your back
- Double boat: 1) sit up tall bend knees, touch toes and hold hands 2) lift legs, soles of right feet pressing 3) press our left soles and balance 4) straighten both legs and arch back. As with any balance pose, focus, breathe and move slowly, one step at a time. If you fall, roll and laugh and start again. Stay afloat for as long as you can!
- Seesaw- 1) face each other, feet touching 2) lean forward to grasp each other's hands 3) pull your partner, lean back 4) now let your partner pull you forward. Try seesawing with legs extended straight and the soles of your feet together

Community Circle

Sit up tall holding hands. Close your eyes and go inside. Breathe and relax. Become aware of your inner self...now become aware of being with others. Choose someone to begin. That person squeezes the hand of the next person and so on until the squeeze has gone all the way around the circle. Next time you pass the squeeze, say a word that describes how you feel such as "happy" "peaceful" "special" "calm". On the 3rd round, say a word that describes what you'd like to share with the others in your circle, such as "peace", "fun", "adventure", "courage"

From Yoga Pretzels by Tara Guber and Leah Kalish

Create a Peace Corner

A peace or calming corner is a special place that is set aside in the classroom. Young people can go there whenever they need calm and stillness, in order to regain their inner balance and flow. It could also be used when a classroom member is feeling overwhelmed, stressed, angry, or otherwise out of control emotionally – times when being alone would be helpful. It is best if the corner is collaboratively created with the students. Some peace corners include tactile objects, pictures or photos of some of students' favorite peaceful places, elements from nature, and mandala coloring books, etc. Mandalas are harmonious patterns, which usually include a circle. Coloring these circles fosters the focused attention of mindfulness. The space should be large enough for at least one student to lie down in, with comfortable pillows and a maybe CD player/iPad and earphones with soothing music or recordings of sounds from nature.

from Nurturing Inner Calm in Children by Linda Lantieri

Resources

Books:

Happy Teachers Change the World by Thich Nhat Hanh and Katherine Weare

The Way of Mindful Education: Cultivating Well-Being in Teachers and Students by Daniel Rechtschaffen

Apps:

Insight Timer (free!)

Daily Calm calm.com

Other:

Yoga Pretzels by Tara Guber and Leah Kalish (cards with images and directions)

Kira Willey (yoga songs for kids)

Resources (continued)

Online Mindfulness, SEL, and Yoga Training for Educators:

Breathe for Change www.breatheforchange.com

Local Meditation offerings:

The Mindful Center—director Michelle DuVal <https://themindfulcenter.com>

Kadampa Meditation Center meditationinnewmexico.org

Albuquerque Shambhala Meditation Center

Albuquerque Insight Meditation Center <https://abqinsight.org>



Peace in
ourselves,
peace in the
world. -Thich Nhat Hanh

05

Questions & Takeaways

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Credits.

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