Mini-Mindfulness

Extensions: This activity can be part of a full week; it gets the students quiet and helps them learn how to listen. Students can then draw the place they imagined. Weekly practice can make this an important part of a classroom community.

Reflection: How do you feel after the exercise? Are you more relaxed? Did you have trouble staying focused?

Notes: Depending on the age and size of the group, this activity can go really smoothly. With a large group, it might be helpful to break into two or three smaller groups.

Core Standards – Social Studies:

K-3rd Grade: Standard II-Objective 1-Indicators d & f: “Students will communicate positive ideas of self, and express feelings in appropriate ways.”