**Secondary Guidance Lesson**

*What is Mindfulness?*

**Objective:** To help students develop *self-awareness* through the skill of *Mindfulness*

**Video**: <https://youtu.be/qVY_PhUo4Zg>

**Activity:**

*So What is Mindfulness?*

Mindfulness is the practice of purposely focusing your attention on the present moment and accepting it without judgment. Mindfulness leads to self-awareness and the ability to regulate emotions, thoughts, and focus.

*How does mindfulness work?* By becoming aware of your emotions, thoughts, and bodily sensations, you are better able to regulate emotions, which then impacts things such as behavior, stress levels, relationships, and the ability to focus.

 *Examples of Mindfulness*

· Pay attention.

· Live in the moment.

· Accept yourself.

· Focus on your breathing.

 To recap, being mindful of the present moment allows us to be aware of our emotions and our ability to regulate them.

Mindfulness supports our understanding of ourselves and our understanding of social emotional learning.

**Follow-up/Closing:**

1. Talk about how slowing down and being focused and engaged might help you in your social and academic pursuits.

2. In what ways could *Mindfulness* breathing help you?

3. Would you like to see teachers leading *mindfulness* sessions in class?

4. How might *mindfulness* help anxiety?

**BONUS Activity:**

Create a glitter jar.

The glitter in the jar represents your thoughts, rushing around in a mad dash.

Shake the glitter jar and remain quiet and still while the glitter is settling. As they breathe deeply they can watch the glitter float around in the jar and finally settle on the bottom. You can use green glitter and as the glitter settles, emphasize getting to GREEN, which is calm, connected, focused, and engaged,

Steps to Make Your Own Glitter Jar

Start by finding a jar (mason, plastic water bottle) etc.), and allow your child to decorate it.

You will also need one bottle of clear glue and some kind of green glitter. Food coloring is optional.

Fill the bottle up 3/4 of the way with warm water. Next, add the clear glue and glitter and shake. You may want to use a funnel to get the glitter in the jar. You may add food coloring if desired. Seal the lid and you are ready to go. You can SHAKE the jar or bottle when feeling anxious or upset and remain still while the green glitter settles which promotes calmness, focus and control.