Mindful Moments and Overcoming Obstacles: Social emotional learning skills and practices taught through lessons

**R.E.S.E.T. Tips**

**Self-awareness**:

Mindful Moments – Imaginary Hugs

Imagine hugging someone you care about and explain how you are feeling about that person.

Overcoming Obstacles – Respect

Identify good characteristic traits, discuss ways to be a good friend, how to display positive behaviors in the community and school setting.

**Self-management:**

Mindful Moments – Mindful Waiting

Identifying different things in the surroundings to focus on and how it makes you feel.

Overcoming Obstacles –Integrity

How to appropriately understand what integrity is and looking at a situation from someone else's perspective will help make good choices.

**Social awareness:**

Mindful Moments – Mindful Listening

Listening to sounds and developing breathing techniques to help with de-escalation

Overcoming Obstacles – Having a Positive Attitude

Identify and developing positive attitudes

**Relationship skills:**

Mindful Moment – Three Questions: We ask ourselves 3 questions to determine whether something we are about to say is helpful and kind: is it true? Is it necessary? Is it kind?

Overcoming Obstacles- Responsible Decision Making

Mindful Moments – Friendly Wishes for Difficult People

Thinking of a person who they find difficult and wish him or her well.

To review Overcoming Obstacles information please visit the link below.

<https://www.overcomingobstacles.org/>

Mindful Moment strategies links

<https://positivepsychologyprogram.com/mindfulness-for-children-kids-activities/>

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