

Mindfulness



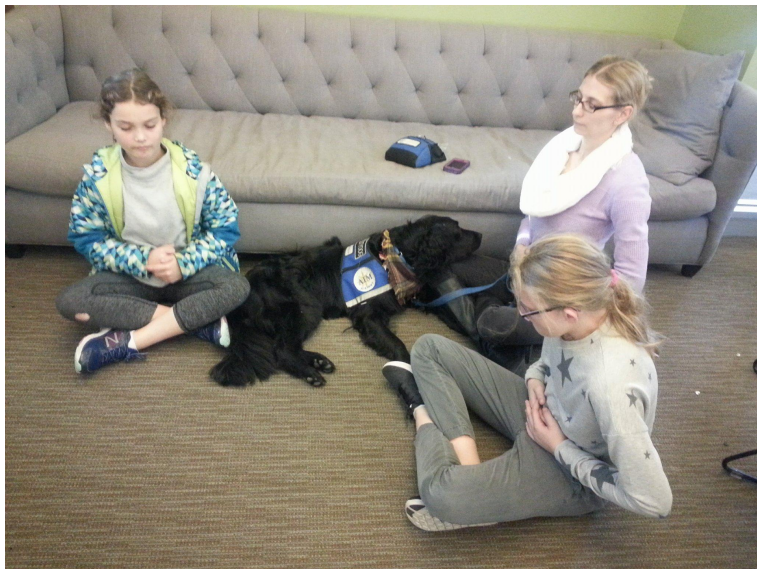


Mind Full, or Mindful?

What is Mindfulness?

- Paying Attention
- Present Moment Awareness
- Can be formal or informal
 - Attention to breath
 - Sound based
 - Walking meditation
 - Art/Music
 - Interacting with an animal





Getting to Know and Love Your Brain

To react or to think it out... that is the question. The way you use three key players in your brain determines how you'll respond to everything that happens around you. As you learn how to help your brain tell the difference between true emergencies and stressful situations, you'll get better at handling every situation and have more time to enjoy life!

Prefrontal Cortex

(Pree FEE-ah KEE-KOH-lee)

The prefrontal cortex, or PFC, is also one for making thoughtful decisions, doing careful calculations, talking through a problem, and moving forward on what you're doing. That's the cortex the PFC gets information only when the amygdala is calm. The PFC passes on to the hippocampus everything that is worth remembering.

Amygdala

(ah-MEE-duh-lee)

The amygdala is responsible for keeping you safe at all costs. It registers and stores information from going to your prefrontal cortex (PFC), so you can react in a flash. The problem is, it can't tell a stressful situation from a true emergency and it can cause you to react without thinking. A helpful practice can help keep the amygdala in check so that you can think clearly.

Hippocampus

(Beh-pah-KAH-pah)

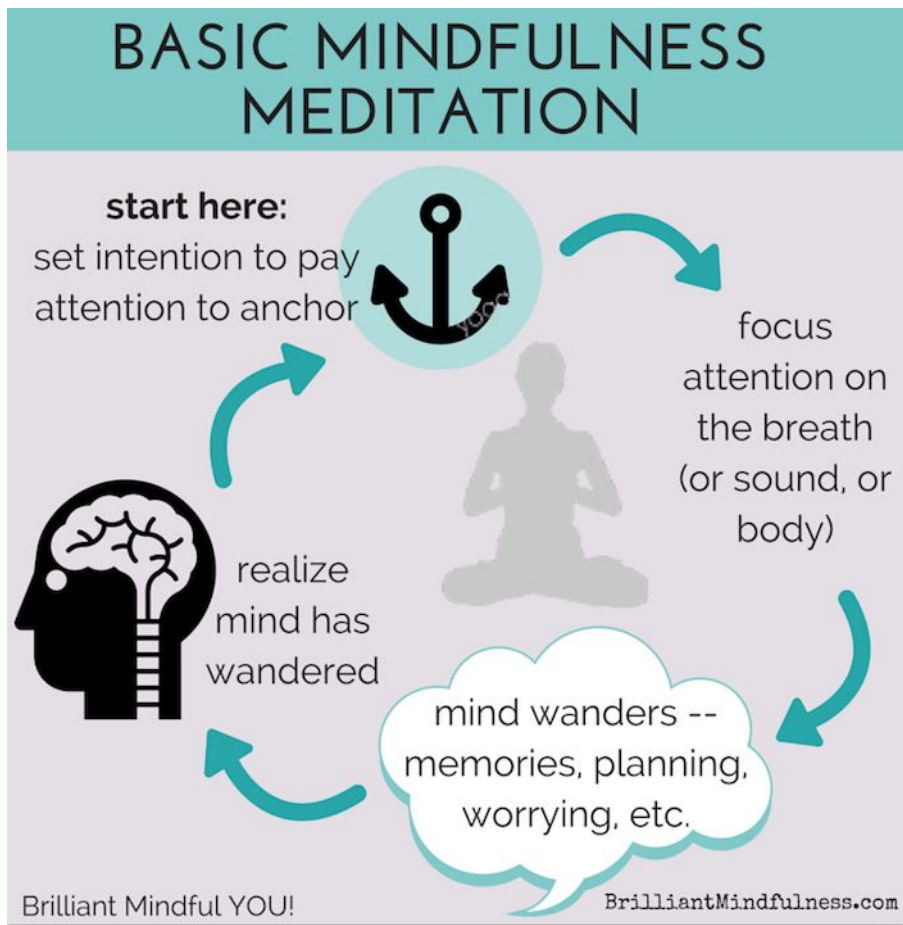
What are your favorite memories? The most wonderful facts you know? The hippocampus records, sorts, and processes all important facts and memories the PFC passes on to it. Such as testing practice, your class schedule, and the deep breaths you take at the end of every hard breathing lesson.

Breathing

Want to keep your amygdala in check when you get stressed out? Breathing deeply. Deep, full breathing calms your amygdala and helps you think and remember clearly.

*"Feelings come and go
like clouds in a windy sky.
Conscious breathing is my
anchor."*

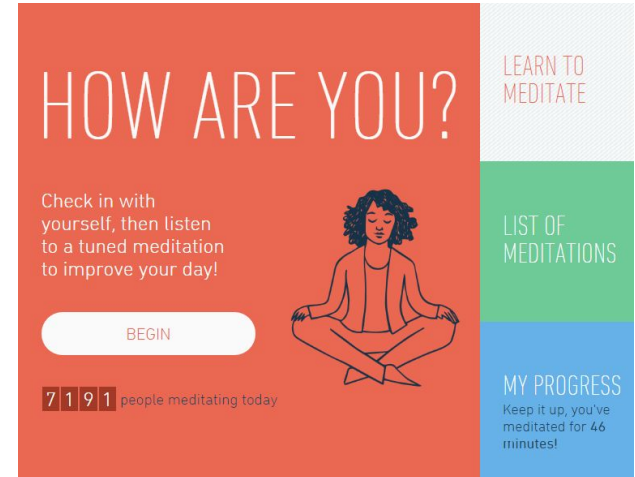
- Thich Nhat Hanh



Apps

- Calm
- Insight Timer
- Stop Breathe and Think
- Go Noodle <https://app.gonoodle.com/channels/flow/from-mindfulness-to-mindful>
- Sitting Still Like a Frog

<http://www.mindfulnesseveryday.org/resourcesforparents.html>

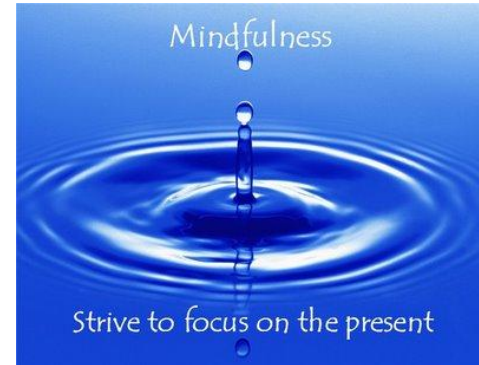


Mindfulness in Action

Hello again,

Just wanted to let you know that used the meditation strategy that you've taught to calm his nerves during his math exam this week. He said he actually blanked out, realized what was happening from what you had taught him, meditated and was able to pull through the test. Kudos to you and thank you!! :)

Kindly,



What Students At AIM Are Saying About Mindfulness

Middle Schoolers have said:

“After mindfulness, I feel more calm and relaxed, alert, and ready to participate in class.”

“Mindfulness helps me feel stable and calm and let go of my worries.”

“Words that come to mind are: peaceful, rejuvenated, focused, ready to learn.”

“I taught my younger brothers how to use the mindfulness breathing that we do in OT and they loved it! It was pretty cool getting to teach them how to calm down and it actually worked! Now they ask me to do it with them at home.”

Lower Schoolers stated:

“Can we meditate today, please?”

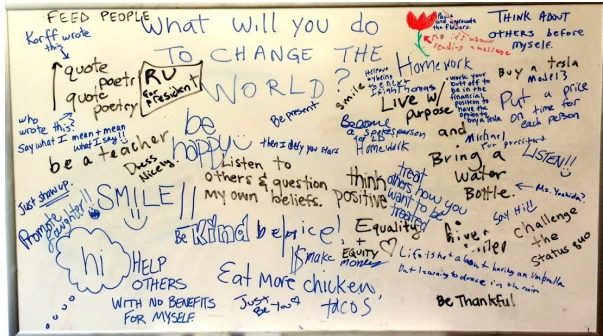
“I want to meditate, it really helps me.”

“I’m going to get to class early so I can meditate.”

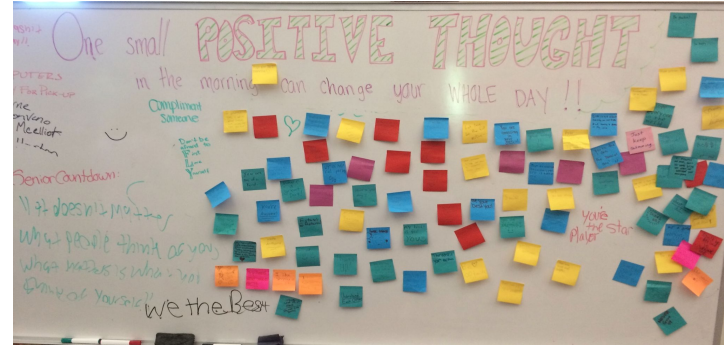
“Can we do mindfulness with Kelly now?”

The AIM Community embraces mindfulness activities and so can you! Here are just a few examples:

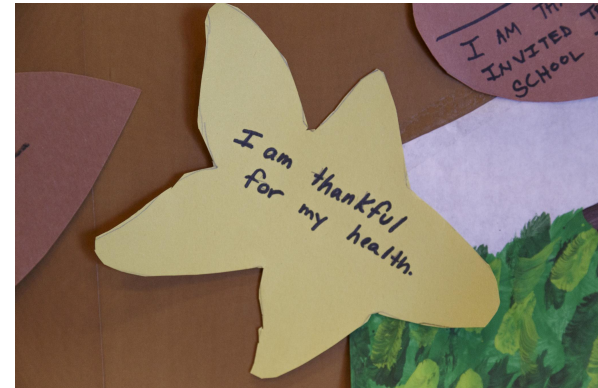
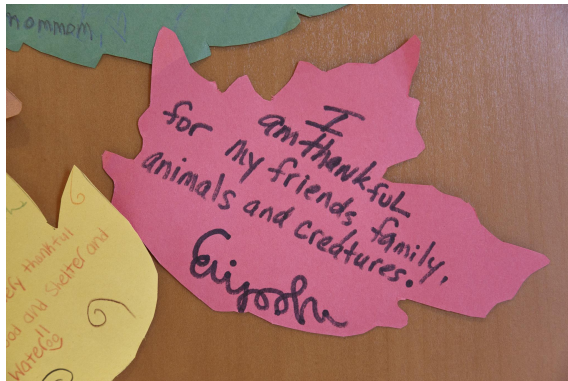
What Will You Do To Change the World~Mike Dunn



One small POSITIVE THOUGHT in the morning...



Gratitude Tree~Lower School



AIM's OT students helped create this visual of themselves when they are not feeling mindful.

