Lifetime Pursuits - Unit 3 - Mindfulness Through Movement

Unit Focus

Students will be taught how to bring their full attention to the present moment to experience the "here and now" while experiencing stress reduction through a variety of low-intensity activities including but not limited to hiking, walking, meditative practices like Tai Chi, and stress-relieving recreational activities like bowling. Students will learn breathing techniques to promote relaxation and a sense of well-being.

Stage 1: Desired Results - Key Understandings

Standard(s)

Connecticut Comprehensive K–12 School Counseling Framework (2020)
Counseling: 11-12

- Prepare to take charge of their own mental health as they transition to postsecondary education and/or work (S/E4.5)

Counseling: 9-10

- Develop skills to balance and manage life events, personal issues, and school success (S/ E4.3)

Healthy and Balanced Living Curriculum Framework
Health Education 9-12

- Examine strategies for mitigating the effects of chronic stress and trauma on mental health and learning. (MEH 1.5.12)
- Physical Education 9-12 Demonstrates competency in two or more specialized skills in health-related fitness activities. (S1.H3.L2)
- Demonstrates the ability to design a fitness program, including all components of health-related fitness, for a college student and/or an employee in the learner's chosen field of work. (S3.H12.L1)
- Demonstrates the ability to apply stress-management strategies (e.g., mental imagery, relaxation techniques, deep breathing, aerobic exercise, meditation) to reduce stress (S3.H14.L2)
- Demonstrates the ability to apply best practices for participating safely in physical activity, exercise, and dance (e.g., injury prevention, proper alignment, hydration, use of equipment, implementation of rules, sun protection). (S4.H5.L1)
- Demonstrates the ability to analyze the health benefits of a selfselected physical activity (S5.H1.L1)

Transfer

Students will be able to independently use their learning to...
T1 Apply techniques to regulate one's thoughts, emotions and behaviors to deal with internal and external stressors in a variety of situations and settings.

Meaning

Understanding(s)

Students will understand that...
U1 Humans identify, express and understand positive and negative emotions.
U2 Individuals engage in stress reducing activities in order to maintain a balanced lifestyle.
U3 People monitor and identify warning signs of stress and intervene when strategies can mitigate.
U4 Individuals select from a variety of strategies to use in order to reduce stress in applicable situations.

Essential Question(s)

Students will keep considering...
Q1 What control do I have over the path my life takes?
Q2 How do I recognize and name what I'm feeling?
Q3 How do my feelings impact my thoughts and behaviors?
Q4 What strategies do I have to make health-enhancing decisions?

Acquisition of Knowledge and Skill

Knowledge

Students will know...
K1 there are a wide-range of health benefits associated with meditation/mindfulness.
K2 there are different types of meditation including those that involve maintaining mental focus on a particular sensation.
K3 that meditation includes the practice of mindfulness

Skill(s)

Students will be skilled at...
S1 taking charge of their mental health by developing skills and strategies to manage life events, personal issues, and school success and pressure.
S2 designing a meditation program designed for identified areas of need.

Stage 1: Desired Results - Key Understandings		
• Chooses an appropriate level of challenge to experience success and desire to participate in a self-selected physical activity. (S5.H2.L2) **Madison Public Schools Profile of a Graduate** • Idea Generation: Studying a problem, need or model (mentor text, political piece, documents, art work, etc.) to consider limitations and imagine new solutions/transformations. (POG. 2.1)	**K4** mindfulness is maintaining attention or awareness on the present moment without making judgments. **K5** that "meditation" refers to a variety of practices that focus on mind and body integration and are used to calm the mind and enhance overall well-being. **K6** Vocabulary: progressive muscle relaxation, Love-kindness meditation, Mindfulness meditation, breath awareness meditation, Transcendental meditation, mantra meditation, and guided meditation	**S3** applying stress-management strategies such as breathing, yoga, mindfulness and meditation to reduce stress. **S4** analyzing the health benefits of a selfselected physical activity.