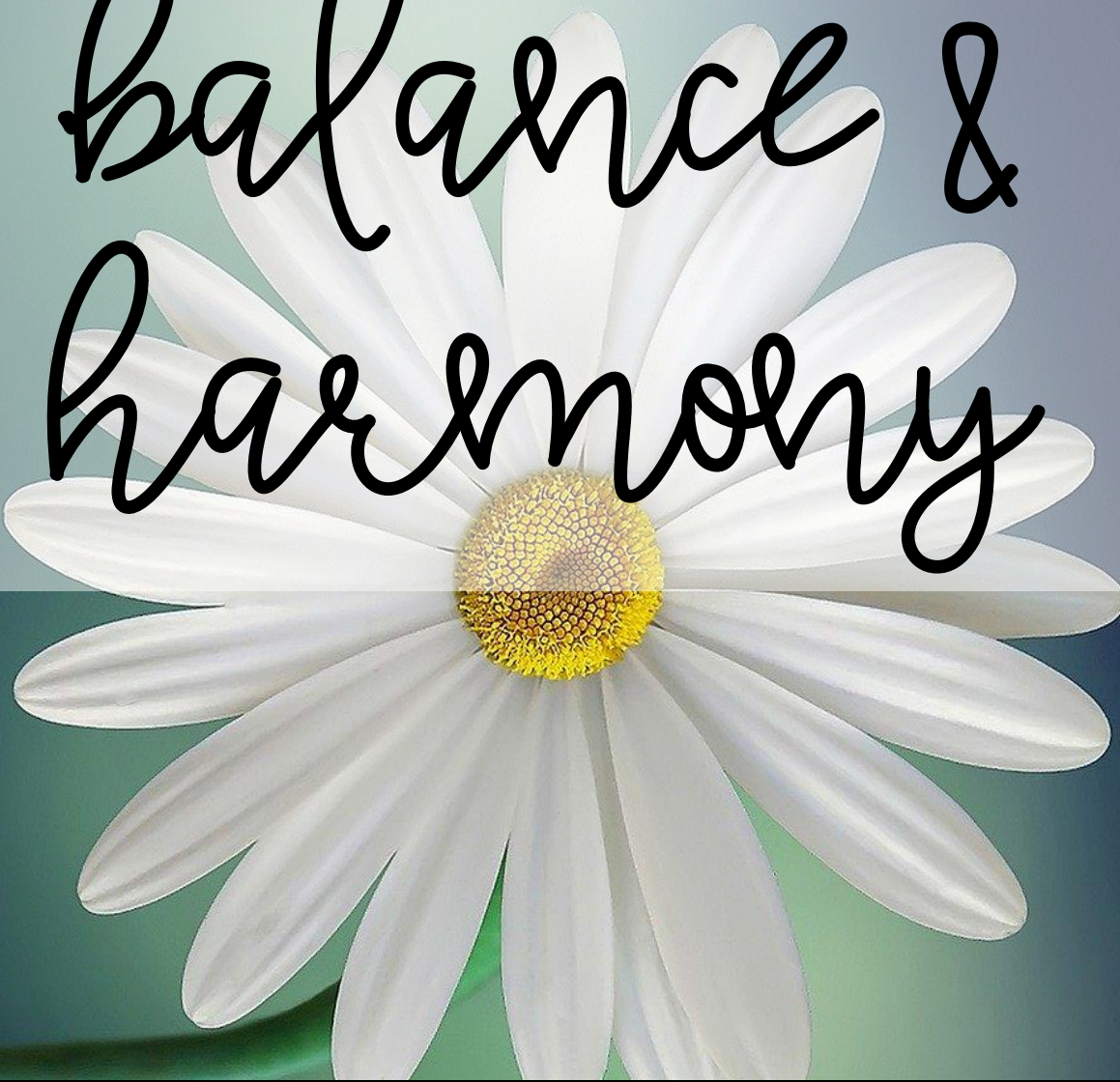


MINDFULNESS

balance &
harmony



BY THE COMFORTABLE CLASSROOM

FOR THE TEACHER

concept: *balance vs. harmony*

AGENDA: 1 HOUR

Intention & Opening Mantra:

What kind of person do you want to be in this next hour? Who do you want to show up as today?

Opening Mantra: "I have enough. I am enough"

Attendance question: What is one thing in your life you really want to spend more time doing? (*Call roll, and instead of answering "here", they say their answer to this question*). Example: (teacher) Elizabeth? (Elizabeth) *I'm really want to spend more time with my family.*

Journal w/ discussion option:

- "Happiness is when what you think, what you say, and what you do, are in harmony." ~ Mahatma Gandhi
React to this statement. Do you agree? Disagree? When do you see this in your life? What does it mean to you?

Input/Mini-lesson

"I used to think that I could achieve this elusive point of balance in my life. If only I could balance work and school... then I'll be happy. If only I could balance self and others... then I'll be happy. If only I could... then... But balance wants all things to be calculated, perfect, and equal. Stagnant. Unmoving. Precariously pinpointed. I would find myself holding my breath, hoping that nothing would sway, tip, change, and ruin it all. Which, inevitably, it did. It was exhausting.

Now I aim for harmony. Harmony asks all energy to flow and intertwine with one another. The delicate shifts and nuances of change are expected, and even embraced. It allows my life to be more of a symphony, a fluid beautiful dance that constantly adjusts to life as it needs to. I am no longer trying to be a statue- I am trying to be an ancient tree, rooted into the ground yet swaying through life's storms without breaking."

Harmony of Life Chart

- Print off copies of the Harmony of Life chart (two options- pie chart or bar graph)
- Have colors, pens, markers, etc out for the students
- As you name each area of life, have students close their eyes and think about all the elements of that area, both good and bad, whatever comes to their mind. Then after 30 seconds to a minute, have them choose a number (1 through 10) that rates how satisfied they are with that area of life. 1 means not satisfied, 10 means thoroughly satisfied. Repeat.
- After scoring each area, they will then complete their graphs/charts visually, drawing their satisfaction in area to scale. Color each one a different color.
- After students are done have them share their product with a partner. Then, they will sit together and discuss their results. Question cards are included.

Final Guided Visualization : Balance and harmony

See attached script

I have enough

~

I am enough



I have enough

~

I am enough



I have enough

~

I am enough



I have enough

~

I am enough



I have enough

~

I am enough



I have enough

~

I am enough



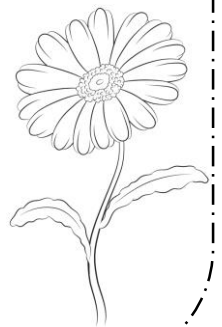
- **"Happiness is when what you think, what you say, and what you do, are in harmony."** ~ *Mahatma Gandhi*

React to this statement. Do you agree? Disagree? When do you see this in your life? What does it mean to you?



- **"Happiness is when what you think, what you say, and what you do, are in harmony."** ~ *Mahatma Gandhi*

React to this statement. Do you agree? Disagree? When do you see this in your life? What does it mean to you?

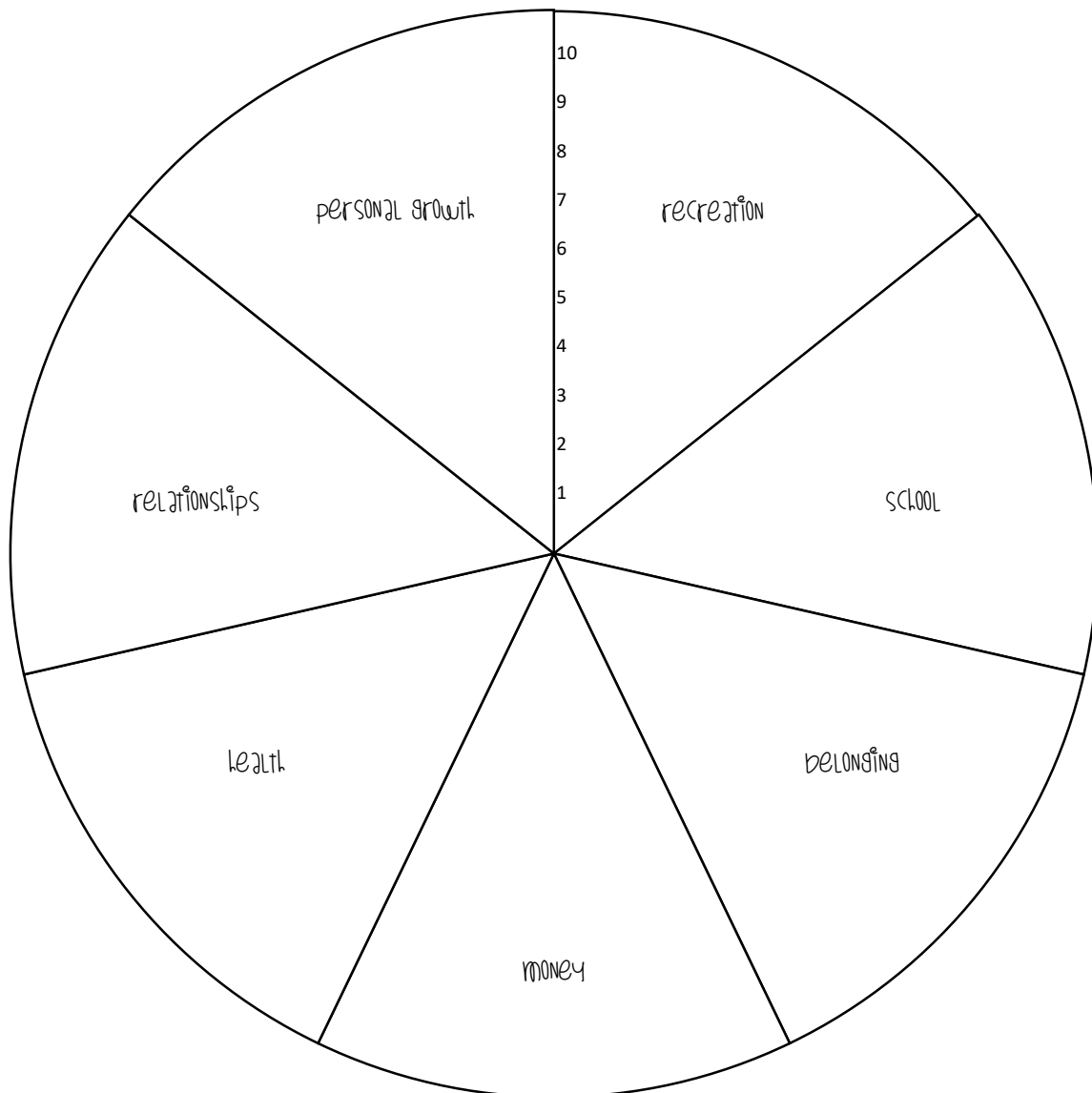


Harmony of Life Pie Chart

- ☐ Recreation (fun and leisure)
- ☐ School (education)
- ☐ Belonging (teams, clubs, work or volunteering)
- ☐ Money (finances)
- ☐ Health (physical, mental, emotional)
- ☐ Relationships (friends and family, significant other)
- ☐ Love (significant others)
- ☐ Personal Growth (learning, goals)

Rate each area by giving it a number 1 through 10.

10 means highly satisfied, 1 means highly dissatisfied.



HARMONY OF LIFE BAR GRAPH

- ☐ Recreation (fun and leisure)
- ☐ School (education)
- ☐ Belonging (teams, clubs, work or volunteering)
- ☐ Money (finances)
- ☐ Health (physical, mental, emotional)
- ☐ Relationships (friends and family, significant other)
- ☐ Love (significant others)
- ☐ Personal Growth (learning, goals)

Rate each area by giving it a number 1 through 10.

10 means highly satisfied, 1 means highly dissatisfied.



Where you do see balance in your life? Where do you see harmony? Is there anything you were unaware of until now? Which of these categories would you most like to change? What help might you need from others to be more satisfied? What changes SHOULD you make first? What changes do you WANT to make first? Is there ONE THING that could bring everything else into harmony? What is the smallest first step you can take to get started?	Where you do see balance in your life? Where do you see harmony? Is there anything you were unaware of until now? Which of these categories would you most like to change? What help might you need from others to be more satisfied? What changes SHOULD you make first? What changes do you WANT to make first? Is there ONE THING that could bring everything else into harmony? What is the smallest first step you can take to get started?
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guided meditation script

"Find a comfortable position to sit or lay down. Find gentle circles with your wrists and ankles, tilting your head backward and forward, side to side. Roll your shoulders back and down, then forward and up in circles. Once you've released tension from these areas, find stillness in your body and begin to concentrate on your breath. Take one full, slow deep inhale, and one full, slow long exhale. Then settle into a comfortable, nourishing breathing pattern of your own."

"Close your eyes, or if that isn't comfortable for you, gaze through your eyelashes toward your lap, your desk, or the ground in front of you. Draw your awareness inward toward your minds' eye- your imagination. Visualize yourself from outside your body, as if you were a stranger seeing yourself for the first time. See the surroundings around you, and see yourself in them just as you are. As you breathe in and out, say to yourself:

"Peace
begins
with
me"

"Imagine yourself walking along a tightrope wire, stretched between two trees. You are off the ground, but not so high that you will hurt yourself if you fall. Imagine the feeling in your body as you try to find balance and stability, simply standing on the wire without any support. Imagine the tension through your core muscles, back, and legs. Imagine the focus and strength it takes to adjust and regain the center of balance every time you feel out of balance. Now imagine the simple act of moving your back foot in front of your other foot to step forward. Your bare feet grip the wire, feeling the subtle shift and sway of the tightrope as you change positions. Maybe your hands come out to the side like wings to help you stabilize. Maybe you gaze at a fixed, unmoving point in front of you, at your destination across the end of the wire. Each movement you make, each step you take forward, takes all your concentration, effort, and energy. While you manage to stay on top of the tightrope, your muscles ache from the effort of balancing.

When your foot finally touches the end of the tightrope, you breathe out an exhausted sigh of relief. Suddenly the tightrope in front of you transforms into a wide, swirling path, alive with vibrant colors mingling throughout the ground of the path. You can step anywhere you want to, and with each step the colors swirl around your foot. It is one of the most beautiful sights you've ever seen. The ground reacts to your every move, sending waves of colors toward you and away from you. As you walk further, you begin to hear soft musical notes in the air around you. Each step adds another layer of melody and harmony to the existing sounds. Each forward movement you make fluidly melds into the past behind you and the path before you. The colors begin to swirl and change in reaction to the steps and the music, creating a sensational symphony of sights and sounds. Your muscles relax as you begin to absorb the experience. This, is harmony."

Once you reach the end of the swirling symphony path, you find yourself in front of a giant, ancient oak tree. Its roots are grounded down into the hillside, having sustained the tree for hundreds of years. Its solid trunk shows scars of years of weather and wear, unmoving and solid. Its canopy extends far up into the sky, branching over the area like a soft green umbrella. The branches and leaves sway softly back and forth through the breeze. You find a soft place to sit under its shade and lean against the solid oak base. You feel connected to the ground, rooting down into its strength and energy. You feel supported by the trunk, and inspired by the branches and leaves. Here, you breathe, reflecting over your experiences on the tightrope, the symphony path, and the events in your life that leave you feeling harmonious. It is under this tree that you become aware of the most important way to spend your time and energy in order to feel satisfied and at peace with yourself. Say it softly to yourself now, as you continue to think about the words you say and the breath you breathe.

Peace begins with me.

I sincerely appreciate your support in making teaching and learning both fun and challenging.

I truly believe all our students can learn and grow.

Our job is to get them to

- view their world in **new** ways,
- think deeply about **big** ideas,
- **communicate** by listening and writing,
- and make the world a **better** place.

This is a true measure of an effective classroom; both teachers and students should be comfortable to take **risks**, make **mistakes**, and change the **world**.

~The Comfortable Classroom



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