



Counseling Virtual Learning

4th Grade

Intro To Mindfulness

April 6, 2020



4th Grade Social Emotional Learning

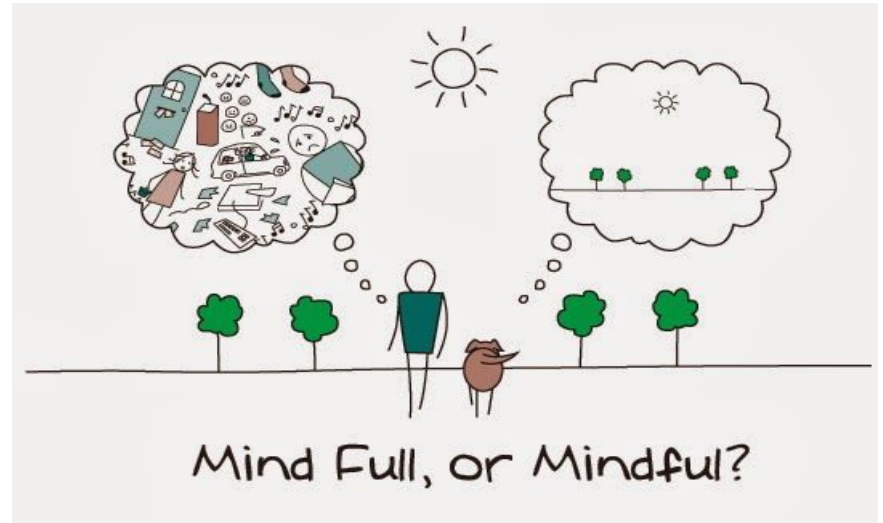
Lesson: April 6th, 2020

Learning Target:

Students will learn what the term “mindfulness” means and have the opportunity to practice mindfulness.

Mindfulness is:

- A way of paying attention
- Using your senses to become more aware of things going on around you
- Focusing on the *present moment*



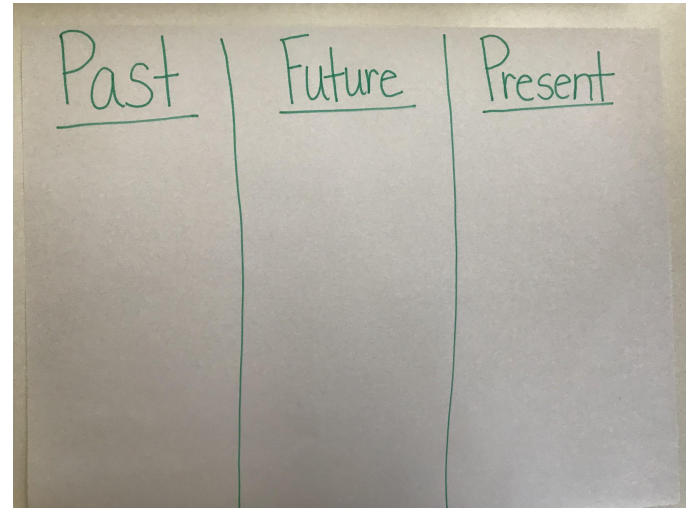
What does the word *present* mean?

Being present means to focus on what is happening here and now.

How do I know if I am focusing on the present?

Let's get started:

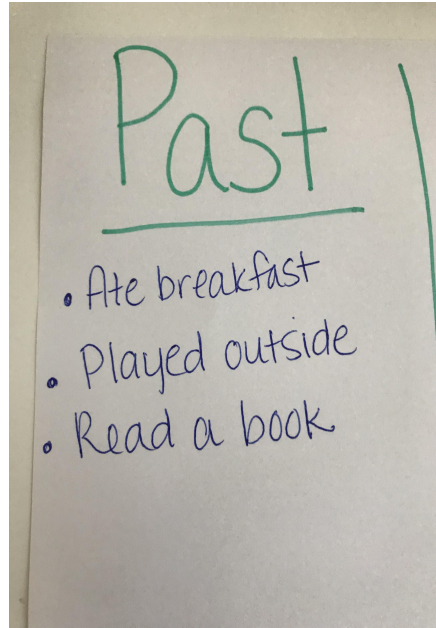
On a piece of paper make three columns. Label one column "Past", the next "Future", and then the last will be labeled "Present"



What does it mean to focus on the Present Moment?

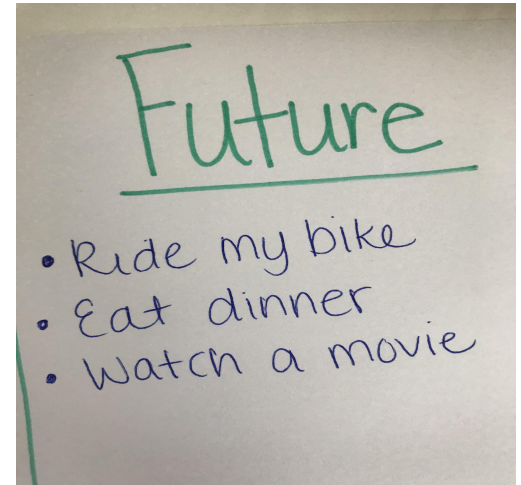
PAST Column

Think about your day so far (or even the past week). Fill in the “past” column with some memories or activities that have happened during that time.



Future Column

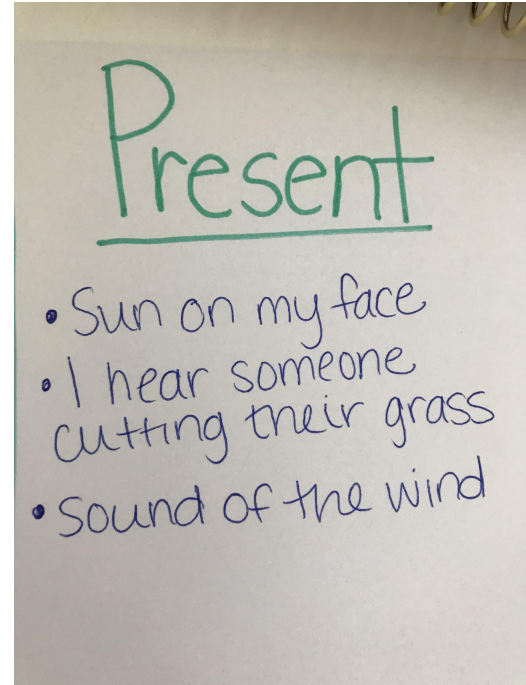
Next, come up with some ideas of things that you think will happen in the next week and fill in the “future” column.



What does it mean to focus on the Present Moment?

Present Column

Finally, think about what is happening around you right now. This part is different from the other two because you are going to rely on your senses. What types of things do you see? What do you hear? Do you notice any smells? If you are outside can you feel the breeze? All of these observations go in your “present” column.



Then give yourself a pat on the back because you are practicing mindfulness!

Practice on your own!!!

Here is another activity that you can use to practice mindfulness.

This mindfulness activity can be fun to do alone or with other people in your home. [Play this video clip of a chime](#) (or use your own if you have one at home). Listen to see how long you can hear the chime. If you are playing with other people have each person raise their hand once they can no longer hear the sound. Compare if you hear the chime for the same amount of time!

You are focusing all of your thoughts on listening to the sound and trying to block everything else out. You are practicing mindful listening. Good job!