



Middle School SEL Lesson  
Lesson: May 11, 2020 - May 15, 2020

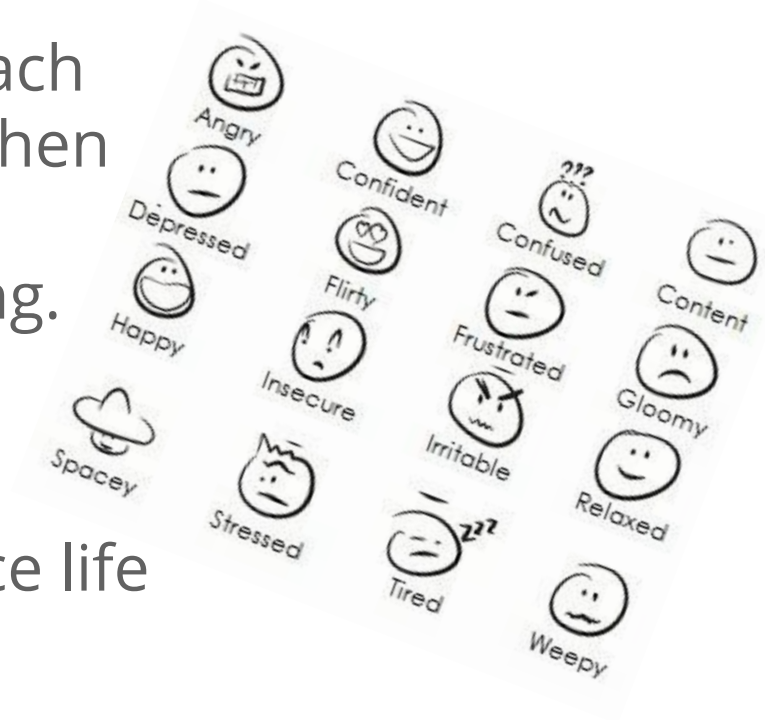
## Practice Mindfulness, Experience Life

### Learning Target:

Students will apply mindfulness techniques in order to help them cope with life stressors.

# Today's Goal...

- The goal of today's lesson is to teach you a skill that can support you when you feel anxious, stressed, overwhelmed...or any other feeling.
- My hope is that by practicing mindfulness, you get to experience life more fully!



# Let's Answer These Questions...

*After this lesson we hope you will walk away with tools to handle stressful situations in a healthy way. Given the current situation with COVID19, It is important, especially now to be mindful of your mental health. So, as we're going through this and getting into the purpose of mindfulness and how to use it, please take this time to explore your own emotions honestly.*

- What is mindfulness?
- Why should I try mindfulness?
- How can I get started?


# What is Mindfulness?

Mindfulness is the basic human ability to be fully present, aware of where we are and what we're doing, and not overly reactive or overwhelmed by what's going on around us.

This may seem silly and simple, but it is so easy for our mind to take flight, then we lose touch with our body and eventually we are obsessing about something that just happened or worried about the future. Then we may begin to feel anxious and overwhelmed.

Mindfulness helps us stay present in the moment!





*In today's rush, we all think too  
much—seek too much—want too  
much—and forget about the joy of  
just being.*

Eckhart Tolle

# Why Should I Try Mindfulness

Don't just do it because I said so...

You can do  
it anytime,  
anywhere!

Research confirms that mindfulness can:

- Reduce the impacts of bullying
- Enhance focus in children with ADHD
- Reduce attention problems
- Improve mental health and wellbeing
- Improve social skills
- And so much more...

[Source](#)

## More Reasons Why...

- Do you battle feelings of anxiety or depression?
- Do you just want to enjoy life more?
- Is your mind jumbled and busy...overthinking and struggling to focus?



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# How Can I Get Started?

There are so many ways to practice mindfulness.

You can download an app  
that will help!

There are quite a few apps around that contain guided mindfulness sessions. Smiling Mind is a free one, developed by psychologists and health professionals and driven by research. Find out more about it, or [download it here](#).



# How Else Can I Get Started?

## 1. Breathe.

Get comfortable and start to breathe strong, deep, slow breaths. Make sure that your belly is moving up and down as you breathe. Be aware of what is happening in your body as the breath comes in, and out. Acknowledge your thoughts if they come. Let them be, and then let them go. If your mind moves away, just acknowledge that your mind has wandered, notice where it went, and gently bring your focus back to your breath. Be present without needing to hurry things along, or move on to the next part of your day. This can be difficult, but remind yourself that whatever happens is okay. Just notice, let it be, and then let it go.

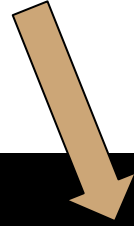
## 2. Notice Your Emotions

Notice any emotions that come to you. Perhaps they grow from attending to a sensation or a thought. Perhaps they are just there. Let your attention land softly on them, without needing to change or understand them. Any awareness you need will come to you when it's ready. For now, it's about creating the space for your experiences to 'be'.

## 3. Notice Your Senses.

As you move your attention through your body, notice what you see, feel, hear, taste, smell. Name them, without judgement, and then let them go.

More ideas can be found [here](#).



Feel free to try out [this](#) super simple mindfulness activity!



# Just a reminder...

You deserve to experience peace! You are worth it.

- If you or someone you know is thinking about hurting themselves, please:
  - Tell an adult *immediately!*

**(note: in an emergency, call 911!)**

- [Crisis Text Line](#) - Text HOME to 741741 and a crisis worker will respond. Their website also has extra resources.
- [Suicide Prevention Lifeline](#) - You can chat online or call 1-800-273-8255. Their website also has extra resources.
- [Domestic Violence Hotline](#): 816-468-5463 (call)