Lesson Name: Mindfulness 101

CACREP STANDARD(s):

Aligned KPI:

Textbook Chapter: P&T – Ch. 3

Type of Knowledge: Procedural / Declarative / **Both**

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| G – My GOAL for this lesson is… |
| Goal 1: Students will be able to define what “mindfulness” is.Goal 2: Students will learn the benefits from practicing mindfulness. Goal 3: Students will be able to practice basic mindfulness techniques. |
| A – I will ACCESS PRIOR KNOWLEDGE by… |
| 1. Using my PowerPoint, I will use a cartoon video to explain what mindfulness is, giving them a nonlinguistic approach to accessing prior knowledge and possibly learning new information.
2. Students will engage in a personal reflection of when they participated in mindfulness and will discuss it with the person sitting next to them using a “think, pair, share” approach.
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| N – I will present NEW INFORMATION through… |
| Procedural- mindfulness exercises; having them participate. Declarative- videos and PP slides I lecture.1. I will present the information by using a PowerPoint with both pictures and information to help students learn about mindfulness.
2. I will demonstrate mindfulness skills including 5-4-3-2-1, belly breathing, mindful eating, and a body scan.
3. I will also ask students about their personal experiences with mindfulness and discuss different activities that they can engage in outside of class to practice mindfulness. *Students* will be able to relate to the topic through discussing their own preferences and experiences. They will be able to practice mindfulness outside of class with these examples.
4. Have students discuss their experiences with these activities in think pair shares and then come together and discuss as a class. They will discuss what may be challenging when trying to practice mindfulness such as possible barriers.

Extra notes for class:\*Remind students that mindfulness is not about perfection, but about taking each moment as an opportunity to be present with yourself and what is around you. \*Also remind them that their statement of purpose paper is due Tuesday |
| A – My students will APPLY new knowledge and/or skills by… |
| 1. Utilizing the resources given to them at the end of class such as apps they can download and websites that they can connect to for more assistance with practicing mindfulness.
2. Students will engage in these activities after I demonstrate them in the classroom setting.
3. Students will discuss how they can identify the benefits for them as individuals and members of the community as helpers.
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| G – We will review our GOALS by… |
| 1. Recapping at the end about what they learned today and how and when they can use mindfulness.
2. Reflecting on what they learned today through a survey.
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