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Mindful Monday

Welcome to Day 1 of our 5 Day Challenge!

Today's challenge is to complete a mindfulness activity with your class.

Rationale for Mindfulness in the classroom:

- "Start each day with a brief mindfulness exercise. The practice of mindfulness allows students to get more in tune with their senses, while freeing their minds from the distractions and/or stressors of the day. This type of exercise, when completed correctly, has been shown to enhance learning and regulate mood" (Dimeff & Koerner, 2007) – from DBT Skills for Schools pg. 30
- Being mindful means paying attention to the present moment, exactly as it is. **It is really hard to be anxious if you are completely focused on the present moment** – what you are sensing and doing RIGHT NOW ... and NOW ... and NOW. (Anxiety Canada)
<https://www.anxietycanada.com/articles/mindfulness-exercises/#:~:text=Being%20mindful%20means%20paying%20attention%20to%20the%20present,RIGHT%20NOW%20%E2%80%A6%20and%20NOW%20%E2%80%A6%20and%20NOW.>

Mindful Activities

1. CFS staff will guide you through mindfulness activities:
 - <https://youtu.be/8Hl6R2pJ2Lg> (3:45) grades 4 to 12
 - <https://youtu.be/3r-OuS3kcrk> (3:30) grades K to 12**source: Viegas, M. (2015). *Relax Kids: The Wishing Star*. John Hunt Publishing Ltd



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2. Additional Mindfulness videos for primary grades

Rainbow: <https://www.youtube.com/watch?v=llbBl-BT9c4&t=45s>

Bubbles: <https://www.youtube.com/watch?v=UEuFi9PxKuo&t=179s>

Belly Breathing: <https://www.youtube.com/watch?v=RiMb2Bw4Ae8>

Snowy Sensations: <https://www.youtube.com/watch?v=zkm2lFVVlqE>

Thought Bubbles: <https://www.youtube.com/watch?v=70j3xyu7OGw>

3. Additional Mindfulness videos/links for Middle Years/High School

Everyday Mindfulness Explains Mindfulness with Examples

<https://www.youtube.com/watch?v=QTsUEOUaWpY>

What is Mindfulness:

<https://www.youtube.com/watch?v=kO5lOp3luiQ&t=262s>

Mindful Breathing (Script)

https://www.anxietycanada.com/wp-content/uploads/2019/08/Mindful_Breathing.pdf?_ga=2.170451108.588043991.1650900089-1546277797.1630345325

**Remember to upload your contact information and a photo to Monday's google form to be entered into the draw for a pizza party.

<https://forms.gle/NosK7NYf6gNVWTVN9>

