



Tips for Creating a Mindful Classroom Week 2

Enjoy the following mindful practices this week with your students:

1. Mindful Brain

- Make a mind jar with your students and ask: Can you think of a time when your brain feels shaken up and confused - like the glitter in the jar? What helps you calm down so you can think?
- Have your students explain the hand model of the brain to each other and then to someone at home. Modeling their brain with their fist makes the students more curious about the brain and they will begin thinking about it and asking questions. Using the nicknames for the parts of the brain helps your students talk about them in a meaningful way.

2. Mindful Listening

Children love making a game of listening. They are eager to practice mindful listening because they can see their improvements right away. They become more interested in listening if they notice their own ability to recognize sounds and focus on sounds around them. This also supports phonics work in the classroom because they gain confidence in breaking apart sounds around them.

- Play the MB Awareness Simon Says with your students to improve listening skills. This game is really simple.
 - Here are the basic rules:
 1. One person is chosen to be Simon
 2. Simon gives a command
 3. Players must only obey the commands that start with "Simon says"
 4. If you follow a command that doesn't begin with "Simon says," you are out
- **10 Commands to Improve Listening Skills:**
 - Simon says bend over to touch your toes three times
 - Simon says clap five times in a row
 - Simon says spin in a circle two times and stop.
 - Simon says solve this problem. Answer out loud as soon as you solve it. What is $5 + 3$? (adapt this to fit their grade level and skill)
 - Simon says do six jumping jacks



Simon says touch each knee with the opposite hand
Simon says count to ten in your head. Raise your hand when you're done.
Simon says close your eyes and balance on one foot.
Simon says pat yourself on the back because you are doing a great job!
Simon says meow like a cat. Then, bark like a dog.

Continue until you are ready to end the game.

The more mindful awareness you work into your lessons, the better your outcomes will be. Have a great week!