



Tips for Creating a Mindful Classroom Week 4

Enjoy the following mindful practices this week in your interactions with yourself and your students:

1. **Spreading Kindness** - Kindness is a natural human response that likely won't need much encouragement. However, it is something that should be practiced regularly to ensure that it becomes a habit.
 - **Brainstorm Ideas as a Class** Children are more likely to engage and get involved in something they helped create. It will instill a sense of ownership that helps them feel excited about practicing kindness. Brainstorm with the whole group with questions like, "What was something kind you saw someone do lately—big or small?" Write down the students' responses on a whiteboard or chalkboard. Emphasize the importance of small acts of kindness (a smile or a hug) in addition to grand gestures.
 - **Brainstorm individually** with a notecard. Ask the students to write down something nice that someone else did for them and how it made them feel. Collect and read them aloud in order to help the students understand acts of kindness.
 - **Introduce them to random acts of kindness.** This might encourage them to show kindness to their friends and families in unexpected ways. Make sticky notes available and explain that anyone can take a sticky note at any time and write down a compliment for another student. They should sneak the sticky note onto that student's desk when he or she is not looking to make it truly random and fun.
 - **Write thank-you notes.** Give your students time to write down their appreciation for someone who recently did something nice for them, and encourage students to deliver their notes as soon as they can.
2. **Anchor Words**
 - Focus attention on our breath. Remind your students to do this often. Use words like "breathing in" and "breathing out" or have the students make up their own anchor words for their practice
 - Use anchor words at other times during the school day. Perhaps repeating softly in the hallway "walking quietly," which will get the students in the habit of using anchor words whenever they are trying to pay attention to something

It just takes practice! By incorporating more mindful SEL into your day, you will achieve better student outcomes, promote kindness, and increase respectful relationships.

