



Tips for Creating a Mindful Classroom Week 7

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

1. Mindful Eating - Being Intentional

Consider carving out a few extra minutes for yourself in the mornings, or at lunchtime, to prepare a nourishing meal for yourself, and then enjoy it slowly, without distraction or multi-tasking. Wise teachers have shared that whatever you're reading, watching or listening to while you're eating is being ingested right along with your vitamins, minerals, and proteins! So, instead of reading or watching something while you eat, (especially something challenging, like the news or your emails), experiment with noticing any amount of gratitude you feel for the nourishment you're receiving. Mindful eating doesn't have to last the whole meal to be of benefit. In fact, taking just one mindful bite can have a great impact on the rest of your day. You can even encourage your students to take just the first bite of their lunch mindfully.

2. Mindful Movement - Finding the Slow Flow

Not all mindful movement needs to be done slowly, of course, but slowing things down really allows us to notice what's actually happening *right now*.

- What muscles are working to allow me to do this?
- What emotions are present during this activity?
- What is my energy level?
- What have I never noticed about this before?

Think of something you usually do at a quick pace, perhaps something repetitive, then try slowing it down. Experiment with various speeds until you find one that feels like a nice, slow flow. You might experience things like boredom or agitation, as well as a sense of "being in the zone" or "flow state." Notice what insights, bits of wisdom, or "ah-ha" moments you discover by moving slowly.