

# Lesson: Mindful Awareness

**Skill/Standard:**

**SEL 4:** Demonstrate Impulse Control and Stress Management

**SEL12:** Demonstrate the ability to reflect on and evaluate the results of h

## TELL:

Today we are going to learn how to be *mindful* so that we can be better at understanding our feelings.

### Students will know:

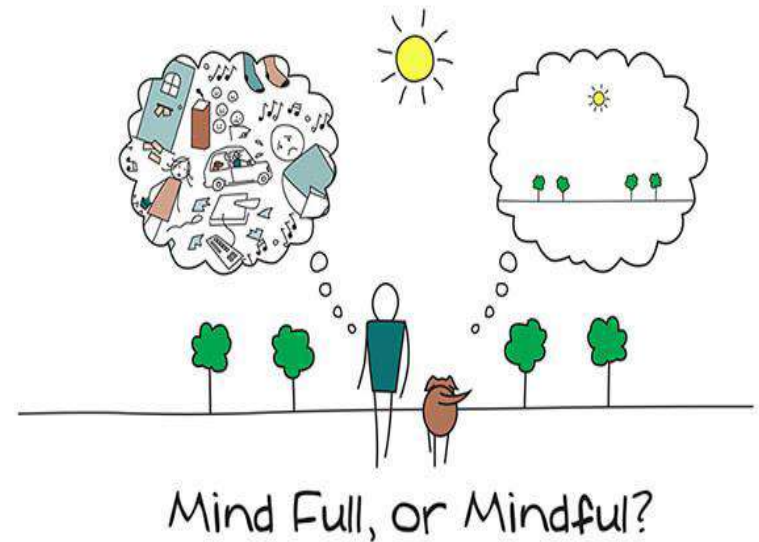
The difference between thinking mindfully and not thinking mindfully.

### Students will be able to:

Apply the concept of mindfulness to their own lives.

### Students will understand:

That mindfulness can help them process a situation, allowing them time to think before they react.



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## Warm Up:

### Layers of Sound

Put your head down on the desk

Try to clear your mind of thoughts  
by focusing on your breathing.

See if you can focus on sounds you  
hear *outside of the school*.

See if you can focus on sounds you  
might hear *inside of school*.

Can you hear sounds *outside of  
your classroom*.

Focus on the sounds you hear  
*inside the class*.

Now focus on the sound you might  
hear *inside your own body*.



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**ASK: Turn and talk then share out.**

**What did you  
hear?**

**Were there any  
sounds that  
surprised you?**

**How do you know  
all three parts of  
your brain were  
working together?**



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**TELL:**

## Mindful Awareness

means that you are  
focusing your  
attention of the  
present moment.

You just practiced  
mindful listening when  
you completed that  
activity.

**TELL:**

## Mindfulness

means that you are  
noticing how you are  
thinking and feeling.

That takes practice!



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**ASK:**

**Why is it  
important to be  
mindful with our  
actions and words  
and to practice  
mindfulness  
techniques?**



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## ASK:

It's important  
because it helps us  
tune into what is  
happening around  
us so that we can  
have the  
information we  
need in order to  
make good  
decisions.





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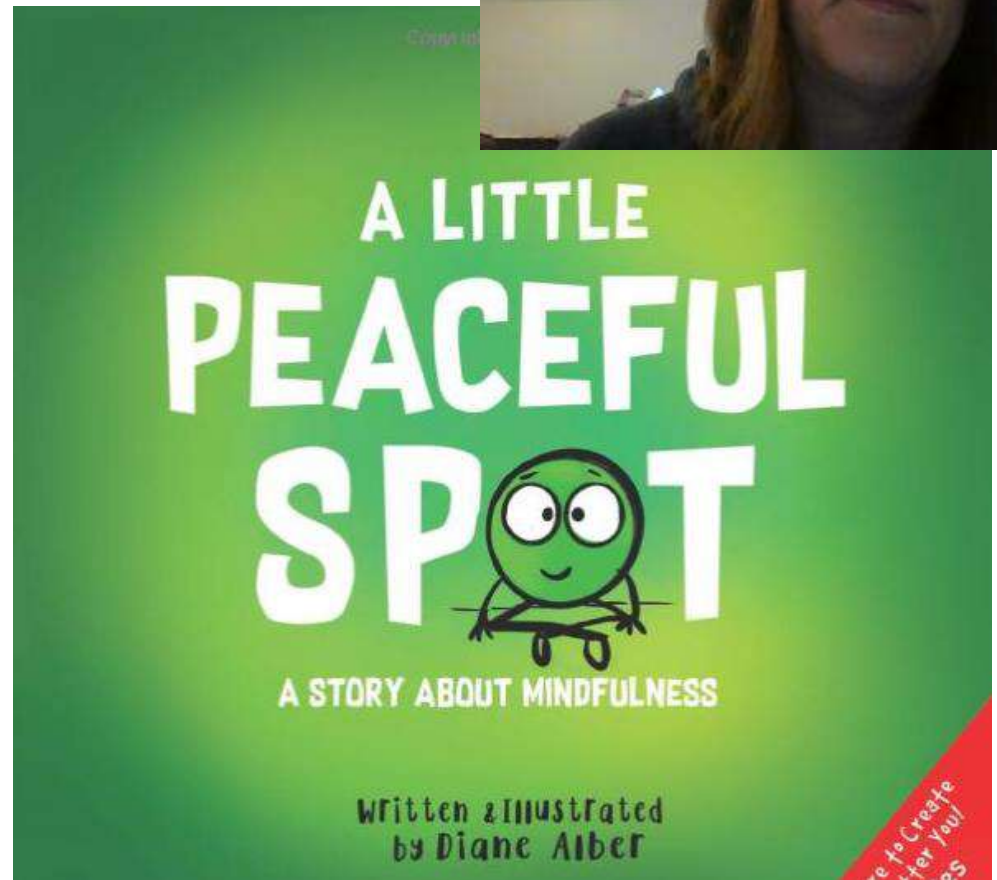
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**SHOW:**

Sometimes it is  
hard to be  
mindful especially  
when our *Security  
Guard* is in charge  
or there are other  
feelings getting in  
the way.



- [https://www.youtube.com/watch?v=V\\_8h1PKTAIE](https://www.youtube.com/watch?v=V_8h1PKTAIE)

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DO

Let's  
Review!

Is this  
mindful or  
not  
mindful?

Keeping your voice  
quiet when other  
people are reading.



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DO

Let's  
Review!

Is this  
mindful or  
not  
mindful?

Ignoring a classmate  
who wants to join  
your game or group.

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DO

Let's  
Review!

Is this  
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not  
mindful?

Trying to do too  
many thing at once.

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DO

Let's  
Review!

Is this  
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not  
mindful?

Practicing a new skill  
until you feel you are  
improving.

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DO

Let's  
Review!

Is this  
mindful or  
not  
mindful?

Talking about a fun  
party in front of  
students who were  
not invited.

# Use the Skill Outside the Classroom

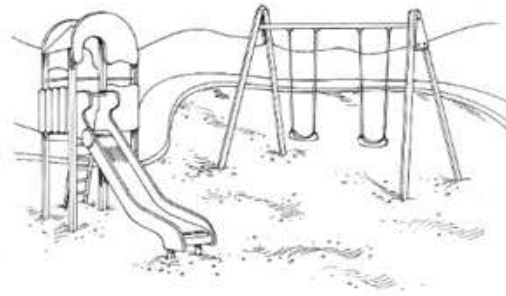
## GENERALIZE

Understanding how our brains work helps us be more successful in

- Play area
- Lunch room
- School bus
- Home

Describe situations in these locations where you benefit from mindful awareness.

How can you be mindful?



Talk with your table group and come up with one example for each area.

