**LESSON: *I Can Practice Mindfulness***

**OUTLINE**

1. Introduce the topic of Mindfulness – define it as noticing what is happening right now; paying attention to your senses; paying attention to how emotions feel; noticing what your mind is doing
2. Paying attention to these things helps us to focus more deeply which can help us do better in school, at home, and elsewhere
3. Being mindful can even help us calm down when we’re upset and work through tough emotions
4. There are **5 Steps to Being Mindful:**
5. **body still (relaxed, comfortable, not moving around)**
6. **eyes closed (helps to block out distractions)**
7. **stay quiet and listen**
8. **breathe slowly in and out (pay attention to inhales and exhales)**
9. **focus your mind (if your mind starts to wander, bring it back to now – “what’s happening in me and around me?”**
10. Summarize with the importance of using these steps to help take control of our feelings and emotions so that we can feel better and do better
11. So what do YOU think? discussion question
12. Give out the magnet cards

**MATERIALS NEEDED:**

* Facilitator’s Guide
* Activities (Sound Signal; Deep Breathing) and activity materials
* Lesson Summary Card (magnet cards)
* Homework Sheet – “This week I might try to handle homework”
* Mini schedule