STEP-BY-STEP MINDFULNESS PRACTICES GUIDE THAT FAMILIES MAY INCORPORATE DURING THE HOLIDAYS TO REDUCE STRESS

Mindfulness Practices we engaged in during the Family Holiday Stress presentation with Fauquier County Public Schools.

*3 Collective Breaths
*Two-Word Check-in
*Weather Report
*Mindful Movement (did not practice)
*Attitude of Gratitude

*Lessons adapted from Breathe for Change with Dr. Ilana Nankin.

Mini Lesson Components

*Start with a theme (Gratitude, Inclusion, etc.).
*Decide on positive words, phrases, quotes that connect with the theme.
*Purpose of practice
*Competency
*Social Emotional Purpose
*Complete Practice
*Reflection Question(s)

*The next several slides include mini-lessons for our practices today. All practices are adapted from Breathe for Change.

3 COLLECTIVE BREATHS

Mini Lesson One
3 Collective Breaths Mindfulness Practice

Theme:
Beginnings

Quote:
The visionary starts with a clean sheet of paper and re-imagines the world.
-Malcom Gladwell

Purpose
To settle group in and for closing a mindfulness practice

Competency
Brings self-awareness and social awareness

Social Emotional Purpose
Reduces stress, enhances awareness, focuses the mind

3 Breaths Mindfulness Practice Mini-Lesson cont.

Practice

1) I invite you to find a comfortable position (seated or standing).
2)Place your hands on your heart, or one hand on your heart and the other on your belly.
3) Focus your gaze or gently close your eyes.
4) Take three deep breaths in and out, letting go of any tension with each exhale.

Reflection Question

1) How do you feel after taking your 3 breaths?
2) How did the practice change how you feel?
3) How might you use 3 collective breaths to support you in life?

2 WORD CHECK-IN

Mini-Lesson Two
2 Word Check In Mindfulness Practice Mini-Lesson

Theme:
Beginnings

Quote:
Be the change you wish to see in the world.
–Mahatma Gandi

Purpose
To settle group in and for closing a mindfulness practice

Competency
Brings self-awareness and social awareness

Social Emotional Purpose
Enhances emotional awareness, promotes authenticity, builds community

2 Word Check In Mindfulness Practice Mini-Lesson cont.

Practice

1) I invite you to find a comfortable seat.
2) I invite you to close your eyes if you feel safe or you may soften your gaze.
3) Connect to your breath; observing each inhale and exhale.
4) On your next breath, notice how you feel.
5) Do you feel happy, sad, frustrated, sleepy (you may name more, if you wish).
6) As you notice how you connect to how you feel in this moment, decide on 2 words that describe how you feel.
7) To close this practice, we will now give space for you to share your 2 words with the community (give time for the group to share).

2 Word Check In Mindfulness Practice Mini-Lesson cont.

Reflection Questions

1. How did it feel to connect with your feelings?
2. What was it like sharing your two words with the group (or community)?
3. What was it like hearing everyone else share their two words?
4. Would you be willing to use this practice with your family (or with your students, staff meetings, etc. / choose language for yourself)?

Mini-Lesson Three
Weather Report Mindfulness Practice Mini-Lesson

Theme
Creativity

Quote
Creativity is contagious. Pass it on. –Albert Einstein

Purpose
Settle-in

Competency
Self-awareness; Social Awareness

Social Emotional Purpose
Enhances emotional awareness and vocabulary; builds community

Weather Report Mindfulness Practice Mini-Lesson cont.

Practice

1. I invite you to find a comfortable seat.

2. Place one hand on your heart and the other on your belly. You can focus your eyes on a point in front of you, or gently close them.

3. Let's take 3 collective breaths to settle in together.

4. Now, let's take a moment to check in on how we are feeling by doing an internal weather report! As you continue to breathe, I invite you to think about the type of weather you are feeling inside your mind and body right now (e.g., sunshiny and hot, gloomy but warm, cloudy).

5. Once you have finished taking your internal weather report, gently open your eyes if they're closed.

6. Now, let's take turns sharing our internal weather report so we may welcome in all the types of weather present here today!

Weather Report Mindfulness Practice Mini-Lesson cont.

Reflection Questions

1) How is your internal weather report now different from earlier today?
2) How might we support ourselves when our internal weather report is gloomy or stormy?
3) How might we support each other when our internal weather reports are gloomy or stormy?

MINDFUL MOVEMENT

Mini-Lesson Four
Mindful Movement Mindfulness Practice Mini-Lesson

(Sun Salutation – Arms only)

Theme
Beginnings

Quote
You can't use up creativity. The more you use, the more you have.
-Maya Angelou

Purpose
Mindful Movement

Competency
Self-awareness; Self-management

Social Emotional Purpose
Energizes the body, releases tension, strengthens the mind

Mindful Movement Practice Mini-Lesson cont.

Practice

1) I invite you to sit about half-way on your chair or you may slide closer to the edge (you can also have the group stand up tall by placing both feet flat on the floor).
2) Relax your shoulders down your back and lengthen your spine.
3) Bring your hands to heart center and connect to your breath.
4) Inhale, reach your arms up towards the sun.
5) Bring your palms together and to you heart center.

*Repeat movement as many times as you wish.

6) After the final round, bring your palms to heart center and focus on how your body feels.
7) Let's close this practice with 3 Collective Breaths.

Mindful Movement Practice Mini-Lesson cont.

Reflection Questions

1) How do you feel after practicing Sun Salutations with your arms only?
2) Did you notice any shifts did in your body and mind?
3) When would be a helpful time for you to draw on this mindful movement practice?

GRATITUDE

Mini-Lesson Five
Attitude of Gratitude Mindfulness Practice Mini-Lesson

Theme:
Gratitude

Quotes:
Miracles happen all the time. We're here aren't we? – Marilyn Nelson

Feeling gratitude and not expressing it is like wrapping a present and not giving it. – William Arthur Ward

Purpose
Settle in, Breath Awareness, Focus, Relaxation

Competency
Self-awareness; Self Management

Social Emotional Purpose
Promotes self-connection and abundant mindset

Gratitude Mindfulness Practice Mini-Lesson cont.

Practice

1) I invite you to settle into a comfortable position. Bring one hand to heart, and the other over that hand, and connect to your breath.
2) As you continue to breathe, I invite you to imagine as though you have a treasure chest in your heart with the keys in your hands. I invite you to bring to mind one thing you are grateful for right now. Visualize yourself unlocking the treasure chest, and then place this treasure, this thing or person you are grateful for, and place it in the treasure chest of your heart.
3) Now, bring to mind another treasure in your life that you are grateful for. It can be anyone or anything. See this treasure and feel it in your heart. Whenever you are ready, you can place this treasure into the treasure chest of your heart.

*You may repeat this a few more times.

4) Now, connect to one final treasure for now, something or someone you are so grateful for. Place this treasure in the treasure chest of your heart. Then, take the keys and close it for now, knowing you can always return to the treasure chest to remind yourself of the many gifts you have in your life.
5) Let's seal this practice with an attitude of gratitude by taking 3 Collective Breaths of Gratitude together.

Gratitude Mindfulness Practice Mini-Lesson cont.

Reflection Questions

What treasures are you grateful for right now?
What do you love and appreciate about you?
What are you grateful for about your community?
How did taking on an attitude of gratitude impact you?
How can you take on an attitude of gratitude more in your life?

THANK YOU!