



# Introduction to Mindfulness

Presented by:

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# What To Expect

Interactive Instruction

Large and Small Group Discussion

Independent Practice and Reflection

Role Plays/Mindfulness Instruction



# Objectives and Outcomes

## Objectives

After the presentation, participants will be able to:

1. Define mindfulness
2. Explain the benefits of mindfulness
3. Identify mindful practices

## Outcomes

After the presentation, participants will demonstrate an understanding of the objectives by:

1. Participants will be able to provide a verbal definition of mindfulness
2. Participants will be able to list the benefits of mindfulness
3. Participants will be able to participate in and lead at least 3 mindfulness practices



## Mindfulness Practice # 1: Community Check-In

1. A quick emotional check-in
2. Allows opportunity to gauge productivity readiness
3. Allows opportunity to develop empathy for one another over time

[Community Check-In in Education](#)



## Mindfulness Practice #2: Body Scan

1. Physically checking in with your body (great for slowing down at night)
2. Noticing the space around you
3. Bringing attention to the here and now (i.e. in meetings!)

Mindfulness defined...

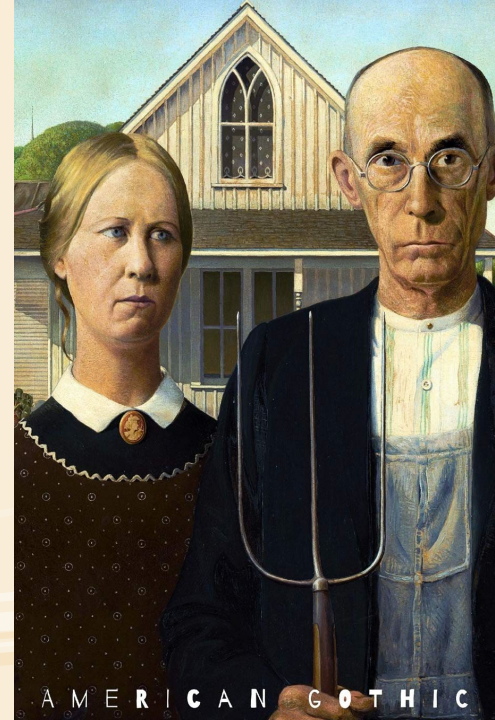
# Mindfulness defined

“Mindfulness is short moments of awareness repeated many times.”

“Mindfulness is noticing what is happening right now (i.e. what you’re seeing, hearing, feeling, thinking, etc.).”

1. Present moment awareness using senses
2. Understanding of our own emotions and feelings, and those of others
3. Gratitude and heartfulness practices

\*A key attribute of mindfulness is awareness without judgement.



# POP QUIZ!

Think/Pair/Share

Do you remember the picture in the very first slide (the title slide)?

What did you notice about it?



# Mindfulness Practice # 3: Mindful Senses

Mindfully experience the shells using your senses...

Colors  
Textures  
Size  
Sound

# Why Mindfulness?

What are the benefits of mindfulness?

Mindfulness is training the brain.

During this training, positive changes occur in the brain, including increased gray matter in the following:

- Insula, an area associated with self-awareness and empathy;
- Hippocampus, an area associated with learning, memory and inhibiting fight or flight responses; and
- Prefrontal Cortex, an area associated with executive function, or attention, goal setting, and self-regulation

# Benefits of Mindfulness





## Mindfulness Practice #4: Calm 5 or Take 5

1. Great for short moments
2. A quick go-to for stress relief
3. Can help younger children learn to self-regulate


# Discussion

We now know based upon the previous slides and video what mindfulness IS.

Just as important is what mindfulness ISN'T.



# What Mindfulness Isn't

- ... a disciplinary tactic for children
  - ... only calmness and happiness
  - ... a silver bullet for everything that ails
  - ... the absence of thought
  - ... religious
- 



## Mindfulness Practice #5: Mindful Breathing

1. One of the most common mindful or meditation practices
2. Can be short or long, formal or informal
3. Using anchor words can help build stamina



## Mindfulness Practice #6: Mindful Listening

1. Can be indoors or outdoors, formal or informal
2. A great tool to increase curiosity around nature (and we know nature's healing properties)

# Let's review...

WHAT is mindfulness? ↔ ??????

LIST the benefits of mindfulness? ↔ ??????

IDENTIFY, PARTICIPATE IN, and LEAD at least 3 different mindfulness practices. ↔ ??????

# Let's review...

WHAT is mindfulness?



Paying attention to what is happening right now.

or



Short moments of awareness repeated many times each day.

LIST the benefits of mindfulness?



???????

IDENTIFY, PARTICIPATE IN, and LEAD at least 3 different mindfulness practices.



???????



# Let's review...

WHAT is mindfulness?



Paying attention to what is happening right now.

or



Short moments of awareness repeated many times each day.

LIST the benefits of mindfulness?



Increased self-awareness, attention, empathy, flexibility, resilience, self-regulation and lower levels of stress

IDENTIFY, PARTICIPATE IN, and LEAD at least 3 different mindfulness practices.



???????

# Let's review...

WHAT is mindfulness?

Paying attention to what is happening right now.  
or  
Short moments of awareness repeated many times each day.

LIST the benefits of mindfulness?

Increased self-awareness, attention, empathy, flexibility, resilience, self-regulation and lower levels of stress

IDENTIFY, PARTICIPATE IN, and LEAD at least 3 different mindfulness practices.

Mindful bodies, mindful senses, Calm 5 or Take 5, mindful breathing, mindful listening. Any others?



## Mindfulness Practice #7: Heartfulness

1. Kindness and gratitude are considered heartfulness, or positive states of mind
2. Regular gratitude practices foster more positive thinking



# Practice Time (Again!)! 😊

Partner up with someone at your table or nearby.

Choose a mindfulness practice that we've learned and lead your partner through that activity.  
Switch roles and choose a different practice so that both partners get a chance to lead.

**Mindfulness** helps to create space and replace **impulsive reactions** with **thoughtful responses**.

*Without  
Mindfulness*



*With  
Mindfulness*



RAYE EDUCATIONAL SERVICES, LLC

# DO ALL THINGS... MINDFULLY.



Questions/Comments/Feedback

