

Teaching Others About Mindfulness

Mindfulness means giving your full attention to what is happening here and now.

It means noticing what you feel in your body, what's going on around you, and even what you're thinking.

What can you see, hear, feel, smell, and taste? What kinds of things are you feeling? What thoughts are passing through your head?

When you start to notice these things by being mindful, you can calm down when you feel angry, sad, or scared.

Mindfulness can help you feel better when you don't feel good, and mindfulness can help you feel happier!

Now that you know what Mindfulness is, you can teach others how to be mindful, too!

Your task is to teach other students about mindfulness of anger by creating your own lesson plan.

How can others use mindfulness to feel better when they are angry?

Your Challenge:

Answer the following questions to help you plan your lesson.

1. What happens when we feel angry?

- *What happens in our body?*
- *How about our breathing?*
- *What do we feel like, inside and outside?*
- *How might we act?*

2. What can you do to feel better when you are angry?

- *How can you change the way you breathe?*
- *What exercises can you teach your students?*
- *Can you explain the steps?*

3. What are some resources you can use to help you explain mindfulness?

E.g. books, movies, pictures, drawings

What is one exercise that you can teach to your students? (e.g. deep breathing, muscle relaxation.)

List any steps and explain how you will go through the exercise with your students.

What questions do you think your students might ask? Make a list of questions and answers in the box below.