

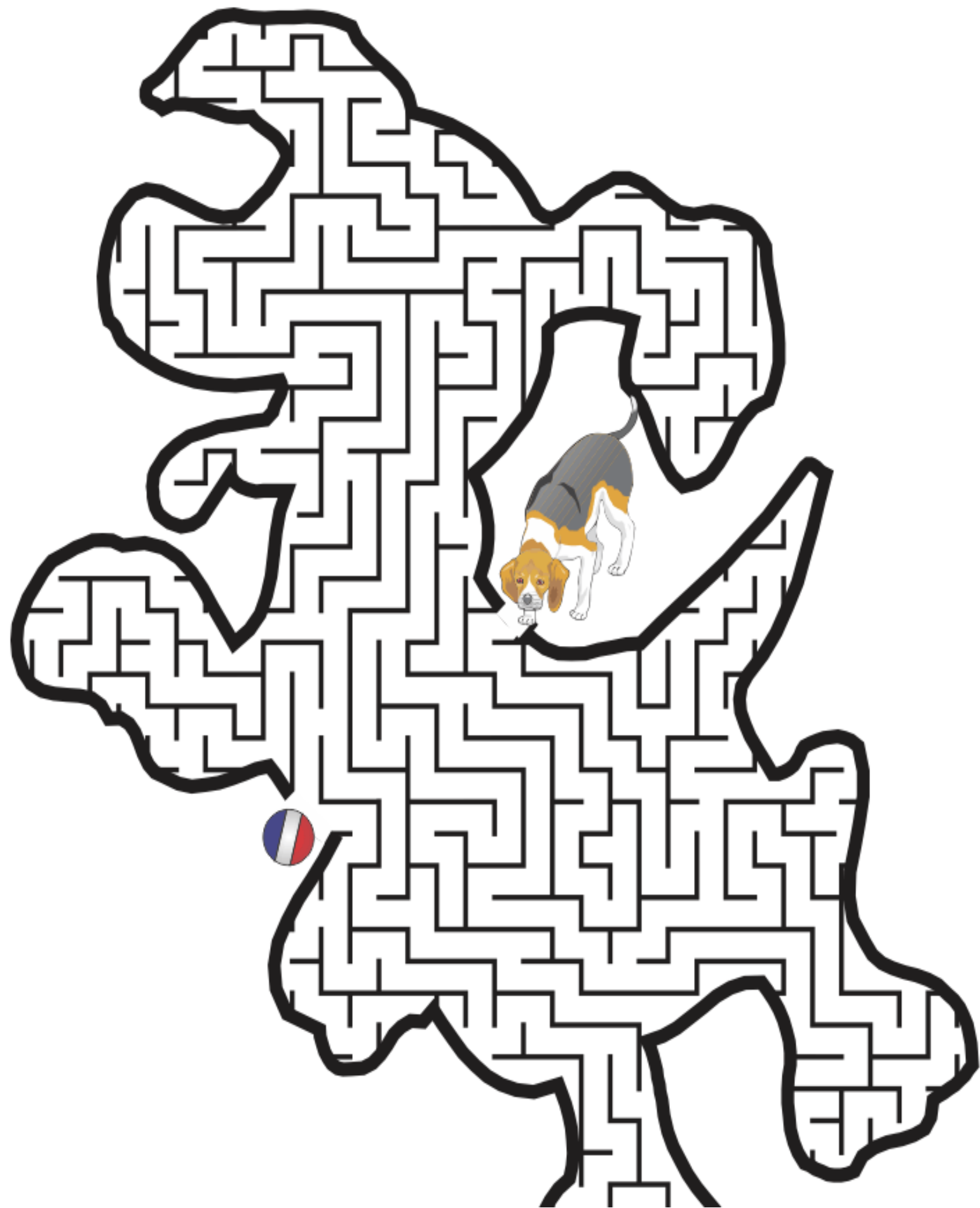
My Puppy Mind takes me here!



MY PUPPY MIND



When my puppy mind starts to wander, I take a deep breath.



Practice Leading Mindful Moments

(Get a student to lead it too!)

1. “Please find your mindful posture” (*spine or body*).
2. “Please allow yourself to close your eyes, or gently focus your eyes on a point in front of you, or put one hand over your eyes.”
3. “Please bring your hand mindfully to your belly.” (*or anchor spot*).
4. “Please take 3 slow mindful breaths...” (*ring the bell*)
(Allow them to sit for 1 minute: Work up to 5 to 10 minutes.)
5. “When you are ready, and without fidgeting, calmly open your eyes. Bring this new awareness into your next moment.”

Options for guiding students through FOCUS TIME:

- *Belly Breathe, Say “Belly”, breathe in to your belly, then out saying “Breathe”*
- *7/11 breathing: breath in for 7 counts, exhale for 11 counts. Or 4 in, 4 out.*
- *When breathing in think “Breathe”, Breathe out think “1”. Up to 10. Repeat.*
- *Counting to 10. Breathe in ONE, exhale TWO, Inhale THREE, Exhale FOUR, and so on until TEN. Notice the pause between the inhale and exhale. Repeat. Advanced: Start again if you have a thought before TEN.*
- *Body Scan, from head to toe, noticing the pulse in the neck, the beat of the heart. Option: Slow version of “Head, Shoulders, Knees, and Toes*
- *When the mind begins to daydream or the body wanders just remind the student to come back to the breath by saying: “This breath, this moment.”*
- *“With this breath (breathe in), my mind grows stronger.” (breathe out)*
- *A great focusing tool is to send Heartfulness to yourselves or others: “May I be happy, May I be healthy, May I be free of worry.”*



How are you feeling right now?



Stop.



Try and breathe.

Observe your feelings.



Peacefully proceed.

Mindful Breathing Options

Tips: Consider trying these when going to or from recess, lunch, or before or on a field trip etc. Roll dice to see how many times to breathe. Making a sound (like SHHH) on the out breath can be helpful.

- 1. Starfish (Take Five/Five Finger) Breathing:** Trace your hand with a finger, with each up or down movement, inhale or exhale.
- 2. Ocean Breathing:** Cup each ear with a hand and breathe deeply in and out.
- 3. Elephant Breathing:** Hold your hands in your lap, with your thumbs resting next to each other. With each inhale raise your thumbs up, with your exhale bring them back down to rest. Option: Sitting or standing with each inhale, raise your arms to the sky, on the exhale back down to your lap. Or hold a hand of classmates, and thumb breathe together as you walk in a circle or down the hall.
- 4. Spiderman Breathing:** (Option #1) Sit crisscross on the floor (but can also be done walking). Place palms skyward on your knees. Bring your ring and middle finger in so that they are touch your palms. With each breath open your hands, with each exhale, bring in your ring and middle finger. (Option #2) Inhale and bring closed hands palm in and hold at chest. Exhale, pretending you are shooting webbing from your hands to the wall or ceiling.
- 5. Quiet Coyote Breathing:** Hold up your hand in the air like a quiet coyote. With each belly breath, slowly drop your thumb to create the look of a breathing coyote. Exhale. Repeat.
- 6. Butterfly Breathing:** Option #1: Clasp your hands together like you are begging, trying to also get your forearms and elbows to touch. Squeeze your hands and arms together, and breathe out. On the inhale, keeping hands clasped & slightly under chin, lift your elbows a bit above your shoulders. On the exhale, bring your elbows down so they touch again. Repeat. Option #2: Standing or sitting, on the inhale, bring both arms up alongside your body. On the exhale, lower your arms. Repeat.
- 7. Shark Fin Breathing:** In a seated position, place your hand in front of your face like a Shark fin. As you lower your hand to your heart say to yourself: "Sit Straight, Sit Still, Sit Silently, Shut Eyes, Softly Breathe." "I have the power to make wise decisions." Repeat.
- 8. Smell a Rose, Blow Out a Candle.** Repeat.
- 9. Blowfish Breathing:** Cup your mouth with your hands, like a mask. With each inhale open your hands like gills. Repeat.
- 10. Balloon Breathing:** Use the Hoberman Sphere (Breathing Ball) to fill up our bellies. Or just put your fingertips together and create your own breathing ball. Breathe 3 times alone, then with a neighbor.
- 11. Elevator Breathing (Breathing Buddies):** Laying down, have kids see how big they can make their bellies, with each breath. For more fun, place a breathing buddy (a stuffed animal) on their bellies to see how high they can get their buddy to go up. Limit the number of floors to 3, 4 or 5 dependant on age.
- 12. Rocket Breathing:** Press hands flat together (the capsule), in front of heart placing elbows (the engines) on the floor. Breath in, and as you inhale the rocket takes off (up the center of your body until arms are up above your head, exhale back down so that the elbows land back on the earth. Repeat.
- 13. Firecracker Breathing:** Press hands flat together in front of heart (the fireworks). Breath in, and as you inhale the rocket takes off (up center of your body until arms are up above your head. CLAP. Then exhale out, with your fingers sparkling downward to be the exploding fireworks. Repeat.
- 14. Crocodile Breathing:** Arms out straight, hands together (right arm above left), breathe-in big and deep while raising right arm, exhale all at once, close crocodile's mouth.
- 15. Beach Ball Breathing:** big breath while opening arms wide and then overhead they come together, slowly - as if against resistance- push (hands rest on top of each other)as if pushing a beach ball underwater, while exhaling.
- 16. Flower Breathing:** Begin in child's pose (curled up, knees bent, forehead on the floor), inhaling and rising up onto the knees extending arms and face up to the sky like a flower opening up in the sun, exhaling reversing back into child's pose arms by side (curling up like a flower in the evening time).
- 17. Buzzing (Bumble) Bee Breathing:** Buzzing on the out breath (Bzzzzzzz....), sucking in honey on the in breath. Repeat. A fantastic way to bring the energy of a class down.
- 18. Dragon Breathing:** Breathe in while making dinosaur hands, exhale fire out, bring hands down.

19. Water Faucet Breathing: Put your arms outstretched, sides of fists touching. Squeeze hands tight and breathe in- exhale and release fingers, sprinkling water down making a shhhhh sound). Repeat.

20. 4-7-8 Breathing: breath in for 4, hold for 7, breathe out for 8. Repeat.

21. Birthday Cake Breath: Role dice to see how many birthday candles you will blow out. Hold hand(s) in front of your mouth, extend the correct amount of fingers (Candles) flickering. Inhale and blow on candles until they are all out. Repeat. Role dice again.

22. Incredible Hulk Breath: On the in breath, Bring arms up like you are flexing your muscles. On the out breath bring arms down slightly, releasing fists slightly, and gently bend knees.

23. Superman Breath: Inhale and bring closed hands to your waist, chest up high. Exhale and bring hands down and out and up and away. I like to say, and "Fly to the moon." Repeat.

24. Wonder Woman (or Cowboy) Breath: Inhale and bring one hand over your head, pretending to spin a lasso. Exhale and pretend to throw lasso. Repeat.

25. Dolphin Breath: Hold palms together at your belly. Inhale and raise hands to your heart. Exhale and pretend to dive into the water. Repeat.

26. Snake Breath: Hold your hands together in front of your chest, in prayer position. Inhale and when exhaling wiggle your hands and arms together upwards, making a "SSSSSS" sound. Repeat.

27. Square Breath (Or Triangle, or Rectangle, or Circle): Hold your pointer finger up, facing away from you. As you draw the lines of the square, breathe in and out. Inhale one line, exhale the next, inhale, exhale. Repeat.

28. Bubble Gum Breath: Pretend you are chewing a big piece of gum, eventually take a deep breath in through your nose. Put your hands on either side of your mouth. On the exhale, pretend your hands are the bubble gum, with each exhale allow the bubble to get bigger and bigger. Eventually bring your hands together with a "clap", rub your hands together and begin again.

29. Flower of Gratitude Breathing: Hold hands upright on your knees, or on the desk, like two closed flowers. With each exhale, think of something or someone that you are grateful for. Your fingers represent 10 petals, by the end of the 10th out breath you will have opened all 10 fingers in gratitude. On the 11th breath, bring your hands to your heart. Breathe deeply 3 times. Share with the group one thing that you are grateful for.

30. May I be Kind Breathing: Wrap hands together, thumbs laying side by side, then put hands on your heart and say: "May I have a kind heart." Breathe. Then up to your lips (chin). "May I have kind words." Breathe. Then up to your forehead. "May I have kind thoughts". Breathe.

For Breathing and Gratitude Activities: Create a Breathing Star Folder, or for how to make a Glitter (Relaxation) Jar or Gratitude Activity (Lotus of Gratitude): go to www.mindfulartssf.org

WHAT ARE YOU FEELING WORDS

Happy	Sad
Frightened	Worried
Embarrassed	Shy
Mean	Angry
Disgusted	Proud
Focused	Calm
Excited	Nervous
Bored	Stubborn
Curious	Hungry
Sleepy	Awake
Full	Confused
Desperate	Lonely
Surprised	Cheerful
Anxious	Selfish
Hopeful	Relaxed
Confident	Fascinated
Ashamed	Depressed
Hurt	Energetic

Grateful/Thankful	Skeptical
Brave	Silly
Terrified	Mindful
Sarcastic	Powerful
Kind	Concerned
Peaceful	Fearless

PRIMARY TEACHER GUIDELINES FOR MINDFULNESS LESSONS

THANK YOU for allowing *Mindful Arts San Francisco* into your classroom!

We hope that your experience will be rewarding, fun, challenging, and extremely beneficial to these young students, and we are hoping, to yourself as well.

You and your students will have the opportunity to cultivate *Mindfulness*: the skill of present moment awareness that improves attention, self-regulation, and social-emotional learning.

HOW CAN YOU HELP CREATE AN ATMOSPHERE FOR MINDFULNESS?

GENTLY HELP YOUR KIDS SETTLE: As the Mindfulness facilitator arrives, please ask your kids to settle, using their breath as a tool. Perhaps have them already seated on the rug, or have them place their heads on their desks or stretch with them. Catch them being “good”: before, during, and after the lesson. Encourage and notice their mindful listening, posture, etc...

PARTICIPATE: When the lesson begins, your participation is **EXTREMELY IMPORTANT** to model for students that this work is valuable. Sit next to the student(s) who might need more support due to behavior challenges. Remember: misbehavior can be a symptom of recent or insidious trauma. On the rare day that you simply cannot participate, and you must do work during the lesson, please remove yourself from the group and quietly work at your desk.

SHARE: Students like (and feel safer) when the adults in the room share their experience.

KINDLY HELP THEM FOCUS: If a student or students are not focusing, quietly go to them and ask them to come back to their breath. **Please try not to raise your voice**, as it becomes challenging for the Mindfulness Instructor to establish or maintain their leadership role. While we want students to participate, it should not feel like a chore or a punishment. Students may just sit quietly at their desk, instead of participating. **A disruptive student can be moved from their neighbor or group, but they should not leave the room, if possible.**

WHAT TO SAY WHEN A STUDENT IS LOSING FOCUS: Mindfulness is a noticing game so you can **quietly** say: “Notice if you are paying attention to your breath? Notice if your foot or leg is moving, notice if you are distracting others who are trying to learn how to focus their minds and bodies.”

NO WRONG WAY TO PRACTICE: The great thing about mindfulness is that there is no right or wrong way to feel. If a child mentions that they had a difficult time with an exercise all that is needed from us, is to say “Yes, sometimes that happens. Every moment is different.” If a child says mindfulness is boring sometimes, acknowledge that the noticing of boredom is mindfulness and to praise that discovery.

REMEMBER: *Mindfulness is BREATH-taking, breathe.*

MINDFUL ARTS

Certificate of Completion



This certificate is awarded to:

For completion of _____ weeks of Mindful Arts Practice

You have learned how to use your breath to focus your mind and body when your puppy mind starts to stir, to listen like a superhero, and make good choices. You know what to do when your angry lion starts to roar or when you have already flipped your lid. You have practiced being kind to yourself and to others. You have noticed how your thoughts can just float by without acting on them, and you have learned how to be kinder, braver, and more curious. You have learned to notice the pleasant in the present. You have learned to guide yourself and others in “Focus Time”. You have learned that mindfulness can be done anytime. Remember, practice makes progress. Mindfulness is *Breath-taking*.

Mindfulness Instructor Signature

Date

www.mindfulartssf.org