



MINDFUL MONDAY - MINDFUL OF TOUCH

Reading Connection: *The Best Sweater* by Lynne Garner

Supplies

Basket of items with different textures (e.g., feather, piece of soft cloth or felt, sandpaper, smooth rock, rough rock or crystal, small stuffed animal, cotton ball, something metallic, something bumpy-- like a textured ball).

Place items in Peace Place after demonstration if working in a classroom.

Reading Connection: *The Best Sweater* by Lynne Garner

Notes: Friday includes a Show and Tell. You might have students bring objects from home or spend some time during the week drawing what they would like to share about.

Review last week

Welcome students to Mindful ME time. Encourage them to find their Mindful Body posture so that they are ready to listen and learn. This week, instead of ringing a bell, gently and slowly touch each finger to your thumb, moving from first finger to pinky and back again. Encourage students to join you until everyone is ready.

"Last week we learned Flower Power breath. Who can demonstrate Flower Power breath to us?"

"Great job. Now let's do it together. This time, as you breathe out, think about a person you'd like to send a flower to today."

"Now I need a volunteer to show us Child's Pose. [choose a volunteer and help them teach as needed] Great teaching! Now, let's do Child's Pose together. While we're in Child's Pose, let's take 3 deep breaths before we come back up."

Mindful of Touch and Mindful Me Objects

These are objects we hold/touch for comfort and safety. Activating our sense of touch can soothe and bring us back to the present moment when we feel afraid, unsure, or confused.

For some students, touching or handling an object can help activate verbal and learning centers of the brain. Some people choose heavy objects, some people choose soft objects, some people like texture (sandpaper or sequins or bumps), some people like movement (spinning pencils).

Normalizing using Mindful Me Objects and the differences from person to person can help children become more comfortable with seeking safety and soothing when they need it instead of internalizing the need or feeling ashamed of the need.]

Mindful Me Objects come from the concept of Resourcing in Somatic Experiencing - Article Below in "**Reading Connection.**"

Play the Mindful Me Objects video below or read the discussion here:

“Last week we paid attention to sound... Can anyone help me name our other 4 senses? [elicit responses with prompting if needed] This week, we are going to pay attention to our sense of touch. Today I brought some objects for us to examine.

In Classroom: Pass around the objects.

Virtual Learning: Hold up each object and ask students to imagine holding them.

Ask students to think of words to describe the objects and how the objects might feel in their hands (rough, smooth, light, heavy, thick, cold, warm, etc.)

“When you are feeling upset or sad, is there a particular object you like to touch? Maybe something at home? What does it feel like?”

“We can use touch to help us calm our bodies. Some people like to hold heavy things in their hands to calm down, some people like soft and fluffy things. We’re all different, and it’s important to learn what you like.”

“Let’s pause for a moment and imagine the textures of things that make you feel safe and comfortable. Close your eyes or find a place in front of you to look at with a soft gaze. Place your hands on your knees with your palms facing up. Let’s take 3 breaths just like this. Now imagine what you might like to hold or touch if you needed comfort. Maybe it’s something heavy, maybe it’s something soft, maybe it’s an animal or a blanket or a favorite rock. Imagine what it feels like in your hands and how you feel when you hold it. Great! Try to keep that feeling in your body as you continue to breathe.”

Stay with this mini-meditation for another minute or two and then invite students to open their eyes if they have had them closed. Encourage them to move their fingers and hands a little to wake them back up. Ask volunteers to share what they imagined holding during the mini-meditation. [Note: Please do not force this. Some students may not want to share if their object is deeply personal or if they feel too vulnerable sharing.]

If time allows, read the book *The Best Sweater* by Lynne Garner and then add the book to your Peace Place. You can also see the book read aloud in the video below.

“On Friday, if you choose to, you’ll each get to share something that you like to touch that brings you comfort and calm.”

In Classroom: “I’ll place this basket of objects in the Peace Place so that you can think about what you like to touch when you need help calming down.”

Virtual Learning: “Today, look for an object at home or outside that makes you feel safe and comfortable when you hold it. Add it to your Peace Place.

[Note: Depending on your classroom logistics, you might have students bring in their comfort/resource objects or they might draw or tell about their favorite object]