



MINDFUL MONDAY - MINDFUL RAINBOW

Supplies

A prism (any shape) or rainbow-colored object (drawn or found) to add to the Peace Place

Review

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, to reinforce thinking about “seeing,” you could wave a multicolored ribbon or rainbow streamer, dim the lights several notches and hold a prism to the light.

“Would anyone like to share a tool from their mindful toolbox that they shared with someone at home this weekend?”

As a lead-in for this week’s mindful use of sight, ask students if they can name the mindful senses covered to date: hearing, touch, smell.

“Does anyone remember a tool we used with hearing? How about with touch? And what about smell?”

Mindful of Sight (Colors)

Using our sense of sight, we can become more present in our space/environment. The exercises we study this week will use colors to help anchor students, improving concentration, and encouraging connection to feelings and body awareness.

Encourage students to settle in their Mindful ME postures for learning. Show students the prism or picture of rainbow colors added to the Peace Place.

Virtual Learning: Students can add a prism or rainbow object to their Peace Place, as they acquire/create the object

Play Rainbow Color Meditation video below or read instructions here:

“Today, we will learn a practice that uses mindfulness of the body with sensory input of the eyes- our sense of sight. Have you ever felt distracted or had trouble focussing on something? Using our breath and sense of sight is a tool we have to bring our minds and bodies back to the present moment, so we can concentrate on our task, whether reading, writing, having a conversation, or playing a sport.”

“Let’s start by taking three breaths together. Breathe in, breathe out. Add your rainbow arms, reach out to the sides, and up as you breathe in. Bring your arms down as you breathe out. Place your hands in your lap and turn on your eyes. Look around the room for something red. When you find something, notice it without talking, and then interlace your fingers and place them on top of your head.”

When everyone has completed this, direct hands back to lap.

Repeat this exercise, finding something orange, yellow, green, blue, and purple. Students can place their hands in Shanti Hug, on their hearts, or on top of their heads to signal they found their object.

After they have found their purple object, ask them to place their hands on their heart and pause.

“Notice if there’s anything you are grateful for about the objects you found.”

“Did you see anything that you’ve never noticed before?”

Encourage students to share something from their observations/gratitude.

[Ex: For the color green, I noticed the trees through the window. I love to see trees and play outside.]

“If you ever notice that you are having a hard time focusing, you can do this practice. Pause, think of a color in your head, then look around your space to find it. You might need to do this more than once to let your mind calm down. Pause to take a few breaths after you find each color. Searching for colors mindfully can give our eyes a short break, and it can help to re-focus our minds when we feel like we’re losing focus.