

**FANTASTIC FRIDAY- SHARE MINDFUL ME OBJECTS**

**Supplies:** Students bring in Mindful Me Objects for Show and Tell (or teacher can provide options for students to choose from)

*The Best Sweater* by Lynne Garner (link below)

**Welcome students to Mindful Me**

Encourage them to find their Mindful Body posture so that they are ready to listen and learn. Use finger-touching from Monday to help students center their attention.

If you didn't have a chance to read *The Best Sweater* on Monday, read the book or sections of the book to the class today. (Video of the book being read aloud below)

**Note for Teachers:** For some students, their Mindful Me Objects might be highly personal, and they might decide not to share. Honor that choice. You might ask, "Is your object soft, heavy, bumpy?" And let them use descriptive words without naming the object.

**In Classroom:** Ask students to share their Mindful Me Objects (either drawings of them or the actual objects) and describe what they like about the way the objects feel in their hands.

**Virtual Learning:** Ask students to show or describe their Mindful Me Objects, holding them up to the camera if they feel comfortable doing so. Encourage other students to listen respectfully.

Depending on comfort levels, have students ask peers questions about why they like the objects they chose. Offer some prompts, such as: "What does your object feel like in your hands?" "What is your favorite thing about your object?" "How long have you had your object?"

"I'd like you to notice that everyone has different objects they like to touch to feel safety and comfort. It is our job to respect and honor what others need to feel better, even if it is different from what our own bodies need."

Offer a short meditation using their Mindful Me objects.

"Let's pause for a moment and hold our Mindful Me objects. Close your eyes or find a place in front of you to look at with a soft gaze. Hold your object in your hand or place it in your lap so that you can touch it with your fingers. Let's take 3 breaths just like this. Notice what your body feels like as you hold your object. Notice what it feels like in your hands and the sensations in your fingers as you touch 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. Remind students that they can use their Mindful Me objects as support when they need them. They can also imagine what it feels like to hold their objects if they happen to be in a place where they don't have access to their actual objects.