

THINK  
POSITIVE  
& POSITIVE  
THINGS  
WILL  
HAPPEN +

## What is MINDFULNESS?

Mindfulness is the basic human ability to be fully present, aware of where we are and what we're doing, and not overly reactive or become overwhelmed by what's going on around us.

It suggests that the mind is fully attending to what's happening, to what you're doing, to the space your moving through.

Mindfulness is right there to snap us back to where we are and what were doing and feeling.

Other available  
Challenge To Change Inc.  
teaching aids



CULTIVATING  
MINDFULNESS

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## Mindfulness Can...

add to the quality of our lives in numerous ways, from nurturing a sense of inner peace to improving the quality of a workout, from enhancing self-confidence to facilitating deeper and more meaningful relationships with others. In children specifically, mindfulness has been found to:

- Mitigate the effects of bullying. (Zhou, Liu, Niu, Sun, & Fan, 2016)
- Enhance focus in children with ADHD. (Zhang et al., 2016)
- Reduce attention problems. (Crescentini, Capurso, Furlan & Fabbro, 2016)
- Improving mental health and well-being.
- Improve social skills when well taught and practiced in children and adolescents.
- It's important for caregivers and educators to provide age-appropriate mindfulness practices for children.

## Challenge to Change, Inc.

is located in Dubuque, Iowa. We offer mindfulness practices to teachers and students. Challenge To Change teachers come into the classroom to deliver a 30 minute lesson.

The Mindfulness Practices training is delivered in 5 parts when they meet with your students. The parts are:

- 1 Mudras**
- 2 Sun Salutation**
- 3 Heart of the Lesson**
- 4 Guided Mindfulness Practice**
- 5 Close Of Practice**



### Part 1 + **MUDRAS**

This is called "Mindfulness for your fingers." We use Mudras to gauge how we are feeling. Mudras help us to look inside of ourselves and see how we are feeling and express it. When we close our minds and breathe together, we are able to slow our heart rate, relax our muscles and this helps our focus get better and aides us in making better decisions.

We will be using three mudras each time with your students. They will be picking the mudra that fits their feelings best. This practice helps the students to be more mindful of how they are feeling and to self regulate their emotions.

### Part 2 + **SUN SALUTATIONS**

Sun Salutation is the physical practice of moving your body, mind and breath together. It is important to bring these three realms together to be more present in the body. We use a song to help us remember how to move our bodies to connect our body, mind and breath.

### Part 3 + **HEART OF THE LESSON**

This part will be different every time. We will work on different mindfulness practices at this time. It may be through breath work, body movement or mindfulness work.

### Part 4 + **GUIDED MINDFULNESS PRACTICE**

This is a time when we use eye pillows to help the children relax and release. We use guided mindfulness practices to help the children use their minds as a tool.

This can also be done seated in their chairs like we will do today.

### Part 5 + **CLOSE OF PRACTICE**

This part of the mindfulness practice helps the children complete and close all parts they have just learned. The simple words, phrases or songs help with mindfulness, self-esteem and self-regulation. "Let Peace Begin With Me" "Sa Ta Na Ma"

**Questions?** Email Molly Schreiber at [mollymschreiber@gmail.com](mailto:mollymschreiber@gmail.com)