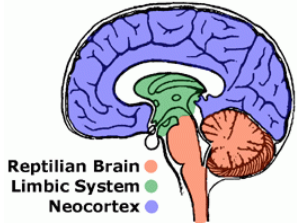




Secondary Week 2 - Introduction to Mindfulness: Disrupting Habitual Responses

	Experience	Video Link	Supplies/Peace Place	Notes	Alternative Activity	Send Home for Parents
Mindful Body and Mind on Monday	Keeping Your Lid on with Mindfulness of Body	Keeping Your Lid On	<p>Dan Siegel - "Flipping Your Lid:" A Scientific Explanation: https://www.youtube.com/watch?v=GOT_2NNnC68</p>  <p>Reptilian Brain ● Limbic System ● Neocortex ●</p>		<p>Journal about a time when you felt frustrated and how you calmed down;</p> <p>Make a friendship bracelet</p>	
Movement Tuesday	Mirror Tree: What is mindfulness	Mirror Tree: What is mindfulness Game		Let's have some fun!	Write a story about what it takes to learn how to play a sport or ride a bike	
Anchor with Breath on Wednesday	Conscious Breathing	Conscious Breathing	10% Happier app		Trace your hand on paper	
Drop-In on Thursday	Disrupting the "I don't wannas" through mindfulness	"I don't want to meditate" with Mathew Hepburn on 10% Happier		If you are not using 10% Happier app, select one of the previous activities to practice for 3-5 minutes followed by a "noticing" discussion.	Look out a window and see how long you can focus on a tree, cloud, or something else that is not moving fast. See if you can get up to 1 minute without interruption.	"I don't want to meditate" with Mathew Hepburn on 10% Happier
Feel, Connect, Act to Heal Friday	Wellbeing Self-Check 1, 2, 3			This activity could take anywhere from 10-60 minutes and could be repeated from time to time.		Possibly the Self Monitoring sheets students create.