



Secondary Week 1 - Let's Get Started: Introduction to Mindful and OHMazing® Strategies for Students and Teachers

	Experience	Video Link	Supplies/Peace Place	Alternative Activity	Send Home for Parents
Mindful Body and Mind on Monday	Let's Get Started: Mindfulness is like brushing your teeth for overall health and wellbeing (basics + brief sound meditation + discussion)	Mindfulness: Let's Get Started!	Please be clear that it is a student's choice to practice. Students who choose not to practice have the option to sit quietly, read, or doodle.	Sit quietly, read, or doodle	For students and parents: Information on signing up for 10% Happier app: https://www.tenpercent.com/care
Movement Tuesday	Let's Get Together (small groups CHAMPS Poster creation)		Posterboard or paper, pencils, pens, markers for CHAMPS Poster		
Anchor with Breath on Wednesday	Breathing 101 (attention to breath versus intentional breath)	Breathing 101		Read or doodle	
Drop-In on Thursday	Sound Check (meditation exploring a single sound)	Sound Check	If using the script without the video, you will want some form of a bell, sound bowl, or chime for the practice.	Journal about your favorite sounds or list all of the sounds you can hear during the group practice.	
Feel, Connect, Act to Heal Friday	Hand Tracing (meditation using the hands)	Hand Tracing Practice	Paper and pencil or pen; "T" hand-tracing card	Doodle or Hand Tracing on paper	