Mind Full
Or Mindfulness:
Utilizing Mindfulness in Schools

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OUTLINE

- Centering Activity
- What is Mindfulness?
- What Mindfulness is not
- Why Mindfulness?
- Mindfulness in Schools
- Activities for children in schools
- Resource List- websites and books
CENTERING ACTIVITY

Close your eyes if you feel comfortable
Take 5 breaths and focus on your breathing
Become aware of how you are breathing
When you feel comfortable, open your eyes
WHAT IS MINDFULNESS ABOUT?

- Based on a Eastern meditation tradition but is not dependent on any belief or ideology.
- About being aware of what is happening in the present on a moment-by-moment basis
- Approaching all experience with openness and kindly curiosity
- Non-judgemental
- Experiential
“Paying attention in a particular way;
On purpose, in the present moment,
and non-judgmentally”

*(Jon Kabat-Zinn, 1994, pg4).*
Kabat-Zinn (1990) Seven Core attitudes:

- Non-judging
- Patience
- Beginners Mind
- Trust
- Non-Striving
- Acceptance
- Letting go/be or non-attachment
MINDFUL MEDITATION IS NOT:

- Positive thinking
- A relaxation technique
- Going into a trance
- Trying to blank your mind
**WHY MINDFULNESS?**

- Better focus and concentration
- Increased calm
- Decreased stress & anxiety
- Enhanced health
- Improved impulse control
- Skillful ways to respond to difficult emotions
- Increased self-awareness
- Increased empathy and understanding of others
AREAS OF FOCUS IN MINDFULNESS

- Mindfulness of the breath
- Mindfulness of the body, in stillness and in movement
- Mindfulness of thoughts
- Mindfulness of everyday experiences
- Compassion, acceptance
Mindfulness in Schools

- Mindful Elementary Schools teach children:
  - To be more mindful of their thoughts and actions.
  - Brings dramatic improvements in concentration, attention, conflict resolution, and empathy.
  - Builds a calm climate in the classroom.

- Delivery:
  - Fifteen minutes twice a week for several months.
  - Mindful schools also conducts teacher training programs and workshops.

- [www.mindfulschools.org](http://www.mindfulschools.org)
**Mind Body Awareness Project**

- **Vision** - Serve as a catalyst for personal transformation by offering accessible and practical life skills that empower individuals to be the change they want to realize in their lives and communities.

- **Age Group** - High school age students.

- **Delivery** - The Mindfulness Ambassador Council contains 16 theme-based lessons, with strategies to promote self-awareness, strengthen critical thinking skills, improve focus, effectively manage emotions, and reduce stress.

- [www.mindfulnesswithoutborders.com](http://www.mindfulnesswithoutborders.com)
Dissolving Thoughts
Dissolve a thought!

Breathe in deeply through your nose (1-2-3-4). Breathe out fully through your mouth (1-2-3-4).

Imagine that each thought you have is a cloud that forms above your head.

As you breathe in (1-2-3-4) notice this cloud.

As you breathe out (1-2-3-4) let the cloud dissolve.

Repeat with a new thought.
SITTING LIKE A FROG
BREATHE LIKE A BEE
There are lots of ways to take a mindful minute.

“What if I fail the test?”
I have a worried thought
It’s drifting by.
It’s okay, I know it’s
temporary. I don’t
have to react to it.
I am not my thoughts.

I’m paying attention
to my breath. That’s it.
I’m observing my breath
and if my mind wanders,
that’s okay. I’ll just come
back to my breath.

I’m bringing myself
back from a worried
future thought to
the present by getting
in touch with my
senses. What do I
touch, taste, smell,
hear and see in
this moment?
I AM PRESENT
WITHIN MYSELF.
I CAN CENTER MYSELF
WITH THE EASE OF MY BREATH.
I FEEL GROUNDED,
CONFIDENT, WORTHY & WHOLE
7 Things Mindful People Do Differently

1. Approach everyday things with curiosity—and savor them

2. Forgive their mistakes—big or small

3. Show gratitude for good moments—and grace for bad ones

4. Practice compassion and nurture connections

5. Make peace with imperfection—inside and out

6. Embrace vulnerability by trusting others—and themselves

7. Accept—and appreciate—that things come and go

List created by Elisha Goldstein, Ph.D., psychologist, author of *The Now Effect*
MINDFULNESS TECHNIQUES

1. Walking with the senses: notice where you are, the temperature, the scents, the colors, what is around you, what is unique about the situation, focus on what is happening in the moment.

2. On your way to work, listen to music and try to focus on one instrument or voice for the entire song.

3. Try a guided mediation; you can search Podcasts or YouTube for quick guided meditations. Do these during break at work or anytime you’re needing to get centered.

4. Eat with your senses. Pay attention to each bite, the texture, tastes and feelings that come up. You are likely to enjoy it more and even eat less.

5. In your head, play a game. Think of every food item that starts with H or all the cities that end in E. Focus on this for a few minutes.

Emily Roberts
# Resource List

## Books

- **Take the Time: Mindfulness for Kids** Paperback by Maud Roegiers
- **A Handful of Quiet: Happiness in Four Pebbles** by Thich Nhat Hanh and Wietske Vriezen
- **Mindful Movements: Ten Exercises for Well-Being** by Thich Nhat Hanh and Wietske Vriezen
- **What Does It Mean To Be Present?** by Rana DiOrio and Eliza Wheeler
- **Sitting Still Like a Frog: Mindfulness Exercises for Kids (and Their Parents)** by Eline Snel and Myla Kabat-Zinn
- **Peaceful Piggy Meditation (Albert Whitman Prairie Books)** by Kerry Lee Maclean and Kerry Maclean
- **Planting Seeds: Practicing Mindfulness with Children** by Thich Nhat Hanh and Chan Chau Nghiem
- **A Pebble for Your Pocket** by Thich Nhat Hanh and Philippe Ames
RESOURCE LIST

Web Sites:

http://www.mindandlife.org

http://www.annakaharris.com/mindfulness-forchildren

http://www.mindulschools.org/resources/materials/

http://www.mindfulteachers.org

http://www.mindful.org/tips-for-teaching-mindfulness-to-kids/

http://www.mindfulnesscds.com/pages/about-the-author
SOURCE LIST FOR ACTIVITIES

- Breathe like a bee and dissolve thoughts –

- Sitting like a frog-
  http://www.shambhala.com/sittingstilllikeafrog

- Mindful minute-
  www.gozen.com
REFERENCES


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