

good
vibes
only

Tools For Practicing Mindfulness in the Classroom...

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SIXTH ANNUAL
**BURR FAMILY
CONFERENCE**

Benefits of mindfulness in the classroom...

Creates a welcoming, comfortable, predictable & accepting environment.

Explicitly teaches us skills like focus, self-control, and self-regulation.

Helps us to identify, acknowledge, and accept all types of emotions.

Fosters independence by allowing students to practice at their own pace.

Increases time on and attention to tasks beyond the mindfulness practice.

Teaches strategies to relieve anxiety & stress (deep breaths, journaling, body scan, etc)

Builds confidence by acknowledging a variety of successes.

Reduces urgency & immediacy, allowing students to use their tools more effectively.

Fosters patience & understanding during difficult situations or with challenging people.

Allows students and teachers to re-group before transitioning or beginning activities.

Levels the playing field. Gives us a closer to common baseline for learning & processing

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Tips to make mindfulness work for you!

Start small & simple. Even if you can only set aside 3-5 minutes a day start there. Find a short meditation to play when students arrive or after a natural transition like lunch. If it seems like there is no good time every day, then try picking 1 short chunk during the week. Starting small can be a powerful step towards learning what works for you.

Establish a routine. Commit to putting mindfulness in the schedule. Turn off the lights to signal a change in the setting. Use the same websites or tools consistently. Post guidelines and review them each time you practice. It may take days, weeks, or months for students to become independent, but they will!

Try a variety of tools. Students will use different tools and setups to be comfortable. There is no one size fits all!. Share your favorite tools, let students try them, and then pick what they like best...yoga mats, diffusers, eye masks, noise blocking headphones, fidgets, blankets, different sized pillows, coloring books, journals, music, apps, etc.

Explore, Individualize and Modify. Do activities that help students explore their preferences and create tools that reflect their personalities (like the "Happy Place" or "Top 10 Lists".). Add to students projects and tools as they grow and share them at home. If something is not working don't panic! Be flexible and give the practice time. Let students sit, stand, lay down or recline in a wheelchair. Introduce active mindfulness strategies for students who need them (i.e. reading, coloring, writing, walking, etc.).



Deep Breathing

Take deep breathes and count to ten...



1

2

3

4

5

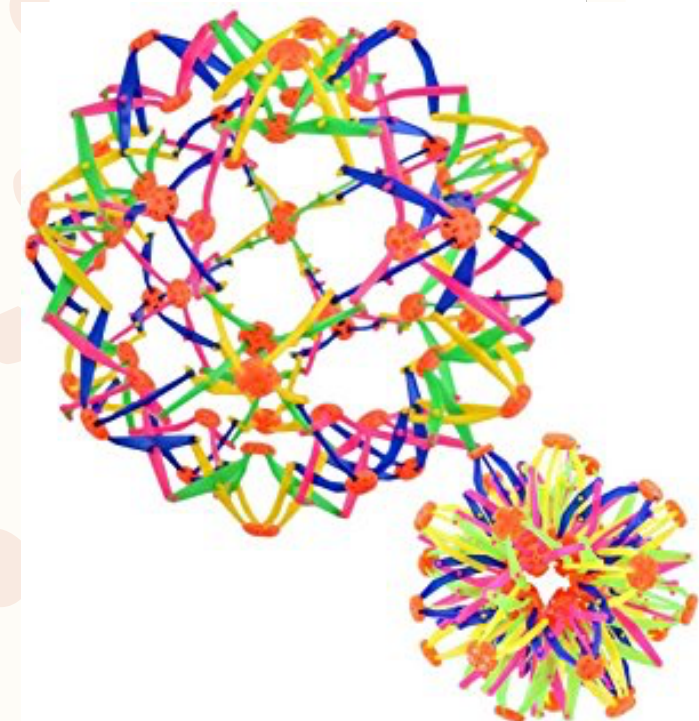
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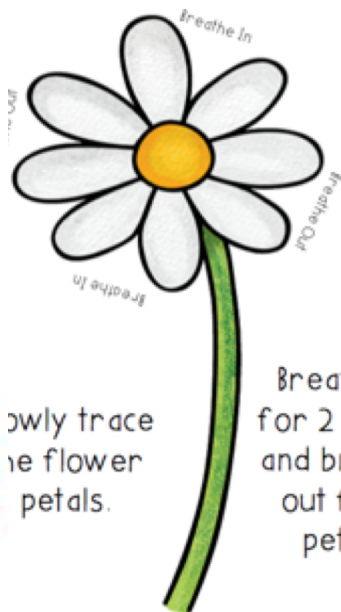
8

9

10



Flower Breathing



Slowly trace
the flower
petals.

Breathe in
for 2 petals,
and breathe
out for 2
petals.



BREATHE IN

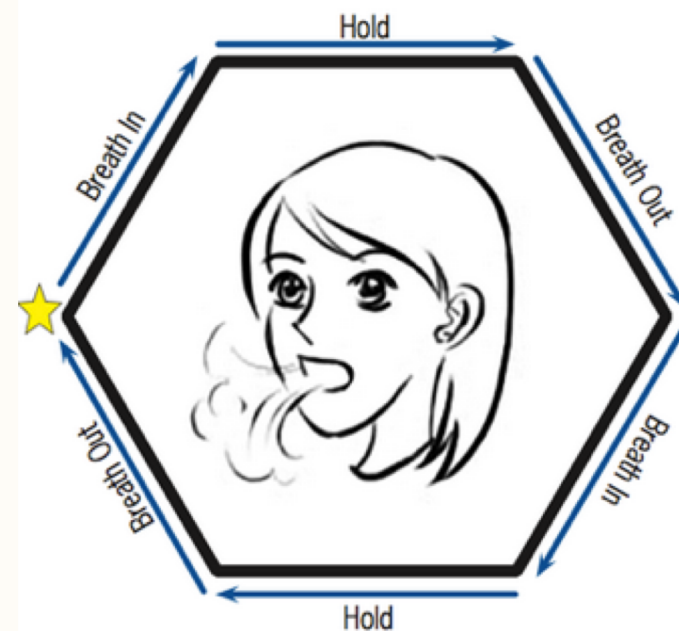
Pretend you
are smelling a
flower.



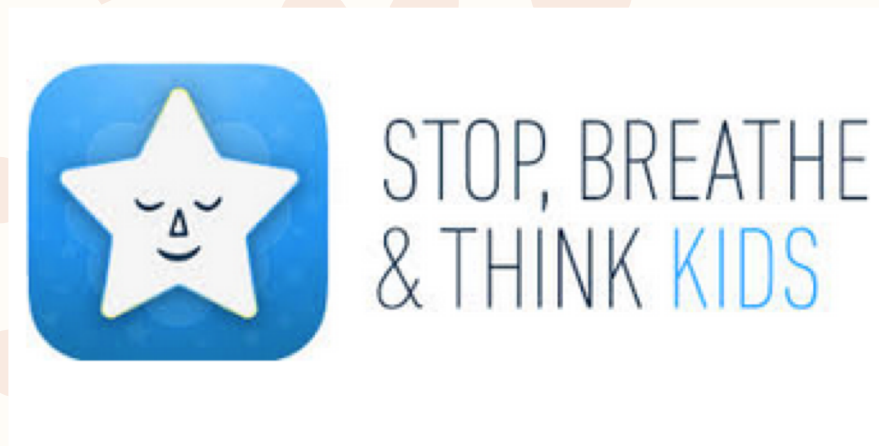
BREATHE OUT

Pretend you
are blowing a
leaf.

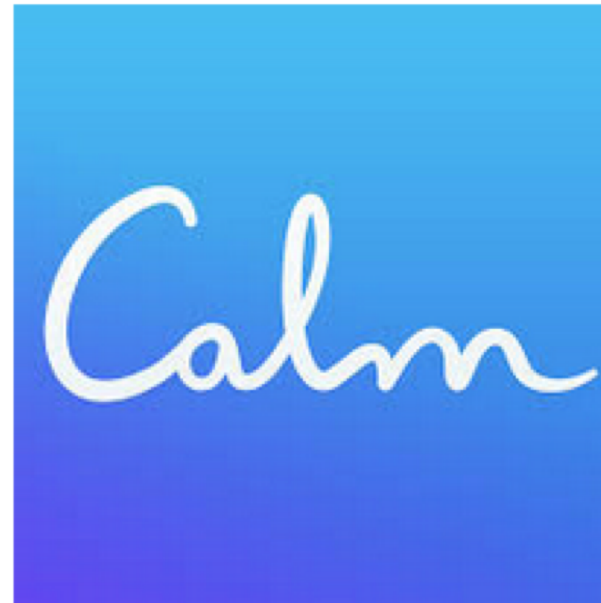
The Six Sides of Breathing



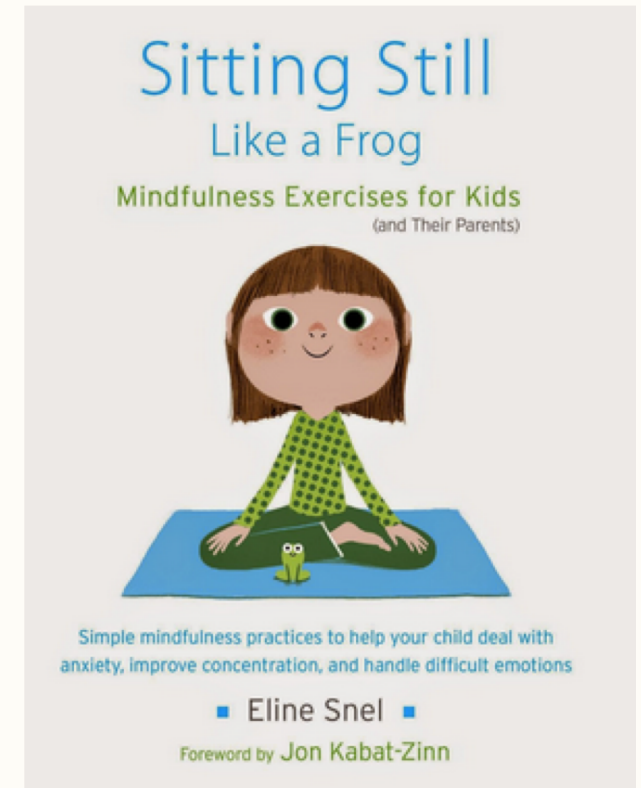
GoZen!



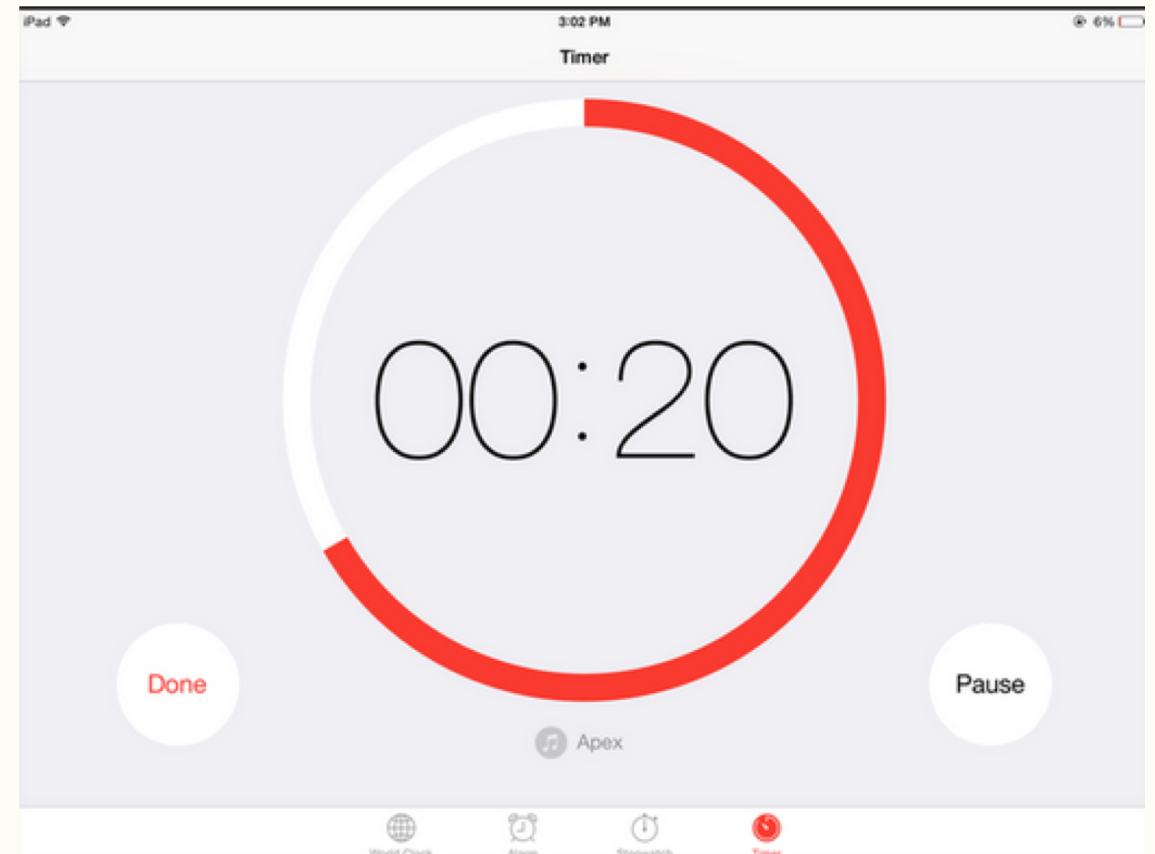
SIMPLE HABIT

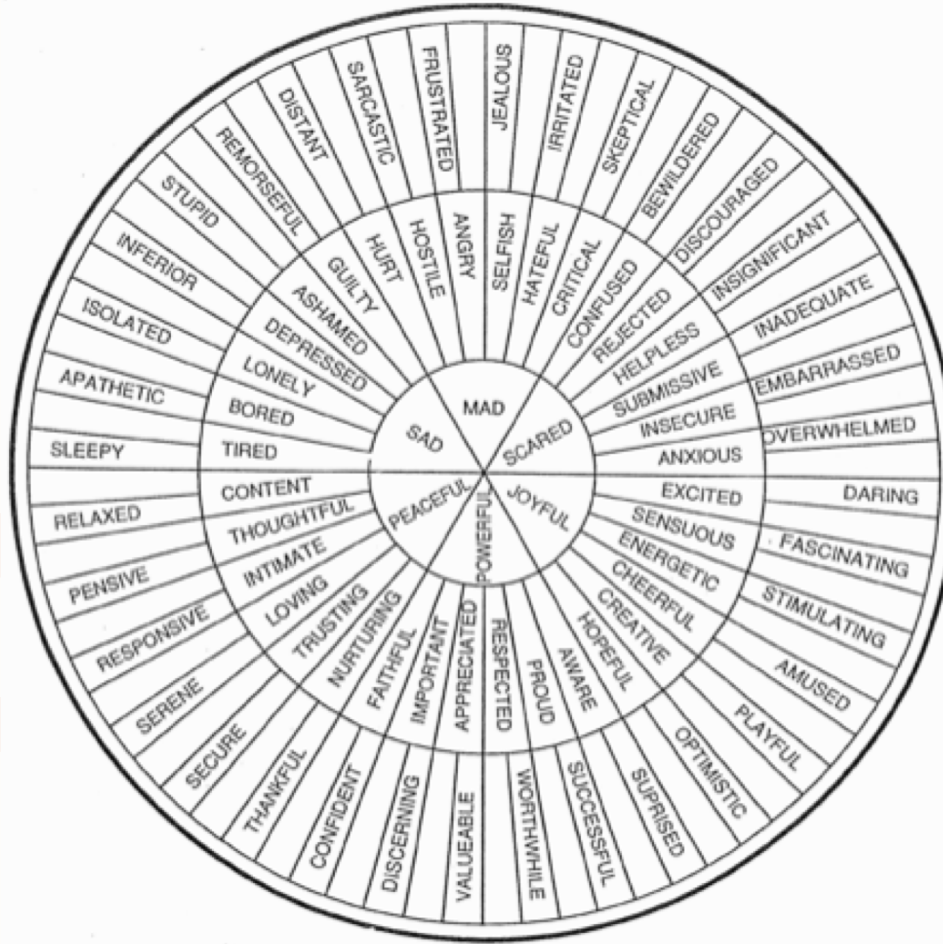


Meditations



Timer





THE FEELING WHEEL

Feeling Check In

What was I just doing? _____

How I'm Physically feeling...

Great Okay Bad

How I'm Mentally feeling

Great Just OK Bad

My Emotions...

Grateful	Joyful	Encouraged	Happy	Proud
Kind	Loving	Compassionate	Relaxed	Calm
Nervous	Afraid	Worried	Bored	Confused
Hurt	Sad	Lonely	Embarrassed	Sensitive
Angry	Judgmental	Jealous	Frustrated	annoyed

What will I do next? _____

The Zones of Regulation

Blue Zone	Green Zone	Yellow Zone	Red Zone
sad sick tired	happy calm feeling ok focused ready to learn	frustrated worried silly/wiggly excited loss of some control	mad/angry terrified yelling/hitting elated out of control

Emotions

Circle the emoji that best represents how you feel after today's lesson.



I chose this emoji because _____.

Inspired by LoveToTeach

Headphones



Sitting Still Like a Frog

Mindfulness Exercises for Kids
(and Their Parents)



Simple mindfulness practices to help your child deal with anxiety, improve concentration, and handle difficult emotions

■ Eline Snel ■

Foreword by Jon Kabat-Zinn

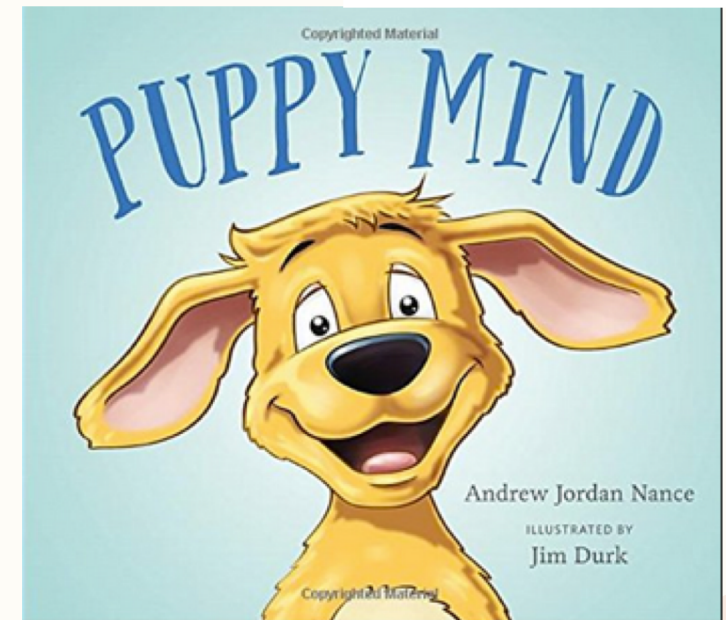
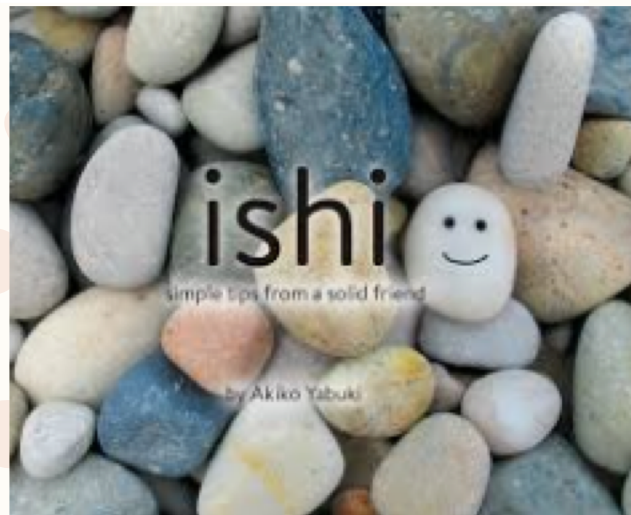
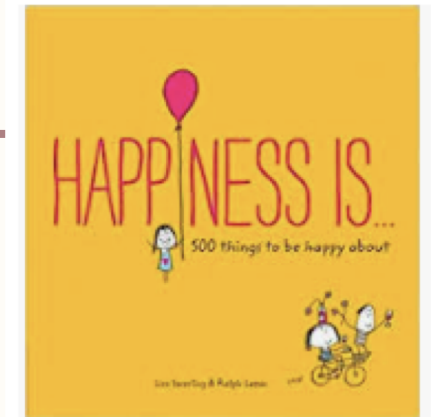
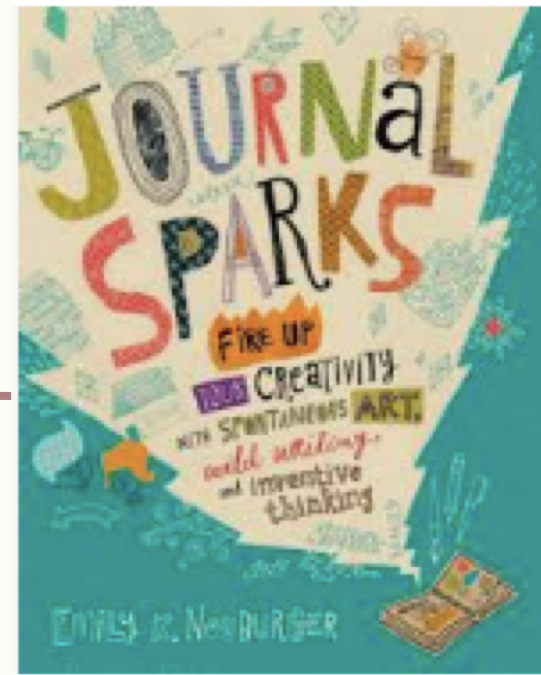
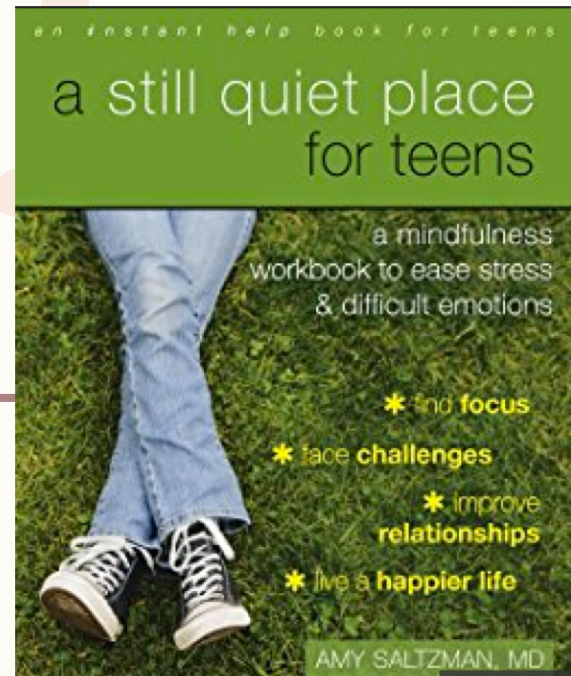
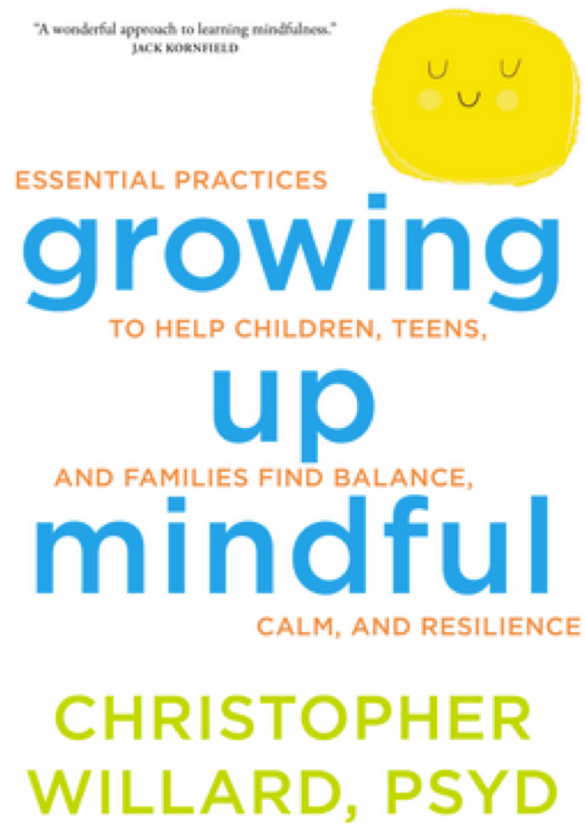


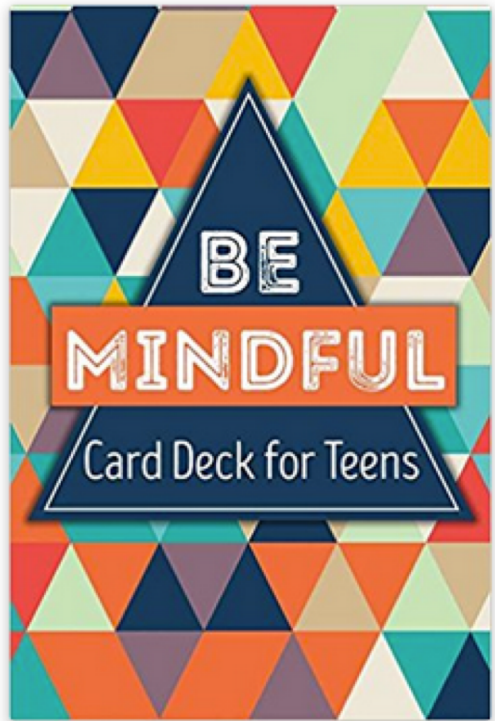


Eye Masks



Books





Games



Pillows & Blankets





Lighting



Finger Paint With Sounds

Inclusive Technology Ltd >



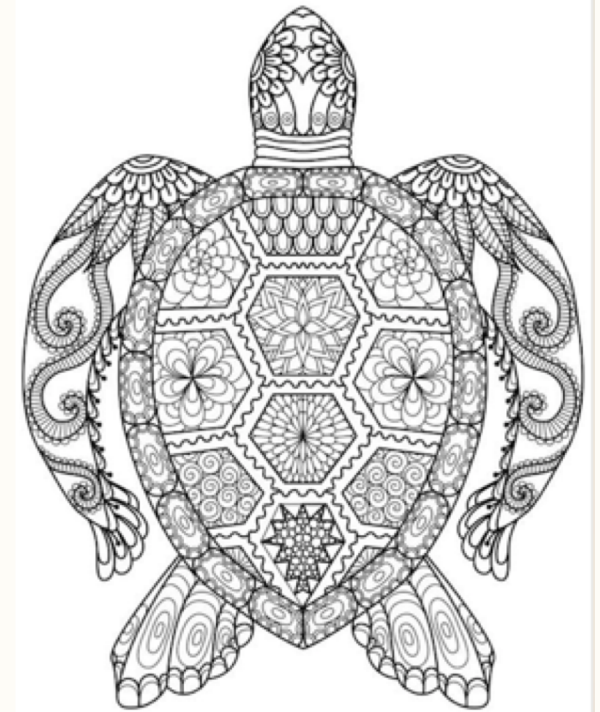
Sand Draw: Beach Creativity, Artistic & Exotic
Kalrom Systems LTD >



Offers In-App Purchases



Art



Nature



Flexible Seating



List your ten favorites:

My Favorite People

- | | |
|----------|-----------|
| 1. _____ | 6. _____ |
| 2. _____ | 7. _____ |
| 3. _____ | 8. _____ |
| 4. _____ | 9. _____ |
| 5. _____ | 10. _____ |

My Favorite Animals

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

My Favorite Games

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

My Favorite Places

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

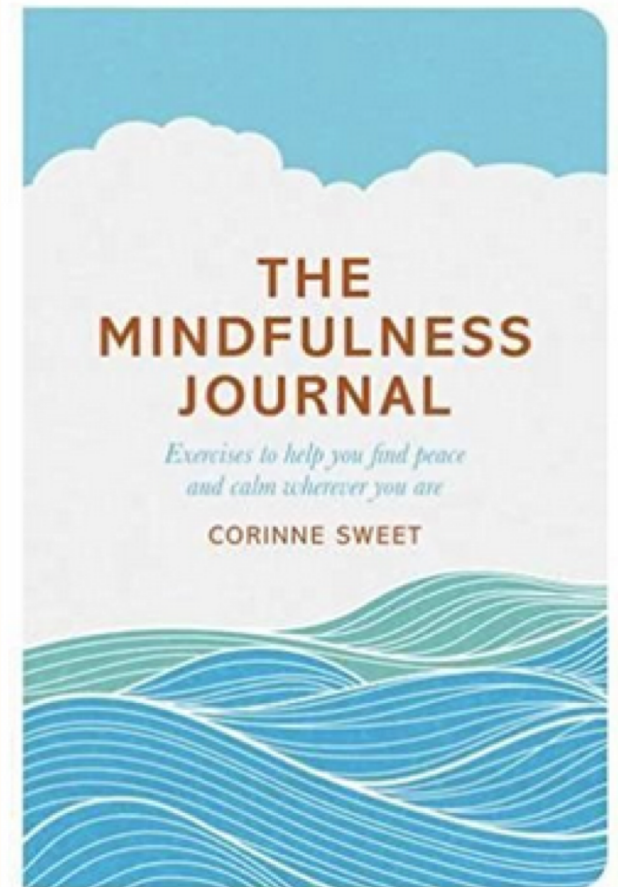
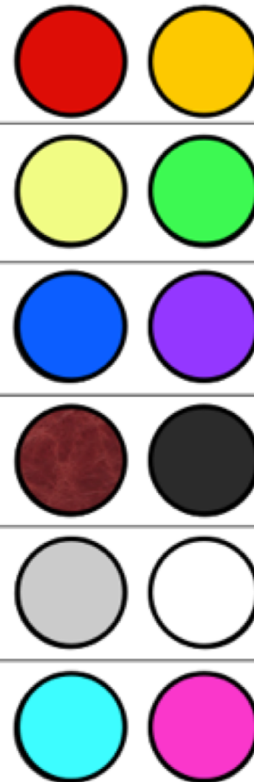
My Favorite Foods

- | | |
|----------|-----------|
| 1. _____ | 6. _____ |
| 2. _____ | 7. _____ |
| 3. _____ | 8. _____ |
| 4. _____ | 9. _____ |
| 5. _____ | 10. _____ |

penzu

Writing

List the items you found next to each of the colors:



how are you FEELING?

STRESSED

Diffuse:

3 drops Lavender
3 drops Lime
1 drop Spearmint

TIRED

Diffuse:

2 drops Juniper Berry
4 drops Wild Orange
4 drops Grapefruit

NERVOUS

Diffuse:

3 drops dōTERRA Balance®
3 drops Bergamot

SAD

Diffuse:

2 drops Bergamot
2 drops Frankincense
2 drops Elevation

WORRIED

Diffuse:

3 drops Patchouli
3 drops Bergamot

ANGRY

Diffuse:

2 drops dōTERRA Forgive®
1 drop Douglas Fir

BORED

Diffuse:

2 drops dōTERRA Balance®
2 drops dōTERRA Passion®
2 drops Citrus Bliss®

ANXIOUS

Diffuse:

3 drops dōTERRA Peace®
2 drops Juniper Berry
3 drops Lemon



Diffuser



dōTERRA



Fidgets



Meditate means to relax!

You can meditate to relax. You can meditate if you need a break. You can meditate if you are feeling stressed. You can meditate if you are feeling worried or over excited. You can meditate at home, at school, in the car. You can meditate if you are in the blue, green, yellow, or red zone.

1. Take Deep Breathes.



2. Think of a happy place.



3. Be comfortable.



4. Close your Eyes.



5. Mouth is quiet.



6. Ears are listening



THINK

BEFORE YOU SPEAK

T is it **TRUE?**

H is it **HELPFUL?**

I is it **INSPIRING?**

N is it **NECESSARY?**

K is it **KIND?**

Checklists

H·A·L·T

Am I

Hungry

Angry

Lonely

Tired?

soften your face
lower your shoulders
open your chest with breath
will your fingers and hands

SLOW

FEELINGS YOGA



1. Pretend to be a grateful giraffe.

2. Pretend to be a finicky flamingo.



3. Pretend to be a caring koala.

4. Pretend to be an excited elephant.



5. Pretend to be a frustrated frog.

KIDS YOGA
STORIES

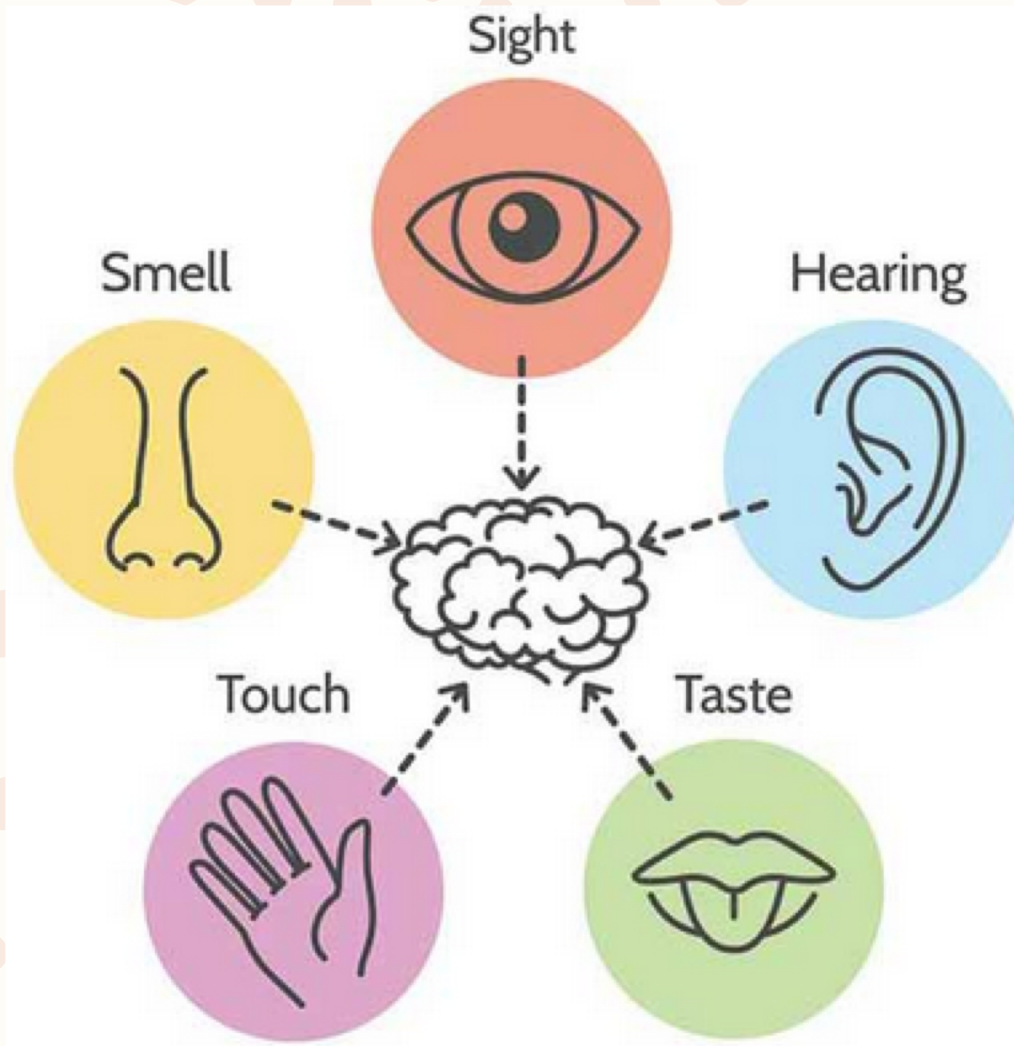
Yoga & Stretching

Tree Pose



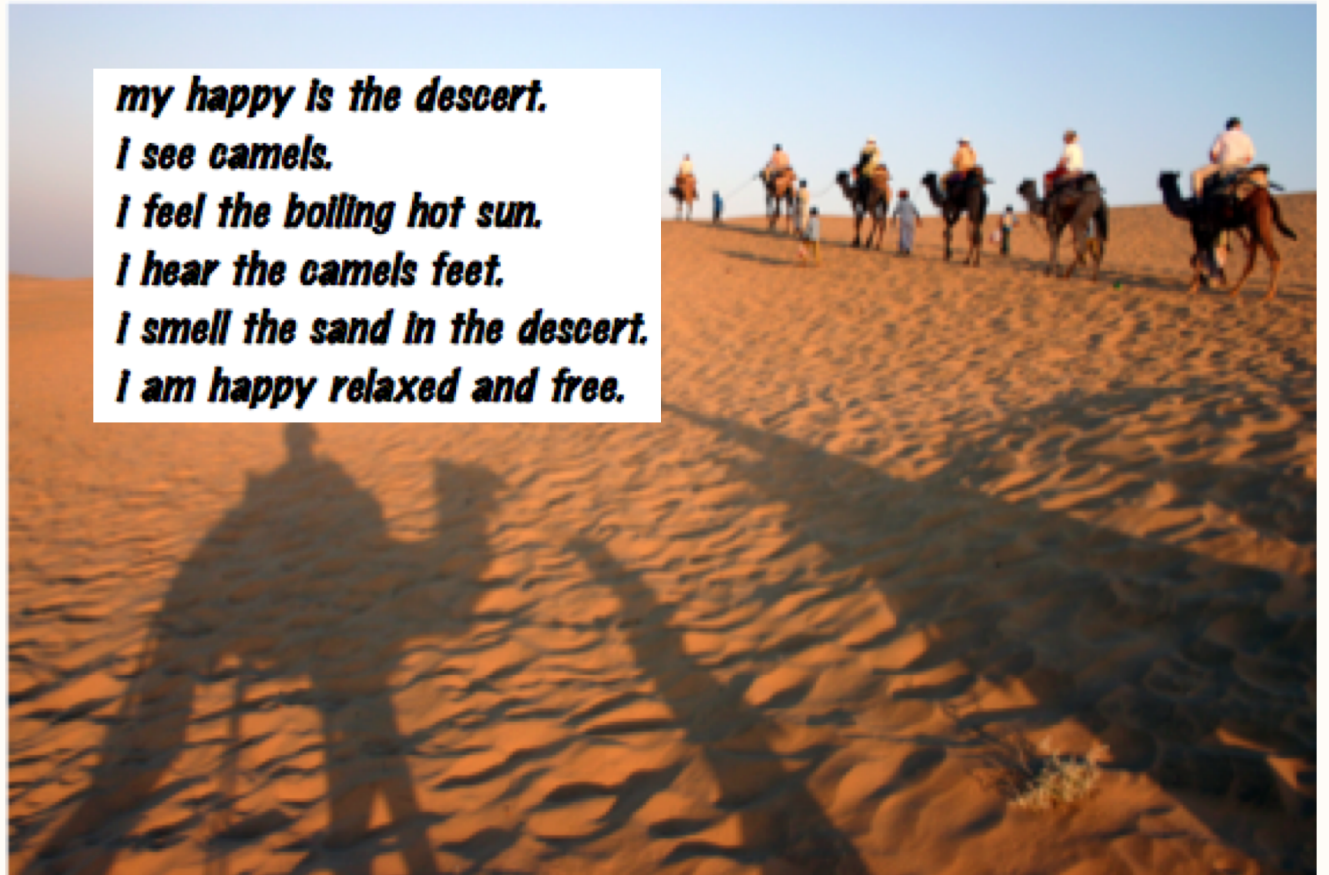
Eagle Arms





Find Your Happy Place Lesson Activity

*my happy is the descert.
I see camels.
I feel the boilling hot sun.
I hear the camels feet.
I smell the sand in the descert.
I am happy relaxed and free.*



Appreciation Chain or Happiness Hashtag Lesson

Gratitude-

A way to say thank you to someone who has helped you



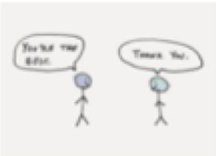
Appreciation-

Understanding the worth, quality or importance of something



Thankful-

Being glad that something exists



Student Specific “Spaces”

