

Mindfulness/Yoga In the Classroom and the Real World

Linda Peterson, M.A, LPC

Sarah Bodi, M.A

Hixson Middle School

Student Learning Outcomes:

Participants will learn to use mindfulness and stress reduction techniques to apply to the classroom, individuals, groups, and for personal care.

- learn informal and formal processes
- understand how stress is created
- practicing the applications of mindfulness within stressful situations

Being Mindful

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**"Live each moment. Practice being mindful.
Be present in... Hold on, I have to take this."**

Missouri Comprehensive Guidance and Counseling Program

Content Area Strand: Personal and Social Development

- Self-Management-
Diminishes impulsivity
- Social
Awareness/Relationship
Skills-Help form and
maintain relationships
- Responsible Decision
Making, Improve focus
and academic
performance
- Self-Awareness-Improve
self-esteem, reduce
depression, decrease
self-injurious behaviors

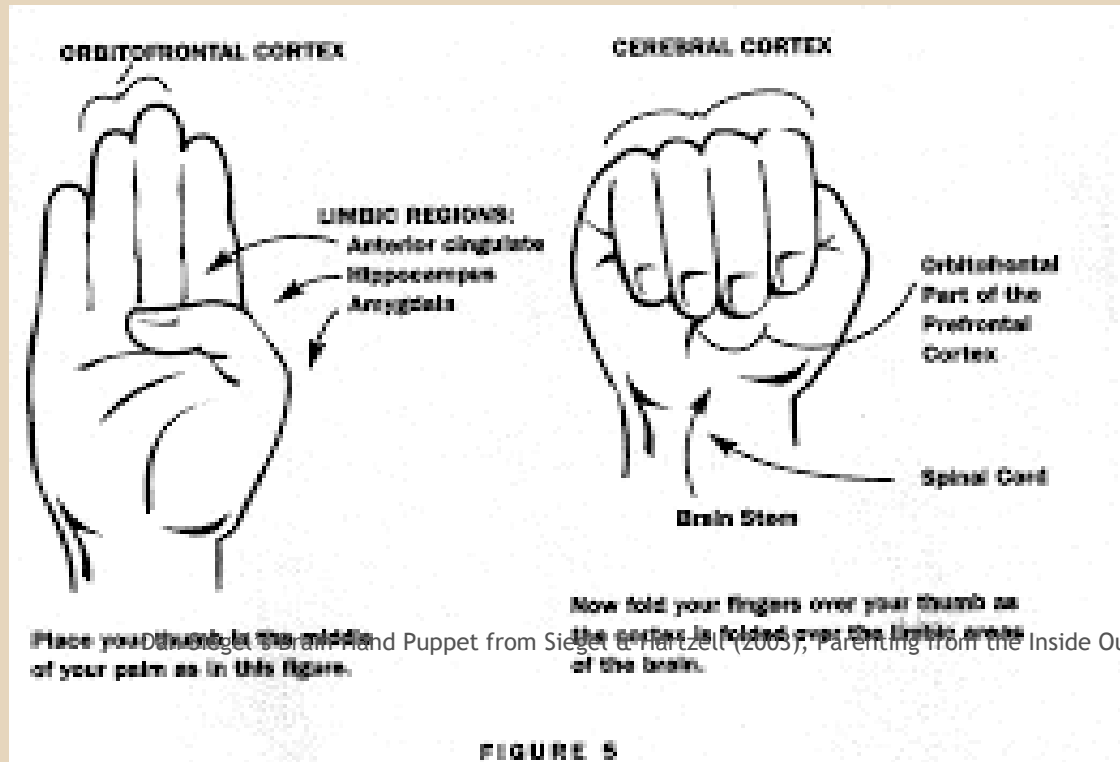
What is Mindfulness?

- Paying attention, in a particular way, moment by moment, without judging
- Being present in the moment, aware of thoughts/emotions and what is going on around us
- Paying attention to what you are doing while you are doing it...with kindness towards ourselves and others

How the Brain Works...Flip Your Lid

- Thinking Brain
 - Prefrontal Cortex
 - helps solve problems
 - pay attention
 - make good choices

Flipping Your Lid

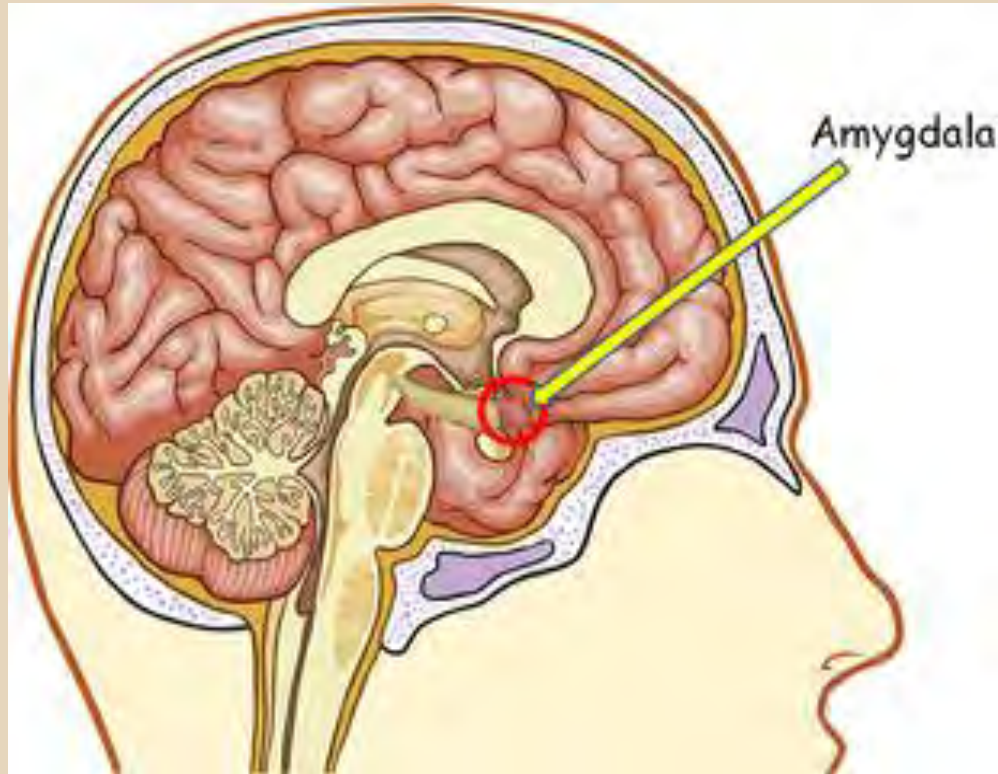


Copyright © Brain Hand Puppet from Siegel & Hartzel (2003), Parenting from the Inside Out. P. 173.

Brain Principles

- The best exercise for the brain is exercise!
- Frontal lobe CEO needs blood supply
- Kids need to be put in organized movement patterns to stimulate frontal lobe

Alarming Amygdala



Amygdala Alarm!

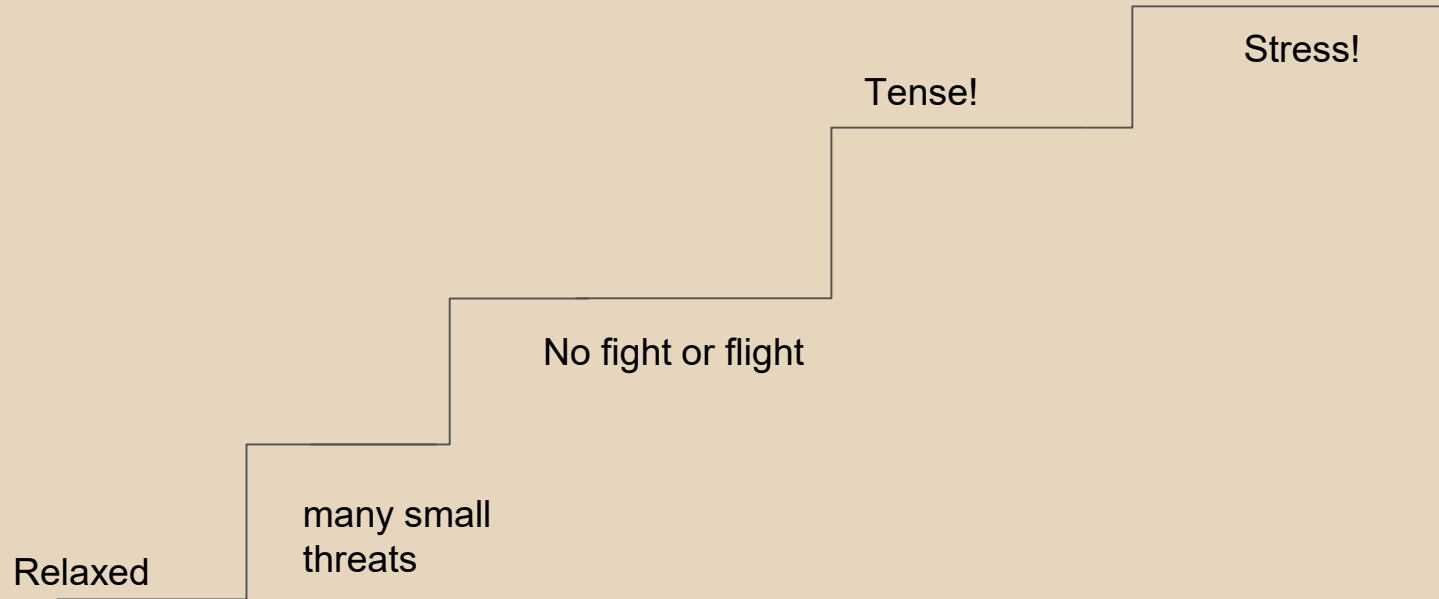
- Security Guard-protects us from threats, reacts to danger and fear
- Fight, flight, or freeze!
- Mindful breathing can help calm your amygdala down

Brain Principles

- The brain pattern is seeking and survival oriented
- Kids from patterned vs. chaotic homes
- There will be a biochemical preference when they get to us for school

Getting stuck in the tense state of life.

Reacting to many minor threats, no relief by fighting or fleeing



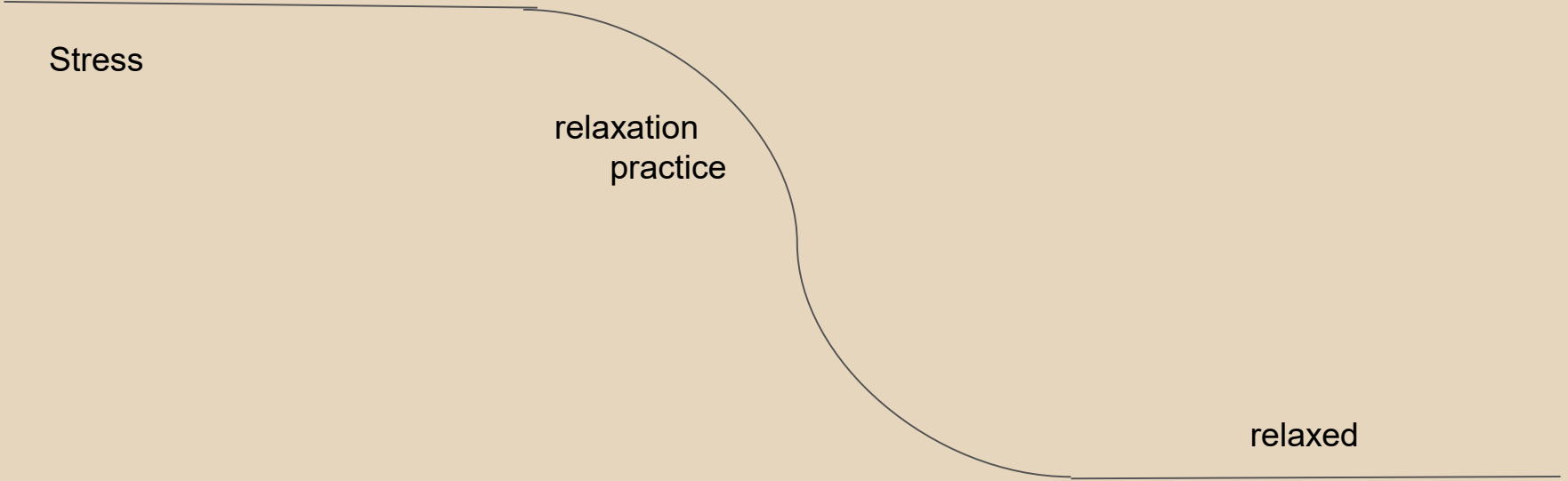
The Relaxation Response

tense!

Stress

relaxation
practice

relaxed



Mindful Techniques

- Paying attention with our senses
 - Sound
 - Eating
 - Breathing
 - Movement

Sound (Chime or Bell)

“A small chime or bell off of the internet ([online bell](#)) or phone app ([Free Mindfulness Apps](#)) offer an opportunity and reminder to stop, take a breath, come back to our body and focus. There are a couple bell activities to be used with students, which help them to notice their breath, concentrate or bring their focus back to the larger group.”(Classroom Mindfulness, 2013)

- 1. Focus and Attention**
- 2. Concentrate on Breath**
- 3. Listen to Instruction...what is the next step?**

Reference

<http://classroommindfulness.com/2013/10/20/week-4-oct-21st-25th/>

Set the table...

C-NOTE

C-Curious

N-Non-Judging

O-Openness

T-Turning Toward

E-Engaged

SITE

S-Sensations

I-Images

T-Thoughts

E-Emotions

Mindful Eating

1. Pause to know you are breathing.
2. Feel the sensation of the interior of your body.
3. Sense the bottom of your feet.
4. See, smell, touch, hear your food.
5. Then eat--and taste.
6. Chew and know you are chewing.
7. Sense chewing, sense breath, sense body, not thinking, but direct sensation of each.
8. Notice connect of mind and return to sensation of eating (Apply the C-NOTE).
9. Pause when finished.
10. Offer kindness to yourself, to your body, to all those who made this food possible.

Begin in sitting mountain pose with a tall straight spine. Close your eyes and place your hands gently on your lower belly.

Imagine that your belly just turned into a balloon. Slowly inflate the balloon by breathing in through your nose. Feel your belly expand as your balloon fills with air.

Slowly deflate your balloon by exhaling the stale balloon air out through your nose. Repeat 4-6 times. Notice how you feel.

Balloon Breath-Yoga for Classrooms

Mindful Movement Techniques

- Elementary
 - Stir the Soup
 - Side Bends
 - Twist
 - Washer/Dryer
- Use Animal Poses
 - Eagle
 - Cat

- Middle School & High School
 - Shoulder Rolls
 - Neck Rolls
 - Cat Pose
 - Open Heart

What does this look like in a school day?

- Elementary
 - Morning Meeting
 - Transitions
 - After Lunch
 - Community Building or Celebration

What does this look like in a school day?

- Middle & High School
 - Small Group
 - Pre-Testing
 - Testing Break
 - Writing Prep
 - Confidence Boost
 - Alleviate Negativity
 - Physical Education Unit

Relaxation Techniques

- Imagery/Visualization
- Progressive Muscle Relaxation
- Breathing
- Physical Exercise

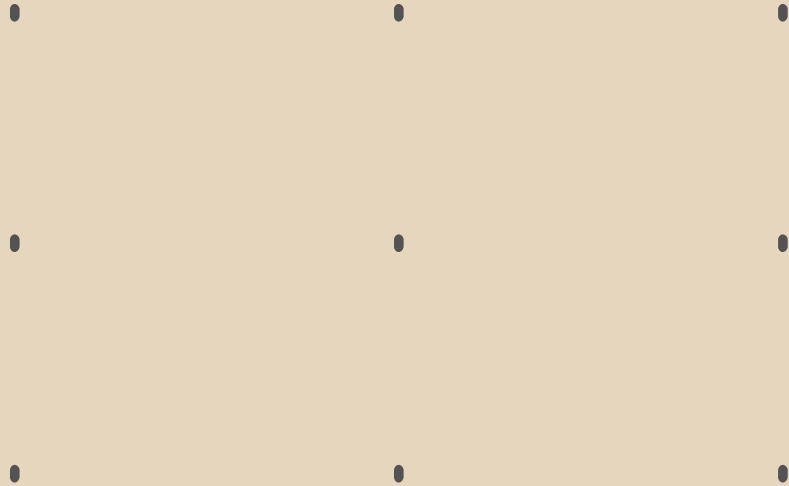
Individual Counseling Techniques

- Anger Management-Geyser Pose
- Hyperactivity-Balloon Breath, Candle Gazing, Peace Crawl
- Nervous-Power Breath
- Coloring Mandalas

Middle School Small Group

- Students selected by medical information from school nurse, teacher recommendation, and parent request
- Groups for both male and females with approximately 10 participants
- **Meet for 6 weeks with times rotating through student's schedule**
- Learn new mindfulness technique each week

Example of Perspective



References

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Thank you!

Linda Peterson, MA.
LPC
Hixson Middle School
Webster Groves
School District
314-918-4554
peterson.linda@wgmail.org

Sarah Bodi, MA
Hixson Middle School
Webster Groves
School District
314-918-4555
bodi.sarah@wgmail.org