



Getting Started

With Mindfulness and Self-Compassion

SLOW

Soften your face
Lower your shoulders
Open your breath to your chest
Welcome yourself to the moment

ANCHOR

Settle into an anchor that brings ease and allows you to rest in stillness: listening to sounds, feeling the breath, or connecting with sensations in the hands or feet. Let it be gentle and grounding.

KINDNESS

Practice treating yourself as you would a dear friend. Can you offer yourself a little more kindness for all the moments that are hard in your life?

EMBODY

Start with you!
Ensure that your practice is authentic and resonates from your own way of being. This is fundamental for teaching mindfulness as students will learn and grow by attuning to our embodiment.

Stay in touch with Lisa Baylis
www.lisabaylis.com





Mindful Listening Practice

Growing our Awareness

Getting Started

Ensure that you've already established the necessary classroom culture and community building to support a safe learning environment. Practices that invite us into the present moment can evoke feelings of vulnerability, so it's essential that students feel a sense of safety. In addition to cultivating trust and respect in the classroom, offering choice is another important tool for creating safety. For example, always offer a child the option to keep their eyes open instead of forcing them to close them.

You know your students best so feel free to adapt this practice based on their needs and the structure of your classroom. Perhaps your class would benefit from using the reflection question as journal prompts? Or maybe it would be helpful to go around in a circle and give students an opportunity to share their thoughts with the class?

The growing awareness listening practice below is likely to feel different for each student, and even from one day to the next. Remind them not to feel discouraged if an activity doesn't yield the same results as the person next to them or the day before.

The spirit of mindfulness is in noticing. You don't have to take action but paying attention can often lead to making a change.

Every student is on their own journey, so it's important to avoid forcing them into the practice of mindfulness. If you notice they're not participating, you can always check-in to see if they need any additional support. You're planting seeds, and it's okay if you don't see the growth right away. You may never know when they look back and feel gratitude for the tools that you shared.

adapted from 30 days in the Classroom from Calm.com





Mindful Listening Practice

Growing our Awareness

#1

There are a lot of things that we can learn to be mindful of to help grow our awareness. Today we are going to practice being mindful of sound.

Bring out a bell or chime.

Would you like to hear what this sounds like?

Ok, but we have to get our mindful still bodies on.

Demonstrate a mindful body and let them get ready.

Make sure they are as still and quiet as you think that class is capable of, and Ring Bell.

#2

Great job.

Would you like to hear it again?

Ring bell.

Ok, but this time, get your mindful ears on.

That means you listen very carefully, the whole time. So, see if you can pay attention from the very first moment, you hear the bell all the way to the end.

Raise your hand when the sound is gone.

#3

Ring bell.

Since you are so good at this, let's try it one more time with our eyes closed.

If you feel comfortable to do so, let your eyes close.

Listen just like you did before to the entire sound and raise your hand when the sound is gone for you.

Ring bell.

#4

We can also listen carefully to any sound. There are lots of sounds around you all the time. If you listen very carefully, you might hear things you don't normally hear.

Let's keep our mindful bodies on, with our eyes closed, and listen to the sounds around us. You might hear sounds in the classroom or outside, or even in your own body.

Mindful listening for about one minute.

#5

Raise your hand if you would like to share some sounds that you noticed.

Comment on the quieter sounds and how quiet it had to be to hear them.

You have just learned how to pay attention to one thing.

In mindfulness, we learn how to focus and pay close attention to the many things around us.

Do you think it's important to be able to focus? Why?

When could you use mindful listening?

