

**(Title Page)**

**Brain Power Mindful Minutes: Teacher's Guide**

**Elementary School (Grades 4-6)**

***Daily 10-Minute Mindfulness & Wellness Sessions***

**Introduction for ES Teachers**

**(Include a condensed version of the "Important Notes for the Teacher" from the main Teacher's Guide here, emphasizing points most relevant to ES students like keeping it simple, invitational language, and normalizing mind-wandering - *as previously detailed*)**

**Detailed Daily Plans for ES Mindful Minutes - Weeks 1-8**

**Week 1: Paying Attention - Our Mind Puppy & Anchors**

***Goal: Introduce focused attention and the concept of an anchor.***

- **Day 1: Hello, Attention! (Listening to the Bell)**
  - **Objective:** Introduce attention as something we can notice and direct.
  - **Settle & Introduce (1 min):** Teacher Says: "Good morning/afternoon! Let's get ready for our Mindful Minute. Find your 'listening body' – sitting up, but comfy, feet on the floor."
  - **Core Concept: The Mind Puppy (2 min):** Teacher Says: "Imagine your attention is like a little puppy! (Optional: show puppy picture). Sometimes it sits quietly, sometimes it runs off to sniff something interesting! We're going to learn to gently train our mind puppy with kindness."
  - **Practice: Listening to the Bell (5 min):** Teacher Says: "I'm going to ring this bell. Your job is to be a super sound-detective! Listen to the sound with your mind puppy until it completely disappears. You can close your eyes like a resting fox, or just look down." *(Ring bell clearly. Let fade completely. Repeat 1-2 times with brief silence in between).*
  - **Reflection & Closing (2 min):** Teacher Says: "What was that like? Did your mind puppy stay with the sound, or did it try to run off? That's okay! We just gently say, 'Come back, puppy!' You were great sound detectives!"
- **Day 2: Our Breath Anchor**
  - **Objective:** Introduce the breath as a simple, always-available anchor.
  - **Settle & Recap (1 min):** Teacher Says: "Mindful Minute time! Yesterday, our mind puppies listened to the bell. Today, we'll find an anchor that's always with us."
  - **Core Concept: Breath as an Anchor & Amazing Brain (2 min):** Teacher Says: "Our breath is like an anchor for a little boat, it helps our mind puppy stay steady. We don't need to

change how we breathe, just notice it. Our amazing brain has a special part that helps us focus, and noticing our breath helps train it!"

- **Practice: Noticing the "In" and "Out" Breath (5 min):** Teacher Says: "Sit comfortably. You can close your eyes or look down. Let's just notice our breath going in... and out... in... and out. Maybe you feel it at your nose, or your tummy moving. Just feel your breath, like a gentle wave. If your mind puppy wanders, just bring it back to your breath." (*Guide for 1-2 minutes with gentle reminders like "breathing in... breathing out..."*)
- **Reflection & Closing (2 min):** Teacher Says: "What did you notice about your breath? It's always there for us to come back to. Well done, mindful breathers!"

- **Day 3: Body Anchors - Feet & Seat**

- **Objective:** Introduce other body parts as anchors.
- **Settle & Recap (1 min):** Teacher Says: "Welcome! We've used sound and breath as anchors. Today, more body anchors!"
- **Core Concept: Body in the Present (2 min):** Teacher Says: "Our body is always right here, right now. We can feel our feet on the floor and our seat on the chair. These are strong anchors to help us feel settled." (Connect to dots "Shake & Freeze" - feeling the body's stillness).
- **Practice: Feeling Feet & Seat (5 min):** Teacher Says: "Sit comfortably. Feel your feet on the floor – notice pressure, warmth. (Pause) Now, feel your seat on the chair – the support. (Pause) Rest your attention here. If your mind wanders, back to feet and seat."
  - (*Guide for 2-3 minutes.*)
- **Reflection & Closing (2 min):** Teacher Says: "How was that? Different anchors work at different times. Great practice!"

- **Day 4: Mindful Seeing - Noticing Details**

- **Objective:** Practice focused attention on the sense of sight.
- **Settle & Recap (1 min):** Teacher Says: "Mindful Minutes! We've anchored with sound, breath, body. Today, let's use our eyes!"
- **Core Concept: Beginner's Eyes (2 min):** Teacher Says: "Sometimes we look but don't really see. Mindful seeing is looking with 'beginner's eyes,' noticing tiny details, like being in your own clear, focused 'bubble' (inspired by dots 'The Bubble')."
- **Practice: Mindful Seeing (5 min):** Teacher Says: "Choose one small object in front of you – your pen, a spot on your desk, your hand. For two minutes, *really look* at it. Notice its shape, colors, tiny details, textures, how light hits it. Keep your 'mind puppy' focused just on seeing this object."

- *(Guide for 2 minutes.)*
- **Reflection & Closing (2 min):** Teacher Says: "What new details did you see? It's amazing what we notice when we really pay attention! Well done."
- **Day 5: Review - Our Attention Toolkit So Far**
  - **Objective:** Briefly review the week's practices and reinforce key ideas.
  - **Settle & Welcome (1 min):** Teacher Says: "Last Mindful Minute this week! Sit comfortably."
  - **Core Concept: Recap Attention Toolkit (3 min):** Teacher Says: "This week, we learned our attention is a 'mind puppy' we can train. We used anchors: Bell (Sound), Breath, Feet & Seat (Body), Mindful Seeing (Sight). We have an 'amazing brain' and can create our own 'bubble' of focus." (Inspired by dots "Key Learning Points").
  - **Practice: Choiceless Awareness / Favorite Anchor (4 min):** Teacher Says: "Today, choose your favorite anchor from this week. Or, you can just sit and notice whatever comes into your awareness – sounds, sensations, thoughts – without holding on. Let's practice."
    - *(Guide for 2-3 minutes.)*
  - **Reflection & Closing (2 min):** Teacher Says: "Great job building your attention skills! Next week, we'll explore our thoughts. Have a wonderful weekend!"

## **Week 2: Noticing Our Thoughts - The Mind-Cinema**

***Goal: Help students understand thoughts as mental events they can observe.***

- **Day 1 (Week 2): Thoughts are Like Clouds**
  - **Objective:** Introduce the idea that thoughts come and go.
  - **Settle & Intro (1 min):** "Mindful Minutes! Last week, we trained our attention. This week, we'll notice our thoughts."
  - **Core Concept: The Mind-Cinema (2 min):** "Our minds are always thinking – like a movie playing in our heads! These are thoughts. Thoughts are like the clouds in the sky, constantly drifting by. We don't have to grab them."
  - **Practice: Thoughts as Clouds (5 min):** "Close your eyes (or look down). Imagine you're lying on grass looking at the sky. Thoughts are like clouds drifting by. Some big, some small. Just watch them come and go. If your mind puppy follows a cloud, gently come back to just watching the sky." *(Guide for 2-3 mins)*
  - **Reflection & Closing (2 min):** "Could you notice your thoughts like clouds? It's okay if it was tricky! Practice helps. Well done for observing your mind-cinema!"

- **Day 2 (Week 2): Thoughts are Not Facts**

- **Objective:** Introduce the idea that we don't have to believe every thought.
- **Settle & Recap (1 min):** "Mindful Minutes. Yesterday, thoughts like clouds. What if a cloud is a scary or sad thought?"
- **Core Concept: Thoughts Aren't Always True (2 min):** "Sometimes our mind tells us stories or worries that aren't really true. Just because you *think* something (like, 'I can't do this') doesn't make it a fact. Thoughts are just thoughts, not always truths. We can choose if we believe them."
- **Practice: Noticing Thoughts without Believing (5 min):** "Sit mindfully. As a thought comes, just notice it. You can even say silently in your head, 'There's a thought about...' and then let it float by like a cloud. We are just watching the thoughts, not getting on the thought-train." (*Guide for 2-3 mins*)
- **Reflection & Closing (2 min):** "Was it interesting to see thoughts come and go without having to believe them? This gives us a little power over our worries."

- **Day 3 (Week 2): The "Unsticky" Mind**

- **Objective:** Reinforce not getting stuck on thoughts.
- **Settle & Recap (1 min):** "Mindful Minutes! We're learning to watch our thoughts without them sticking to us, like super-slippery soap!"
- **Core Concept: Sticky vs. Unsticky Thoughts (2 min):** "Some thoughts are 'sticky' – like worries that try to stick to us. Mindfulness helps our minds become more 'unsticky,' like Teflon, so thoughts can slide by more easily."
- **Practice: Leaves on a Stream (5 min):** "Imagine sitting by a gentle stream. Each thought that comes into your mind, place it on a leaf and watch it float away down the stream. Another thought, another leaf. If your mind puppy wants to jump in, gently bring it back to the riverbank to just watch." (*Guide for 2-3 mins*)
- **Reflection & Closing (2 min):** "Could you let your thoughts float by like leaves? The more we practice, the more 'unsticky' our minds can become!"

- **Day 4 (Week 2): Helpful or Unhelpful Thoughts?**

- **Objective:** Begin to discern if a thought is helpful or not.
- **Settle & Recap (1 min):** "Mindful Minutes. We've practiced watching thoughts. Can thoughts be helpful or unhelpful for us?"
- **Core Concept: Discerning Thoughts (2 min):** "Some thoughts help us, like 'I should be kind to my friend.' Some are unhelpful, like 'I'm no good at anything.' Mindfulness helps us notice the difference, so we can choose to listen more to the helpful ones."

- **Practice: Noticing Thought-Feeling (5 min):** "Sit mindfully. When a thought comes, just notice it. Then, gently notice: does this thought make me feel good or not so good? No need to change it, just notice. Then let the thought go." *(Guide for 2-3 mins, focusing on the feeling associated with the thought, not deep analysis).*
- **Reflection & Closing (2 min):** "Noticing if a thought feels helpful or not can help us choose what to do. Well done for exploring!"
- **Day 5 (Week 2): Review - Our Thinking Mind**
  - **Objective:** Briefly review the week's practices for observing thoughts.
  - **Settle & Welcome (1 min):** "Last Mindful Minute on thoughts this week! Let's settle in."
  - **Core Concept: Recap Thinking Mind (3 min):** "This week, we learned: Thoughts are like clouds/leaves. Thoughts are not always facts. We can practice having an 'unsticky' mind. We can notice if thoughts are helpful or make us feel good/not so good."
  - **Practice: Open Awareness of Thoughts (4 min):** "Let's sit and just be aware of our 'mind-cinema' for a few minutes. Notice thoughts as they arise and pass, without getting stuck. Just watching the show." *(Guide for 2-3 mins)*
  - **Reflection & Closing (2 min):** "Great work observing your minds! You're becoming skilled thought-watchers! Next week, we'll explore our feelings. Have a good day/weekend!"

### **Week 3: Understanding Our Feelings - Inner Weather**

**Goal:** *Help students recognize feelings as changing states and learn to be with them.*

- **Day 1 (Week 3): Feelings are Like Weather**
  - **Objective:** Introduce the metaphor of emotions as weather.
  - **Settle & Intro (1 min):** "Mindful Minutes! Last week we noticed our thoughts. This week, we'll explore our feelings, or emotions."
  - **Core Concept: Inner Weather (2 min):** "Our feelings are like the weather inside us. Sometimes it's sunny (happy), sometimes rainy (sad), or stormy (angry/scared). Just like outside weather, our inner weather changes! All weather is natural, and all feelings are natural too."
  - **Practice: Noticing Current Inner Weather (5 min):** "Sit mindfully. Close your eyes or look down. What's your 'inner weather' like right now? Is it calm, a bit cloudy, sunny, a little breezy? No need to change it, just notice. What feeling is here? (Pause) Now, focus on your breath for a few moments, like an anchor in any weather." *(Guide for 2-3 mins)*

- **Reflection & Closing (2 min):** "It's okay for our inner weather to be anything! Mindfulness helps us notice it without getting blown away by the storms. Good job."
- **Day 2 (Week 3): Where Do I Feel It? (Feelings in the Body)**
  - **Objective:** Connect emotions to physical sensations in the body.
  - **Settle & Recap (1 min):** "Mindful Minutes. Yesterday, inner weather. Where do we feel that weather in our bodies?"
  - **Core Concept: Feelings Live in the Body (2 min):** "When you're excited, where do you feel it? (e.g., tummy, heart). When you're nervous? (e.g., shoulders, hands). Feelings often show up as body sensations. Our bodies give us clues!"
  - **Practice: Body Scan for Feelings (Simple) (5 min):** "Sit mindfully. Let's gently scan our bodies. Notice your feet... your legs... your tummy... your chest... your arms and hands... your shoulders... your face. Do you notice any part that feels tight, tingly, warm, cool, or just different? This might be where a feeling is showing up. Just notice." *(Guide for 2-3 mins, keeping it very simple for ES).*
  - **Reflection & Closing (2 min):** "Our bodies give us clues about our feelings. Noticing these sensations is part of mindfulness. Well done!"
- **Day 3 (Week 3): All Feelings are Okay (Even Uncomfortable Ones)**
  - **Objective:** Normalize the experience of all emotions.
  - **Settle & Recap (1 min):** "Mindful Minutes. We're learning to notice our feelings. Are some feelings 'bad'?"
  - **Core Concept: No "Bad" Feelings (2 min):** "All feelings are natural – happy, sad, angry, scared. It's like all kinds of weather are natural. It's what we *do* with our feelings that matters. It's okay to feel sad or angry sometimes." (Inspired by dots: Bringing curiosity to experience).
  - **Practice: Making Space for a Small Feeling (5 min):** "Sit mindfully. Think of a *very small* uncomfortable feeling you had recently, like a tiny bit of frustration or disappointment. (Pause) Can you remember where you felt it in your body? (Pause) Now, imagine just letting that feeling be there for a moment, like making a little space for it. You don't have to like it, just let it be. Breathe with it." *(Guide for 1-2 mins, very gentle).*
  - **Reflection & Closing (2 min):** "It's okay to have all sorts of feelings. When we make space for them, sometimes they don't feel so big. You did great!"
- **Day 4 (Week 3): The Breath Anchor for Big Feelings**
  - **Objective:** Reinforce using breath as an anchor when emotions are strong.
  - **Settle & Recap (1 min):** "Mindful Minutes. We know all feelings are okay. What if a feeling is REALLY big, like a big storm inside?"

- **Core Concept: Breath as a Storm Anchor (2 min):** "When our inner weather is stormy (big anger, big sadness, big worry), our breath can be a strong anchor to help us stay steady, like an anchor for a boat in a storm. It helps us not get completely swept away." (Inspired by Paws b: Finding a Steady Place).
- **Practice: Riding the Breath Wave (5 min):** "Sit mindfully. If you have a big feeling, imagine it's like a wave. Now, focus all your attention on your breath. Feel the in-breath... and the out-breath. Even if the 'feeling wave' is strong, keep your attention gently on your breath, like you're riding the wave of your breath. In... and out... Your breath is your anchor." (*Guide for 2-3 mins*)
- **Reflection & Closing (2 min):** "Even when feelings are big, our breath is always there to help us stay grounded. Well done for practicing."
- **Day 5 (Week 3): Review - Our Feeling World**
  - **Objective:** Briefly review the week's practices for understanding emotions.
  - **Settle & Welcome (1 min):** "Last Mindful Minute for this week on feelings! Let's settle."
  - **Core Concept: Recap Feeling World (3 min):** "This week, we learned: Feelings are like inner weather – they change. We can feel emotions in our bodies. All feelings are okay. Our breath can be an anchor when feelings are strong."
  - **Practice: Noticing Inner Weather & Breath (4 min):** "Let's sit and just notice our 'inner weather' right now. What feelings are here? (Pause) Now, bring your attention to your breath, your steady anchor." (*Guide for 2-3 mins*)
  - **Reflection & Closing (2 min):** "Great job exploring your feeling world! Next week, we'll focus on kindness and gratitude. Have a good day/weekend!"

#### **Week 4: Kindness & Gratitude - Connecting with Heart**

**Goal:** *Cultivate feelings of kindness towards self/others and appreciation. Inspired by MiSP Paws b "Growing Happiness," "The Yum Factor."*

- **Day 1 (Week 4): What is Kindness?**
  - **Objective:** Explore the meaning and feeling of kindness.
  - **Settle & Intro (1 min):** "Mindful Minutes! This week, we're exploring kindness and gratitude – ways to connect with our hearts."
  - **Core Concept: Kindness Power (2 min):** "What does it mean to be kind? (e.g., helping, sharing, smiling, using nice words). How does it feel when someone is kind to you? How does it feel when *you* are kind to someone? Kindness can spread like ripples in a pond!"

- **Practice: Thinking of a Kind Act (5 min):** "Sit mindfully. Close your eyes if you like. Remember a time someone was kind to you. What did they do? How did it make you feel in your body? (Pause for 30 sec) Now, remember a time *you* were kind to someone. What did you do? How did that feel?" (*Guide for 1-2 mins for each part*).
- **Reflection & Closing (2 min):** "Kindness is powerful! It feels good to give and receive. Let's try to do one small kind act today."
- **Day 2 (Week 4): Kindness to Ourselves (Self-Kindness)**
  - **Objective:** Introduce the idea of being a good friend to oneself.
  - **Settle & Recap (1 min):** "Mindful Minutes. Yesterday, kindness to others. Is it important to be kind to ourselves, like being our own best friend?"
  - **Core Concept: Being Your Own Best Friend (2 min):** "Sometimes we are hard on ourselves, especially if we make a mistake or feel sad. Self-kindness means treating ourselves like we would treat a good friend who is having a hard time – with understanding and care."
  - **Practice: A Kind Wish for Myself (5 min):** "Sit mindfully. Think of one kind thing you could say to yourself right now, like a secret friendly message. Maybe something like, 'It's okay,' or 'I'm doing my best,' or 'May I be happy.' Silently repeat your kind wish to yourself a few times, with a gentle, friendly feeling." (*Guide for 2-3 mins*)
  - **Reflection & Closing (2 min):** "It's important to be our own friend. Being kind to ourselves helps us feel stronger and happier. Well done for being kind to you!"
- **Day 3 (Week 4): What is Gratitude?**
  - **Objective:** Introduce gratitude as noticing and appreciating good things.
  - **Settle & Intro (1 min):** "Mindful Minutes! Today, we're exploring another heart-warmer: Gratitude! What do you think gratitude means?"
  - **Core Concept: Gratitude Goggles (2 min):** "Gratitude means being thankful for the good things in our lives, big or small. It's like putting on special 'gratitude goggles' that help us see all the good stuff around us that we might normally miss." (Inspired by Paws b: The Yum Factor).
  - **Practice: Thinking of One Thing You're Grateful For (5 min):** "Sit mindfully. I invite you to think of just *one* thing right now, big or small, that you feel thankful for. It could be a person, a pet, something you have, something you can do, or even the sunshine today. (Pause) Once you have it in mind, just hold it there for a moment and really feel that thankfulness in your heart or body." (*Guide for 2-3 mins*)
  - **Reflection & Closing (2 min):** "How did it feel to focus on something you're grateful for? Noticing good things helps our hearts feel good! Great job."



- **Day 4 (Week 4): Small Things, Big Gratitude**
  - **Objective:** Emphasize gratitude for everyday, simple things.
  - **Settle & Recap (1 min):** "Mindful Minutes. Yesterday, gratitude. Do we only need to be grateful for big presents or special occasions?"
  - **Core Concept: Everyday Gratitude (2 min):** "No! We can be grateful for so many small, everyday things: a tasty snack, a warm bed, a fun game, a tree, our ability to see or hear, a kind word from a friend, a smile from someone. These little things add up to a lot of good!"
  - **Practice: Noticing Three Small Good Things (5 min):** "Sit mindfully. Let's try to quickly think of *three small* things from today or yesterday that you could be grateful for. It could be as simple as 'my yummy breakfast,' 'playing with my friend at break time,' or 'seeing a pretty flower.' Silently list them in your mind, and for each one, feel a little 'thank you.'" (*Guide for 2-3 mins. If students struggle, prompt: "Something you ate? Something you saw? Someone who helped you?"*)
  - **Reflection & Closing (2 min):** "There are always small good things if we look for them with our 'gratitude goggles'! Well done. Try to spot some more today."
- **Day 5 (Week 4): Review - Our Mindful Hearts**
  - **Objective:** Briefly review the week's practices of kindness and gratitude.
  - **Settle & Welcome (1 min):** "Last Mindful Minute for this week, focusing on our hearts! Settle in."
  - **Core Concept: Recap Mindful Hearts (3 min):** "This week, we explored: What kindness looks and feels like, and how it can spread. Being kind to ourselves – our own best friend. Gratitude – noticing and being thankful for good things, big and small."
  - **Practice: Kindness & Gratitude Combo (4 min):** "Let's sit mindfully. First, send a kind wish to yourself, like 'May I be happy.' (Pause) Now, think of one thing you're grateful for today and feel that thankfulness. (Pause) And finally, send a kind wish to everyone in this room: 'May everyone be happy.'" (*Guide for 2-3 mins*)
  - **Reflection & Closing (2 min):** "Great job practicing with your mindful hearts! Remember these tools are always here for you. Next week, we'll dive deeper into some of these ideas. Keep practicing!"

## **Week 5: Deeper Dive into Attention & Anchors**

**Goal:** Reinforce attention skills and explore anchors more deeply. Inspired by MiSP .b "Playing Attention," "Beditation," and general mindfulness principles adapted for ES.

- **Day 1 (Week 5 - ES): The "Attention Flashlight" - Shining Your Light**

- **Objective:** Revisit and reinforce the concept of attention as a flashlight that students can control.
- **Settle & Introduce (1 min):** Teacher Says: "Mindful Minutes! Welcome back to our deeper dive. This week, we're going to become super experts with our 'Attention Flashlight'!"
- **Core Concept: You Control the Flashlight (2 min):** Teacher Says: "Remember our attention is like a flashlight? *You* are the one holding the flashlight! You get to choose where it shines. Sometimes it might wobble, but you can always gently bring it back and point it where you want."
- **Practice: Shining the Flashlight on Different Anchors (5 min):**
  - Teacher Says: "Let's practice being flashlight directors. Sit comfortably, ready to focus. First, shine your attention flashlight on any sounds you can hear outside our classroom. Just listen. (Pause 45 secs)"
  - "Now, gently move your flashlight inside and shine it on the feeling of your breath, maybe your tummy moving in and out. (Pause 45 secs)"
  - "Next, shine your flashlight all the way down to your feet. Feel them on the floor. (Pause 45 secs)"
  - "Great! Now, for one minute, choose *one* of those places – sounds, breath, or feet – and keep your flashlight shining brightly just there. If it moves, gently guide it back." (*Guide for 1 minute*).
- **Reflection & Closing (2 min):** Teacher Says: "How did it feel to be the director of your attention flashlight? The more we practice, the better we get at choosing where our attention goes. Well done, flashlight experts!"
- **Day 2 (Week 5 - ES): "Settling Like a Snow Globe" (Simplified F.L.O.A.T.)**
  - **Objective:** Introduce a simple settling practice for when minds feel busy or "shaken up."
  - **Settle & Intro (1 min):** Teacher Says: "Mindful Minutes! Sometimes our minds feel really busy, like a snow globe that's just been shaken, with all the glitter swirling around. How can we help it settle?"
  - **Core Concept: Settling the Snow Globe (2 min):** Teacher Says: "When our minds are like a shaken snow globe, with thoughts swirling everywhere, mindfulness can help the 'snow' gently settle. We can do this by quietly noticing a few things."
  - **Practice: Settling Practice (Simplified F.L.O.A.T.) (5 min):**
    - Teacher Says: "Sit comfortably. Let's try to help our inner snow globe settle."

- "First, just Feel your body sitting here – your feet on the floor, your seat on the chair. (Pause)"
- "Next, Listen to one quiet sound around you. (Pause)"
- "Now, Notice your breath, just one gentle breath in, and one gentle breath out. (Pause)"
- "And just let any busy thoughts Float by like tiny bubbles, without chasing them. (Pause)"
- "Let's do that again quietly: Feel your body... Listen to a sound... Notice your breath... Let thoughts float." *(Guide gently for about 2-3 minutes, repeating the sequence softly if needed).*
- Reflection & Closing (2 min): Teacher Says: "Did your 'snow globe' feel a little more settled? This is a great practice for when your mind feels too busy. Well done!"
- Day 3 (Week 5 - ES): Mini Body Scan - Exploring Hands & Feet with Curiosity
  - Objective: Practice focused awareness on specific body parts to enhance grounding.
  - Settle & Intro (1 min): Teacher Says: "Mindful Minutes! We've used our feet and seat as anchors. Today, let's be super detectives and explore our hands and feet a little more."
  - Core Concept: Body Parts are Always Here (2 min): Teacher Says: "Our hands and feet are amazing parts of our body, always with us, helping us do so many things! We can bring our attention to them anytime to help us feel calm and present."
  - Practice: Curious Hands & Feet (5 min):
    - Teacher Says: "Sit comfortably. Let's start with your hands. You can rest them in your lap. Without wiggling them too much, can you feel your hands? What do they feel like? Warm, cool, tingly, still? Just notice with curious 'detective' attention. (Pause 1 min)"
    - "Now, let's bring our curious detective attention to our feet. Feel them inside your shoes, or on the floor. What sensations are there? Pressure, warmth, the feeling of your socks? (Pause 1 min)"
    - "For a moment, can you feel both your hands AND your feet at the same time? (Pause 30 secs)"
  - Reflection & Closing (2 min): Teacher Says: "What was it like to be a sensation detective with your hands and feet? Sometimes just noticing a small part of our body can help us feel more settled. Great job!"
- Day 4 (Week 5 - ES): Mindful Movement - Slow Motion Challenges
  - Objective: Introduce mindful awareness during simple movements.

- **Settle & Intro (1 min): Teacher Says:** "Mindful Minutes! We usually practice sitting still, but we can be mindful when we move too! It's like a secret superpower."
- **Core Concept: Noticing Movement (2 min): Teacher Says:** "When we move, like walking or even just raising our hand, we can pay attention to how it *feels*. Today, let's try moving in super slow motion and see what we notice."
- **Practice: Slow Motion Hand Raise / Seated March (5 min):**
  - **Teacher Says:** "Let's try this. First, very, very slowly, like you're moving through honey, raise one hand up in the air. Notice all the little feelings in your arm and hand as it moves. (Pause while they do it). Now, just as slowly, bring it back down. (Pause)."
  - "Let's try that with our feet, like we're marching in super slow motion while sitting. Very slowly, lift one knee just a little, then slowly put your foot back down. Feel the muscles working. Now the other leg." (*Guide for 2-3 repetitions with each leg, or about 2-3 minutes total*).
- **Reflection & Closing (2 min): Teacher Says:** "What did you notice when you moved so slowly and mindfully? It's different, isn't it? We can bring this mindful noticing to any movement! Well done, slow-motion masters!"
- **Day 5 (Week 5 - ES): Review - Our Super Attention Anchors**
  - **Objective:** Review the varied ways of anchoring attention learned this week.
  - **Settle & Welcome (1 min): Teacher Says:** "Last Mindful Minute for this week, all about our super attention anchors! Let's settle in."
  - **Core Concept: Recap Attention Anchors (3 min): Teacher Says:** "This week we practiced: Shining our 'Attention Flashlight' with precision. Settling our 'Mind Snow Globe' with F.L.O.A.T. Exploring our hands and feet with 'detective' curiosity. And trying 'Slow Motion' mindful movement."
  - **Practice: Anchor Choice - Sound, Breath, Body, or Gentle Movement (4 min):**
    - **Teacher Says:** "For our practice today, choose your favorite way to anchor your attention from this week. You could listen to a sound, notice your breath, feel your hands or feet, or even try a very gentle, slow movement like slowly opening and closing your hands. Pick one and rest your attention there." (*Guide for 2-3 minutes, allowing for individual choice*).
  - **Reflection & Closing (2 min):** "Wonderful! You're learning so many ways to use your attention flashlight and find your anchors. Next week, we'll do a deeper dive into working with our thoughts. Great job this week!"

## Week 6: Working with Thoughts - The "Thought Traffic Controller"

**Goal:** Develop more skill in observing thoughts without getting caught, and questioning unhelpful ones.

- Day 1 (Week 6): Noticing Thought Themes (As previously detailed in full response)
- Day 2 (Week 6): The "Is This Thought True?" Question (from .b - ES simplified)
  - Objective: Gently question the truth of strong thoughts.
  - Settle & Recap (1 min): "Mindful Minutes. Yesterday, we noticed thought themes. Remember, thoughts aren't always facts!"
  - Core Concept: Questioning Thoughts (ES) (2 min): "Sometimes our mind tells us a big story, and we believe it 100%! Like, 'I'm always bad at spelling.' We can ask our mind a gentle question: 'Is that thought *always*, *always* true? Or only *sometimes* true?'"
  - Practice: Gentle Inquiry (ES) (5 min): "Sit mindfully. Think of a thought you sometimes have that maybe isn't so nice, like 'I can't do this.' (Pause) Now, just gently ask in your head, 'Is that thought true *all the time*?' Maybe there was a time it wasn't true? Just wonder. (Pause) Now let it go, and focus on your breath." (*Guide for 2-3 mins, very gentle, no pressure to answer, just to wonder*).
  - Reflection & Closing (2 min): "Sometimes asking if a thought is *always* true helps us see it's just a thought, not a forever fact! Good job."
- Day 3 (Week 6): "Thank You, Mind!" (Cognitive Diffusion - ES simplified)
  - Objective: Practice a lighthearted way to unhook from sticky thoughts.
  - Settle & Intro (1 min): "Mindful Minutes! What if a thought is super sticky and won't go away?"
  - Core Concept: Acknowledging and Moving On (ES) (2 min): "Our mind is like a busy helper, always giving us thoughts! Even if a thought is a worry, we can say, 'Thank you, mind, for that thought!' and then gently turn our attention flashlight back to something else, like our breath or what we are doing."
  - Practice: "Thank You, Mind" Exercise (ES) (5 min): "Sit mindfully. If a thought comes, especially a sticky one, try silently saying in your head, 'Thank you, mind, for that thought.' Then, gently bring your attention back to your breath. Let's try." (*Guide for 2-3 mins, with reminders to thank the mind and return to breath*).
  - Reflection & Closing (2 min): "How did it feel to say 'thank you' to your mind? Did it help the thought feel less sticky? Well done for trying!"
- Day 4 (Week 6): Choosing Your Focus - The "Thought Traffic Controller" (ES)
  - Objective: Reinforce choosing where to place attention amidst thoughts.

- **Settle & Recap (1 min):** "Mindful Minutes. We've learned to notice, question, and even thank our thoughts!"
- **Core Concept: Directing Thought Traffic (ES) (2 min):** "Imagine your mind is like a road with lots of thought-cars. You are the traffic helper! You can't stop all the cars, but you can choose which car to look at, or you can choose to look at the quiet park (your breath) beside the road."
- **Practice: Choosing the Anchor Amidst Thoughts (ES) (5 min):** "Sit mindfully. Notice the 'thought-cars' in your mind. Let them zoom by. Now, *choose* your anchor – your breath, or sounds. When a thought-car tries to grab your attention, gently guide your attention back to your anchor, like the traffic helper." (*Guide for 2-3 mins*).
- **Reflection & Closing (2 min):** "Were you able to be the 'thought traffic helper' and choose your focus? It takes practice! Great effort."
- **Day 5 (Week 6): Review - Becoming Wiser About Our Thoughts (ES)**
  - **Objective:** Briefly review the week's strategies for working with thoughts.
  - **Settle & Welcome (1 min):** "Final Mindful Minute on thoughts for this week! Settle in."
  - **Core Concept: Recap Thought Strategies (ES) (3 min):** "This week, we learned to: Notice thought themes. Ask if thoughts are *always* true. Say 'Thank you, mind!' Be a 'thought traffic helper'!"
  - **Practice: Mindful Choice Practice (ES) (4 min):** "Let's sit. First, just notice your thoughts for a minute. (Pause) Now, *choose* to focus on your breath for one minute. (Pause) What was it like to choose where to put your attention?" (*Guide for 2-3 mins total*).
  - **Reflection & Closing (2 min):** "You're becoming super thought detectives! Next week, more about feelings. Have a good day/weekend!"

## **Week 7: Deeper Dive into Feelings & Emotional Regulation**

**Goal:** *Build more skill in recognizing, allowing, and responding wisely to emotions.*

- **Day 1 (Week 7): Emotions are Energy in Motion (ES)**
  - **Objective:** Understand emotions as sensations/energy that move through the body.
  - **Settle & Intro (1 min):** "Mindful Minutes! This week, we're diving deeper into our 'inner weather' – our emotions."
  - **Core Concept: Feelings as Energy (ES) (2 min):** "Feelings often feel like energy in our bodies. Happy might feel light and bubbly, like a fizzy drink! Angry might feel hot and tight. This energy is always moving and changing, if we let it. It doesn't have to get stuck."

- **Practice: Noticing Energy/Sensations of a Mild Feeling (ES) (5 min):** "Sit mindfully. Think of a *mild* feeling you had recently – a little excitement, a little boredom, a little nervousness. (Pause) Where did you feel that energy in your body? Was it tingly, heavy, warm? Just notice the pure sensation, the energy, without judging it. Breathe with it." *(Guide for 2-3 mins).*
- **Reflection & Closing (2 min):** "Noticing the pure energy of a feeling, without all the stories, can help it move through us more easily. Well done."
- **Day 2 (Week 7): S.T.O.P. for Feelings (ES)**
  - **Objective:** Apply a simplified S.T.O.P. practice to emotional triggers.
  - **Settle & Recap (1 min):** "Mindful Minutes. Remember S.T.O.P.? (Stop, Take a breath, Observe, Proceed). We can use this for feelings too!"
  - **Core Concept: S.T.O.P. when Feelings Arise (ES) (2 min):** "When a strong feeling comes up, S.T.O.P. gives us a pause button. Stop what you're doing. Take a breath (or a few). Observe: What am I feeling? Where in my body? Proceed: What's a helpful way to act now?"
  - **Practice: Imaginary S.T.O.P. with a Feeling (ES) (5 min):** "Sit mindfully. Imagine someone just took your favorite pencil without asking. You feel a bit annoyed. (Pause) Now, STOP! (Pause) Take a mindful breath. (Pause) Observe – what does 'annoyed' feel like in your body? (Pause) Proceed – what's a calm, helpful way to respond instead of just grabbing it back?" *(Guide for 2-3 mins).*
  - **Reflection & Closing (2 min):** "S.T.O.P. helps us choose our actions when feelings are strong! Great work."
- **Day 3 (Week 7): Making Space for Feelings (Allowing - ES)**
  - **Objective:** Practice allowing feelings to be present without fighting them.
  - **Settle & Intro (1 min):** "Mindful Minutes. Sometimes we try to push away feelings we don't like, like sadness or worry. Does that work?"
  - **Core Concept: Resisting vs. Allowing (ES) (2 min):** "Imagine trying to hold a beach ball under water. It's hard work and it always wants to pop up! Fighting our feelings is like that. Allowing a feeling means just letting it be there, like a cloud passing. We know it will change, like the weather."
  - **Practice: Breathing Room for a Feeling (ES) (5 min):** "Sit mindfully. Think of a time you felt a little bit sad or worried (not too big). (Pause) Can you imagine making a little space for that feeling inside you, like your body is a big, open room? Breathe gently *with* the feeling, not trying to change it, just letting it be there. It's okay." *(Guide for 2-3 mins).*

- Reflection & Closing (2 min): "It takes courage to let our feelings be. But often, when we stop fighting them, they can change all by themselves. Well done."
- Day 4 (Week 7): Choosing Our Response to Feelings (ES)
  - Objective: Reinforce that we can choose how to act even when feelings are strong.
  - Settle & Recap (1 min): "Mindful Minutes. We've practiced noticing and allowing feelings. What's next?"
  - Core Concept: Feelings are Visitors, We are the Host (ES) (2 min): "Feelings are like visitors that come to our house. We are the host. We can be polite to our visitors (notice them), but we don't have to let them mess up the whole house (control all our actions)! We can choose how to act."
  - Practice: Feeling & Choosing (ES) (5 min): "Sit mindfully. Remember a time you felt a bit frustrated, like when a game wasn't going your way. (Pause) Notice that feeling. (Pause) Now, take a mindful breath. (Pause) Think: Even though I feel frustrated, what is one helpful or calm thing I could *choose* to do next?" (*Guide for 2-3 mins*).
  - Reflection & Closing (2 min): "Mindfulness gives us the power to choose our actions, even when feelings are strong. You're learning a super skill!"
- Day 5 (Week 7): Review - Befriending Our Inner Weather (ES)
  - Objective: Briefly review the week's practices for working with emotions.
  - Settle & Welcome (1 min): "Last Mindful Minute on feelings for this week! Let's begin."
  - Core Concept: Recap Befriending Inner Weather (ES) (3 min): "This week, we learned: Feelings are like energy and weather. We can use S.T.O.P. for strong feelings. It's helpful to make space for our feelings. We can choose how to act, even with big feelings."
  - Practice: Mindful Check-in with Kindness (ES) (4 min): "Let's sit. Notice your breath. Now, check in with your 'inner weather.' Whatever feeling is there, see if you can meet it with a little bit of kindness, like saying 'hello' to a friend." (*Guide for 2-3 mins*).
  - Reflection & Closing (2 min): "You're becoming great at understanding your inner weather! Next week, our final week, we'll focus on sharing our light with kindness and gratitude. Have a good day/weekend!"

## Week 8: Kindness & Gratitude - Sharing Our Light

**Goal:** *Deepen understanding and practice of kindness, self-compassion, and gratitude.*

- Day 1 (Week 8): The Ripple Effect of Kindness (ES)
  - Objective: Understand how small acts of kindness can spread.



- **Settle & Intro (1 min):** "Mindful Minutes! Welcome to our final week, focusing on kindness and gratitude – shining our inner light!"
- **Core Concept: Kindness is Contagious (ES) (2 min):** "Have you ever noticed that when someone is kind to you, it makes you want to be kind to someone else? Kindness is like a smile – it can spread! Small kind acts can make big happy ripples."
- **Practice: Remembering a Kindness & Passing it On (Visualization - ES) (5 min):** "Sit mindfully. Remember a small act of kindness someone did for you. How did it feel? (Pause) Now, imagine passing that kind feeling on to someone else today with a small kind action of your own. What could you do?" (*Guide for 2-3 mins*).
- **Reflection & Closing (2 min):** "Even tiny acts of kindness create happy ripples. Let's try to make some today! Well done."
- **Day 2 (Week 8): Self-Kindness When Things are Tough (ES)**
  - **Objective:** Practice self-compassion during difficult moments.
  - **Settle & Recap (1 min):** "Mindful Minutes. We talked about being kind to others. What about being kind to ourselves when we make a mistake or feel sad? Like being our own best buddy."
  - **Core Concept: Your Inner Friend (ES) (2 min):** "When you're having a tough time, imagine what your kindest friend (or a kind grown-up) would say or do for you. Can you try to offer that same kindness to yourself? That's self-kindness."
  - **Practice: Soothing Touch & Kind Words (ES - from Paws b) (5 min):** "Sit mindfully. If you like, you can gently place a hand over your heart, or give yourself a little hug like you're giving a friend a hug. (Pause) Now, think of some kind, comforting words you might say to a friend who is sad, like 'It's okay,' or 'You're a good friend,' or 'This feeling will pass.' Silently offer these words to yourself right now, with your gentle touch." (*Guide for 2-3 mins*).
  - **Reflection & Closing (2 min):** "Being a good friend to ourselves is a superpower! It helps us feel better. Great practice."
- **Day 3 (Week 8): Gratitude for Simple Pleasures (ES)**
  - **Objective:** Cultivate appreciation for small, everyday positive experiences.
  - **Settle & Intro (1 min):** "Mindful Minutes. Today, let's look for hidden treasures with our 'gratitude goggles'!"
  - **Core Concept: Everyday Treasures (ES) (2 min):** "Gratitude isn't just for big presents. It's for simple, everyday treasures too: the taste of your favorite snack, the feeling of sunshine, hearing a happy song, a comfy chair, a smile from a friend."

- **Practice: Three Good Things (Simplified - ES) (5 min):** "Sit mindfully. Quickly think of three small, simple, good things that have happened or that you've noticed today or yesterday. Anything that brought a little bit of good feeling. (Pause) For each one, silently say 'thank you' in your mind, like a little happy secret." (*Guide for 2-3 mins*).
- **Reflection & Closing (2 min):** "There are always good things around us if we look. Noticing them makes our hearts feel good! Well done!"
- **Day 4 (Week 8): Expressing Gratitude to Others (ES)**
  - **Objective:** Encourage showing appreciation to people in our lives.
  - **Settle & Recap (1 min):** "Mindful Minutes. We've practiced feeling grateful. How can we share that good feeling?"
  - **Core Concept: Saying "Thank You" Mindfully (ES) (2 min):** "Saying 'thank you' to someone and *really meaning it* can make them feel great, and it makes us feel good too! It connects us and spreads happiness."
  - **Practice: Thinking of Someone to Thank (ES) (5 min):** "Sit mindfully. Think of one person you could say 'thank you' to today or this week. Maybe a friend, family member, teacher, or someone who helped you. (Pause) What are you thankful for them for? (Pause) Imagine saying 'thank you' to them with a smile. How might that feel for both of you?" (*Guide for 2-3 mins*).
  - **Reflection & Closing (2 min):** "Sharing our gratitude builds stronger friendships and makes the world a kinder place. Let's try to say a real 'thank you' to someone today!"
- **Day 5 (Week 8): Review & Our Mindful Journey Continues (ES)**
  - **Objective:** Review the course and encourage ongoing practice.
  - **Settle & Welcome (1 min):** "Our very last Mindful Minute session for this program! Let's make it a good one. Settle in."
  - **Core Concept: Recap of All Weeks (ES) (3 min):** "Wow, we've learned so much! We trained our 'mind puppy' attention with anchors. We learned thoughts are like clouds and not always facts. We explored our 'inner weather' of feelings and used S.T.O.P. And we've connected with kindness and gratitude, shining our inner light!"
  - **Practice: Open Awareness & Kind Wish (ES) (4 min):** "Let's sit mindfully. Just notice whatever is here for you right now – sounds, your breath, your body, any thoughts or feelings – like you're watching everything with kind, curious eyes. (Pause) Now, send a kind wish out to everyone in this class, and to yourself, for a happy day and to keep using your mindful tools." (*Guide for 2-3 mins*).
  - **Reflection & Closing (2 min):** "You all have an amazing 'Mindful Toolkit' now! Remember to use your tools, even for just a minute a day. Keep practicing, keep

**noticing, and keep being kind. You've all done an amazing job on this mindful journey!  
Well done!"**