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Brain Power Presents: Mindful Me

An 8-Lesson Core Curriculum for Mindfulness & Wellness

(For Elementary & Junior High School Students)

Curriculum Overview

Introduction to the "Mindful Me" Curriculum

Welcome to "Mindful Me"!

The "Mindful Me" curriculum is an 8-lesson foundational program designed to introduce students in Upper Elementary (Grades 4-6) and Junior High School (Grades 7-9) to the core principles and practices of mindfulness. Each lesson is approximately 30-45 minutes and builds sequentially, fostering skills in attention, emotional understanding, resilience, and kindness.

This curriculum is inspired by the evidence-based approaches of the Mindfulness in Schools Project (MiSP) and is designed to be engaging, age-appropriate, and practical for the classroom setting. Two optional extension lessons are also provided for deeper exploration.

Overall Goals for Students:

- Develop the ability to focus and sustain attention.
- Understand thoughts as mental events, not always facts.
- Recognize and work skillfully with emotions.
- Learn to pause and make wiser choices (responding vs. reacting).
- Cultivate kindness and compassion for themselves and others.
- Develop a sense of gratitude and appreciation.
- Build a "mindful toolkit" of practices for daily life.

Core Lesson Summaries

Core Lessons (8):

1. Lesson 1: Hello Attention! Meet Your "Mind Puppy"

- **Objective:** Introduce attention as trainable; experience simple attention practice (Listening to Bell, Mindful Breathing).
- **Key Idea:** Our attention can be playful and wander like a "mind puppy," but we can gently train it.

2. Lesson 2: Our Amazing Body & The Anchor of Breath

- **Objective:** Introduce the body and breath as anchors for the present moment; explore body sensations.
- **Key Idea:** Our body is always *now* and can help us feel grounded.

3. Lesson 3: Befriending Our Thoughts - Surfing the Thought Waves

- **Objective:** Understand thoughts as mental events (not always facts); practice observing thoughts without getting "hooked."
- **Key Idea:** We can watch thoughts pass like clouds or leaves on a river.

4. Lesson 4: Working with Feelings - Weathering Our Inner Storms

- **Objective:** Identify different emotions; understand emotions are like "weather" (they come and go); practice noticing feelings in the body and using breath as an anchor.
- **Key Idea:** All feelings are natural and temporary; we can learn to be with them.

5. Lesson 5: Mindful Action - Choosing Our Responses (The "Pause Button")

- **Objective:** Differentiate reacting vs. responding; introduce S.T.O.P. (Stop, Take a breath, Observe, Proceed) as a tool for creating a pause.
- **Key Idea:** We can create a space to choose our actions more wisely.

6. Lesson 6: Connecting with Kindness - Friendship for Ourselves & Others

- **Objective:** Introduce kindness and self-compassion; practice a simple Kindness Meditation.
- **Key Idea:** Being kind to ourselves and others helps us feel connected and happy.

7. Lesson 7: Appreciating the Good - The Power of Gratitude

- **Objective:** Introduce the concept and practice of gratitude; notice and appreciate good things.
- **Key Idea:** Gratitude helps us see the positive in our lives and feel happier.

8. Lesson 8: Putting It All Together - Your Mindful Toolkit

- **Objective:** Review key skills; help students create a personal "mindful toolkit" of practices.
- **Key Idea:** Mindfulness is an ongoing practice with many tools we can use.

Optional Extension Lessons (2):

• E1: Dealing with Difficulties Mindfully - Riding the Waves

- **Objective:** Explore R.A.I.N. (Recognize, Allow, Investigate, Nurture - simplified) for navigating challenges.
- **Key Idea:** We can learn to "surf" difficult emotions with awareness and self-care.

- **E2: Mindfulness in Daily Life - Weaving it In**

- **Objective:** Identify opportunities for informal mindfulness in everyday activities; reinforce mindfulness as a way of *being*.
- **Key Idea:** We can bring mindful awareness to almost anything we do.

For the Teacher

This overview provides a snapshot of the "Mindful Me" journey. The full Teacher's Guide contains detailed lesson plans, scripts, activity instructions, and age-specific adaptation notes for each lesson.

Remember that your own mindful presence and enthusiasm are key to bringing these lessons to life for your students. We encourage you to explore these practices yourself.

Brain Power is excited to support you in fostering mindfulness and well-being in your classroom!