



Optimistic Thinking

Meditation Minute

Pre-Teaching/ Guiding Language:

Stress is something we all deal with. However, when stress starts to take over our lives it makes it difficult to stay focused, make smart decisions, and use our best judgment. Bringing awareness and focus back to your body can help relieve stress and allow us to regain our focus on the task at hand. Engaging in a body scan allows you to connect your mind and body and helps you to feel grounded in your space.

Key Takeaways:

- Students will cultivate a positive, optimistic mindset to start their class.
- Students will understand the importance of feeling grounded and taking time for themselves.
- Students will work towards seeking out moments during the day to feel centered.

Duration + Materials:

- 5 Minutes
- Calming or soft music (optional)

Key Vocabulary:

- **Judgment-** The ability to make considered decisions or come to sensible conclusions.
- **Stress-** A state of mental or emotional strain or tensions resulting from adverse or very demanding circumstances.
- **Engaging -** Participate or become involved in.



Activity:

1. Teachers can prompt students to feel comfortable in their seats and their desks.
2. Teachers can play calming soft music if available.
3. Teachers can use the following meditation to students and ask them to follow along and listen however they feel comfortable.
 - a. I'd like you all to take a deep breath in for three seconds and then exhale for three seconds. Do that with me again, in for three seconds and then exhale for three seconds. Very good, one more time, in for three and out for three. Great. Now I want everyone to really feel their feet on the ground. How does the ground feel under your feet? How do your feet feel in your shoes? I want you to wiggle your toes in your shoes and then bring your attention back to your heels of your feet, push your heels into the ground and imagine standing tall and confident. Now I want you to place your hands on your desk, feel how the desk feels under your hands. Wiggle your fingers and push your palms down onto the desk. Feel how your arms feel when you push down on the desk. Finally, I want you to focus on your brain, how hard it works all day and every day to keep you safe. Think about how it feels to take a break and a rest for just a moment a day when things feel tough. Silently thank your brain and your body for all it does for you every day. One last time take a deep breath and let it out. Thank you.
4. Give students 30 seconds to refocus and begin your lesson.

Reinforcement Activities:

1. During your daily lessons, make sure you take time to assess the mood and energy of the room.
 - a. If students are looking or feeling unmotivated, take time for a brain break, a turn and talk, or other way to reenergize your students.
2. Give students opportunities to “wind down” so to speak. Instead of jumping from lesson to lesson, take a moment in between and give students opportunities to share their thoughts and have a mental break.