Mindfulness Strategies for Teachers and Students

I. Guided Meditation

“Good morning, class. Before we take our test, I would like everyone to close their eyes. Now, I want you to put your hands on your stomach and take a deep breath in like you are smelling your favorite food. Hold for 3 seconds. Now exhale like you are blowing out a candle.

Do this 3 times or as many times as you think is best for your students.

Do this along with your students in order to relax and center yourself in the moment. This exercise can be used when you start to notice yourself feeling stressed – when your heart starts beating faster, your muscles start to tense up, or your jaw feels tight.

With your students you can do this:
• Before a test
• When your students come back to your classroom right after lunch, recess, or gym
• In the morning as students are putting away their coats and sitting down to start class

II. Journal Activity

One written sentence for each statement below:
“Today I am grateful for”  “Today I will let go of”  “Today I will focus on”

Doing this activity in the morning before your school day begins is helpful to give you time to reflect on things that you are grateful for, such as spending time with family or making good connections with students. Things you may want to let go of could be anger you had toward a colleague, a student, or a difficult lesson that did not go as planned. Some things you might want to focus on could be preparing a strong lesson or having a productive and effective day with students.

This activity can also be adapted for your students, asking them to focus on things they are grateful for or to let go of something that’s not helpful. This can help them redirect from possibly negative things that they may be going through.

Friend to Friend is a school-based intervention program designed by experts at Children’s Hospital of Philadelphia to reduce relational aggression among high-risk 3rd to 5th grade girls as well as improve the broader classroom climate in urban schools. Learn more about Friend to Friend by visiting https://violence.chop.edu.