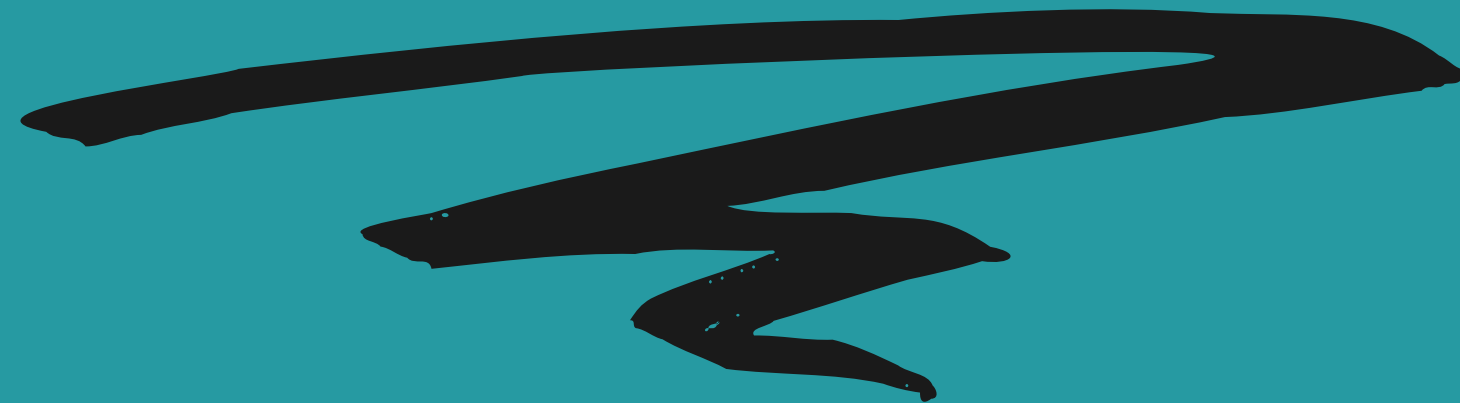




HEALTH IS WEALTH

MINDFULNESS AND ME



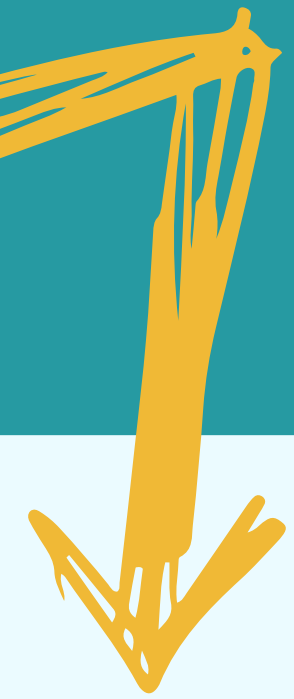
INTRODUCTION

Today, we will:

- * Explore the benefits of meditation on our minds and bodies
- * Discuss J.Cole's meditation routine
- * Explore our own life-balance and practice a simple meditation practice



SEL CONNECTION



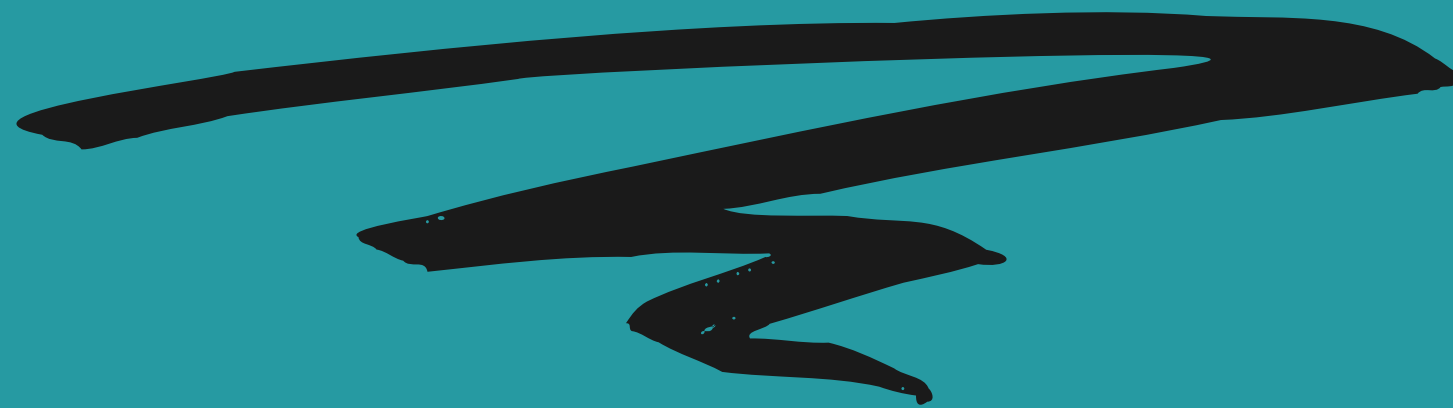
Today, we will practice **self management** by exploring a self regulation tool known as meditation.





ICEBREAKER

GRATEFULNESS IS...



ICEBREAKER



ACTIVITY

GRATEFULNESS IS...

- 1) Use the sentence stem to complete your response.
- 2) Each student will share one response.



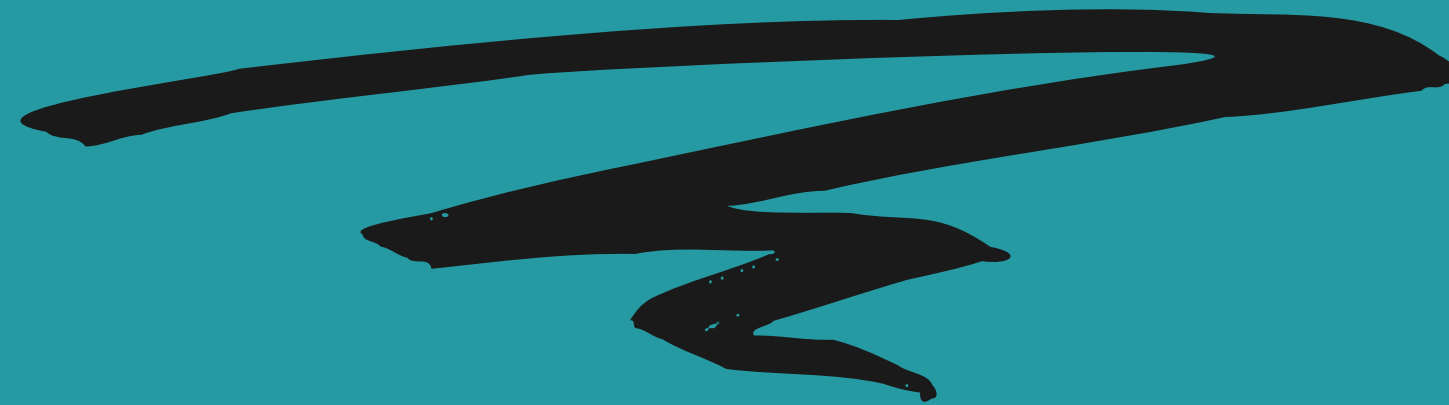
I AM GRATEFUL FOR _____ BECAUSE _____ .





LESSON PART ONE

MINDFULNESS



LESSON: PART ONE



DEFINITION

MINDFULNESS

MINDFULNESS

A mental state achieved by focusing one's attention on the present moment, while calmly recognizing one's feelings, thoughts and bodily sensations.



LESSON: PART ONE



WATCH A VIDEO

MINDFULNESS

Watch the video "J. Cole and Angie Martinez Talk about Mindfulness"



LESSON: PART ONE



TALK ABOUT IT

MINDFULNESS

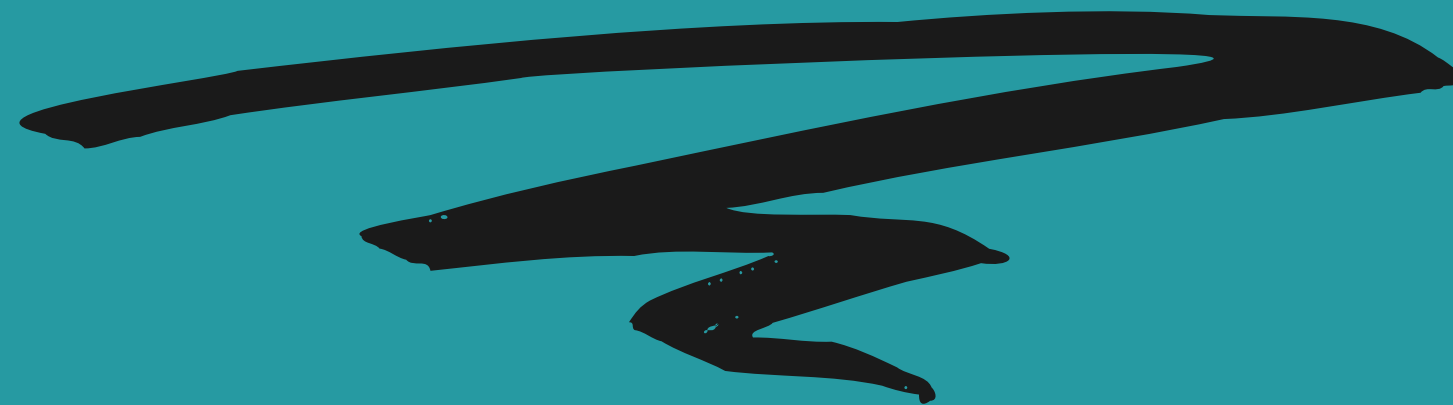
- What are some of the benefits of mindfulness?
- How can mindfulness help us avoid making bad decisions?
- What do you notice within your body when you feel anxious or angry?





LESSON PART TWO

MINDFULNESS AND ME...



LESSON: PART TWO



ACTIVITY



MINDFULNESS AND ME...

Choose 1 of the following meditation practice options.

①

5 Sense Meditation |
Travelasana with
Malaika

②

5 Minute Breathing
Meditation with
Relaxing Music

③

Loving Our Black and
Brown Bodies by
Derneeka Nicole



LESSON: PART ONE



TALK ABOUT IT

MINDFULNESS

- How was that for you?
- What was difficult about mediation?
- How could this practice support you in life?





DEBRIEF / EXTENSION



EXTENSION



MINDFULNESS AND ME

Complete the "Accessing Your Life Balance" worksheet.

Answer honestly! Take your time.

