

MINDFULNESS

AT DANILA KUMAR INTERNATIONAL SCHOOL
LJUBLJANA, SLOVENIA

It is when you know many interesting things ~~the~~ and know how to use them.
Being a smart person. You are full of information.

A person who ~~can~~ have skills to think fast and correctly in stress situations.

I think when you study a lot your mind is full and you can't think anymore.

DEFINE MINDFULNESS

Someone who thinks about others.

I don't know.

I think it's about having your mind full of informations.

That talks about a person that is insightful.

I think it's about having a mind full of good and logical ideas.

I think mindfulness is a word made to help explaining smartness.

It is being kind and respectful to others.

WHY SHOULD WE MIND?

RESEARCH RESULTS

INCREASED

- Attention
- Executive function
- Emotional regulation
- Self-calming
- Social skills
- Care for others
- Self-esteem
- Quality of sleep

DECREASED

- negative affect, or emotions
- Anxiety in general
- Depression
- ADHD behaviours – specifically hyperactivity and impulsivity

(HOW) SHOULD WE MIND?

breathing
space

breathe in
hello moment
breathe out
i am here

I think that really help me because for the first time I feel my brain, and when I do it I feel very relaxed.

When I don't breath, so when I rest, I really really rest and you live your body to rest to have its peace, and it's peace.

You have to inhale, but after inhaling you rest for 4 seconds, and then you exhale, and then you rest again by not breathing!

MINDFUL BREATHING

I feel relaxed and dizzy, it's easier to do the last part. When you breath in and hold it, it's harder to hold, you have pressure

I feel like tired because of yesterday and today.

I feel my whole body and I can also hear my breathing. And it's interesting if we do this for times, your breathing will come down.



WHY DO WE MIND?

IB MYP CURRICULUM

GLOBAL CONTEXTS



IDENTITIES AND
RELATIONSHIPS



CONSCIOUSNESS AND
MIND

APPROACHES TO
LEARNING SKILLS



SELF-MANAGEMENT -
AFFECTIVE SKILLS



MANAGING STATE OF
MIND

HOW DO WE MANAGE STATE OF MIND ?

- Practise focus and concentration
- Practise strategies to develop mental focus
- Practise strategies to overcome distractions
- Practise of being aware of body-mind connections

HOW TO START?

SETTING GOALS

- Pay **attention** during lessons
- **Participate** in class activities
- **Calm down** easily when being upset
- **Control** their own behaviour
- Recognize a **need to help** others
- **Cooperate** with others
- Show **respect** and **care** for self and others

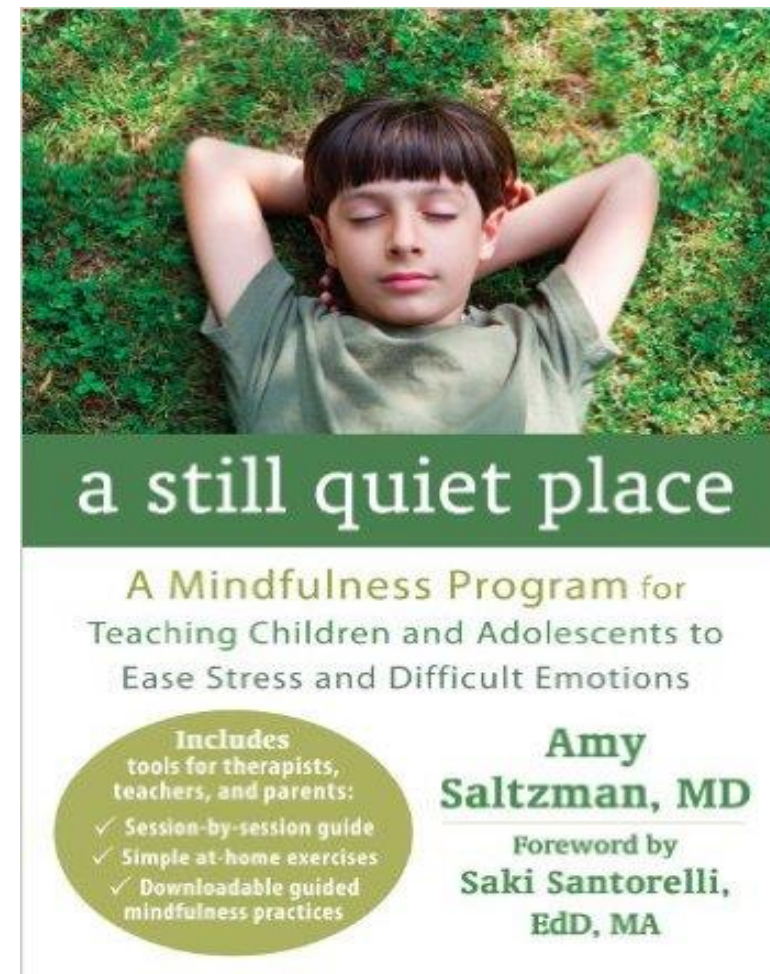
SETTING THE FRAMEWORK

- Designing a **mindfulness curriculum**
- Implementing **skills, content** and **strategies** into teaching and learning process

WHAT TO FOCUS ON ?

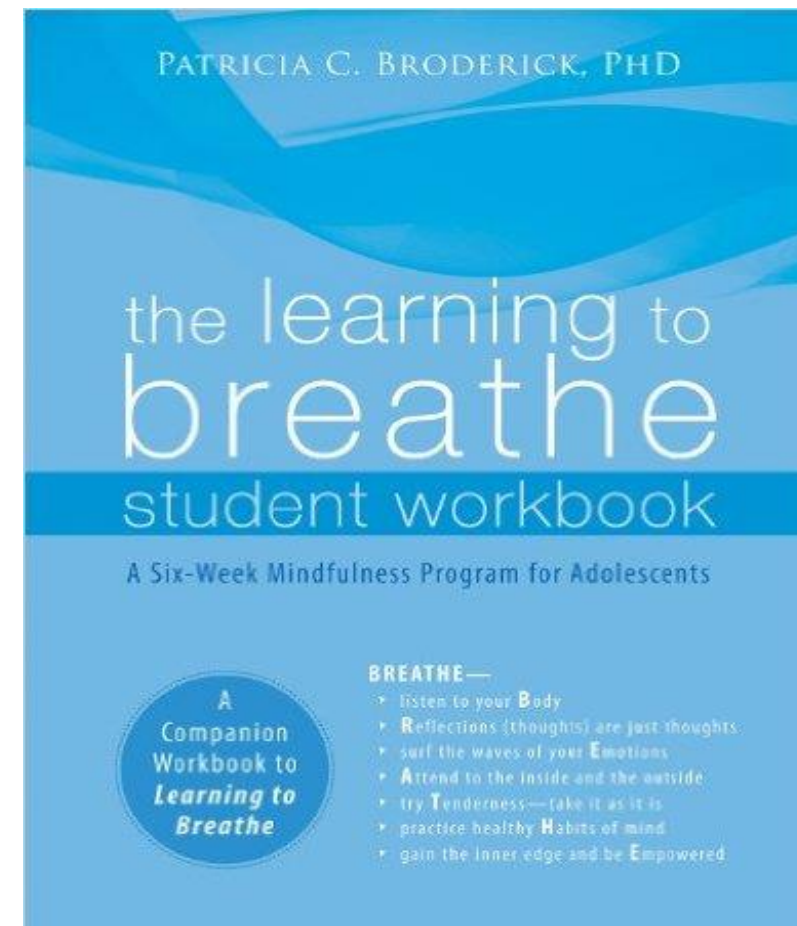
A MINDFULNESS CURRICULUM

- Saltzman, Amy. A Still Quiet Place: A Mindfulness Program for Teaching Children and Adolescents to Ease Stress and Difficult Emotions. New Harbinger Publications, Inc., 2014.



WHAT TO FOCUS ON?

- Broderick, C.P. The Learning to Breathe Student Workbook: A six-week Mindfulness Program for Adolescents.



WHAT TO FOCUS ON ?

Breathing

Thoughts /
Feelings /
Emotions

Gratitude

Attention / Stress
/ Performance

Kindness and
Compassion

INTEGRATION INTO MYP CURRICULUM

WHERE?

HOMEROOM LESSONS
ATL LESSONS
SCIENCES
LANGUAGES
DRAMA
VISUAL ART
PHYSICAL AND HEALTH EDUCATION

HOW?

REFLECTIONS
SKILLS EXPLICITLY TAUGHT
SCIENTIFIC RESEARCH/BACKGROUND
SILENT READING
BODY-MIND CONNECTIONS
SKETCHING, DRAWING
BODY-MIND ACTIVITIES

I enjoyed listening to the sound

It was really peaceful and relaxing. I enjoyed it.

More relaxed but pretty much the same.

Strange.

Silent, calm

MINDFUL LISTENING

Very lightly

I really liked it and would do it again because it really calmed me down and made me concentrate, so it would be good to do it every lesson at the beginning.

I enjoyed hearing the sound and concentrating on it. I would like to repeat this activity every lesson. My body and heart were calm and still.

Peaceful

No pressure, no bad feeling

very strange.

Wonderful.

MINDFUL LISTENING

Very calm, settle and different to comparing to how I hear every other thing in a day

Ms I-m so SORRY ~~but~~ I think we just wasting ovr time during the lesson!

Ahh... French
What did I eat yesterday?
Do we have Hw?

When does Lesson end?

I could draw on my hand!



I am Hungry

SAD

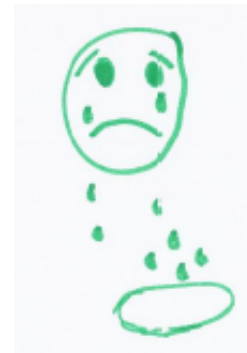
HELP ME

MINDFULNESS OF THOUGHTS

My life is mess up, and I can't fix those things. I'm sad, and I'm tired of all the things in my life.

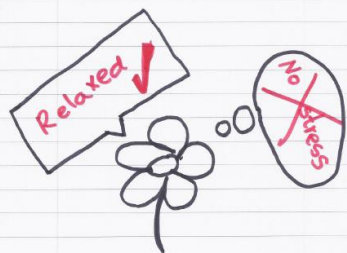
So big problem

I CAN'T GO THROUGH THIS ALONE!!! 😞



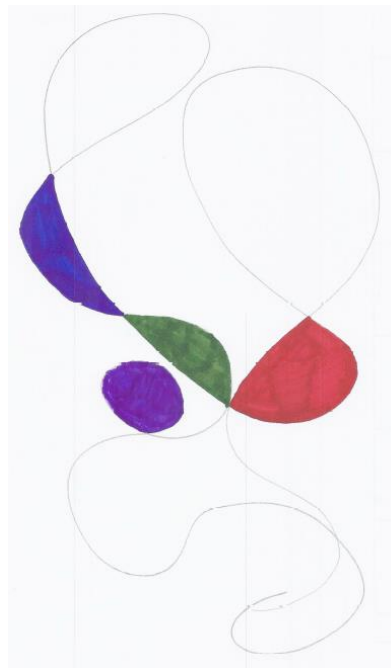
Confused?
How he went to visit his father

Well it was a good feeling, because I always feel stressed when I walk to school, because I'm scared I forgot a Hw, or how was my result on quick check. But this lesson relaxed me and made me feel good, for the whole day.

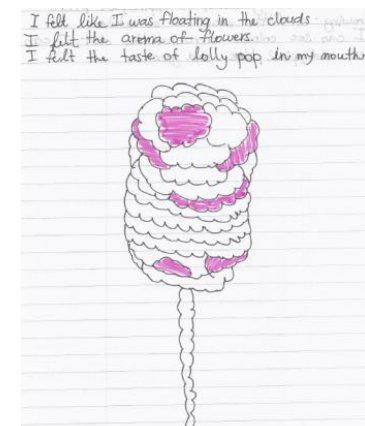


I felt very peaceful. I don't know what was happening around me because I was concentrated on my breathing but also because my eyes were closed.

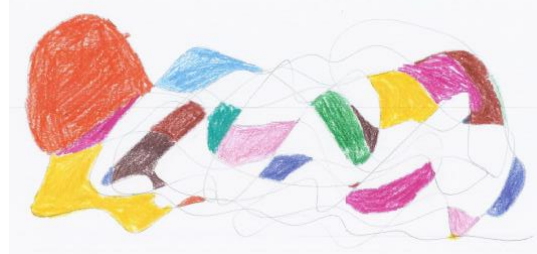
I felt: Relaxed, mindless, happy/satisfied, with no worries, very uncommon. I felt like nothing is going to happen next.



MINDFULNESS OF FEELINGS



I felt relaxed. All my thoughts were in front of me. All my worries gone. Every single nerve in my body was relaxed. I was focusing on my breathing, that's when I felt all the stress wash away from my body. I had nothing to worry about, nothing to think about.



REFLECTIONS

Skill Practice	Always	Often	Someti mes	Seldom /rarely	Never
I pay attention (concentrate) during lessons.					
I participate in class activities.					
I calm down (relax) easily when being upset.					
I control my own behavior.					
I recognize a need to help others.					
I co-operate with others.					
I show respect for other students.					
I show respect for teachers.					

To walk.

Study, concentrate, write tests, ...
listen to instructions

Playing the saxophone, doing homework

Doing homework

Homework, quick check, test...

School work

MINDFUL ACTIVITIES

Brushing teeth

meditate in the park

Learning at school

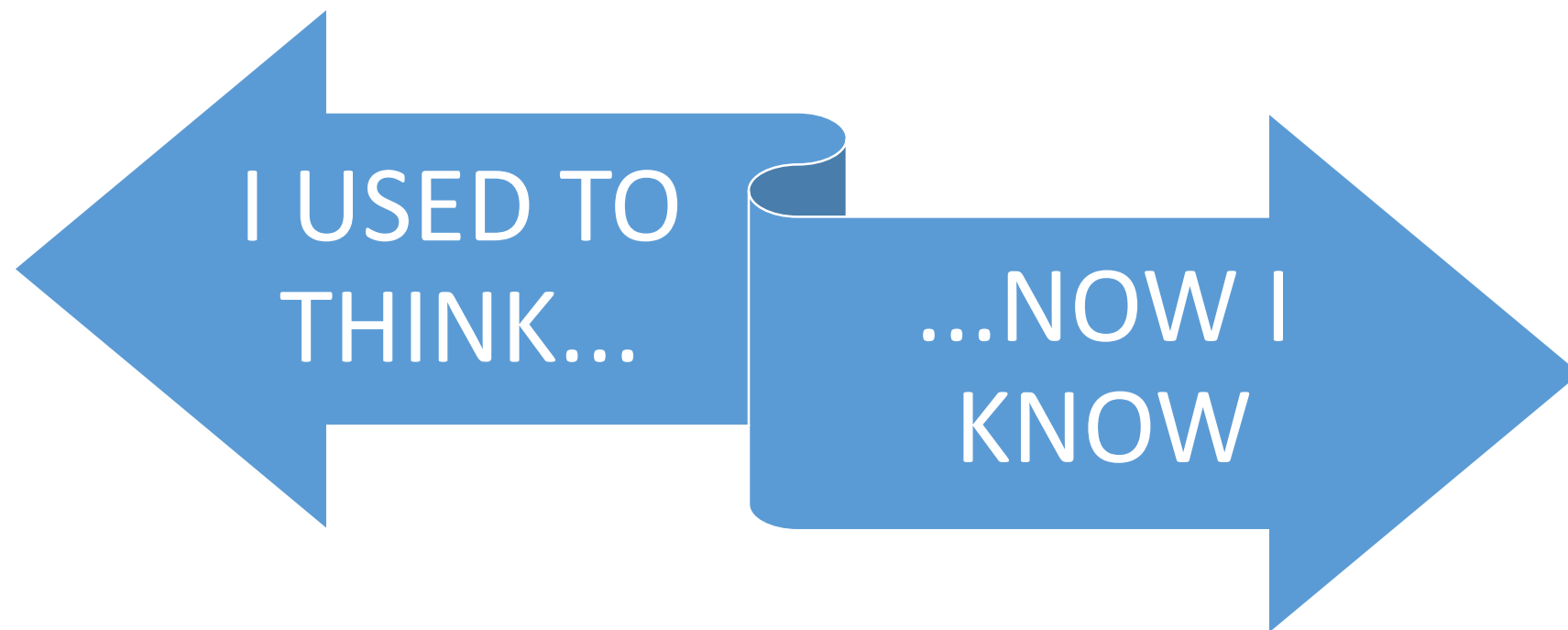
Talking to friends

Play basketball

Hockey

MATH

Football



I USED TO
THINK...

...NOW I
KNOW