



Mind Full, or Mindful?

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2021, Breathe For Change, Social-Emotional
Learning and Facilitation Manual

Why incorporate wellness techniques?

Breath work or Pranayama: the regulation of our vital energy using techniques that manipulate the length, depth and texture of breath. Deep and conscious breathing has benefits for stress reduction and physical and mental health. These techniques can help balance mood and energy levels, as well as activate our parasympathetic nervous system.

Mindfulness: a present moment, accepting awareness of our breath, body, emotions and thoughts. Mindfulness is a technique that can be integrated into any aspect of living to enhance focus and presence. When done **collectively**, it can cultivate acceptance, love and presence within individuals, relationships, and the very social fabric of a community.

Why incorporate wellness techniques cont.

Meditation or Visualization: the practice of understanding and embodying our whole and most brilliant selves by observing, accepting and creating our reality. This practice can contribute to effective emotion regulation, reduce stress, and reduce negative rumination

Mindful movement: physical postures designed to help master the body and enhance the body's functions. Movement can increase a person's ability to focus, engage in their environment and elevate our emotional wellness

A Natural Fit With Your Tier I SEL



**With all that
being said...let's
begin to turn
our nervous
systems into
calm systems**

Breathwork (Pranayama)

Curricular Integration Tip

Emotional Regulation (individual): Use breath awareness strategies to help individual students regulate their emotions, calm their minds, or recenter themselves when they are triggered.

Emotional Regulation (group): Integrate breath awareness strategies into your instruction when energy is high, conflict arises, or pressure is elevated to help students regulate their emotions, calm their minds, or recenter themselves.

Test Preparation: Practice breath awareness techniques prior to high stakes tests, quizzes, and other cognitively demanding exercises to enhance mental capacity

Stress Reduction: Facilitate breath awareness techniques during particularly stressful circumstances to help students reduce anxiety and learn to slow down, breathe and relax.

Breath Work Practices:

Flower Breathing (primary)

CASEL Competency: Self-Management, Relationship Skills

Purpose: Calms the mind, regulates the body, builds community

Flower Breathing
Flower Breathing Reflection

Breathe it Out (secondary)

CASEL Competency: Self-Management, Social Awareness, Relationship Skills

Purpose: Release negative energy, regulates emotions, develops mind-body connection

Breathe It Out
Breathe It Out Reflection

Mindfulness

Curricular Integration Tips

Centering: use these practices to help students calm minds and relax bodies in preparation for deep learning.

Test Preparation: facilitate these techniques prior to high-stakes tests, quizzes and other cognitively demanding exercises to enhance mental capacity and reduce anxiety.

Emotional Regulation: Draw on these techniques in response to challenging behavioral episodes to help students regulate their emotions and recenter themselves.

Personal Reflection: Lead student through these practices to give them quiet time to observe and connect to their thoughts, emotions, and sensations.

Cognitive Integration: Utilize these techniques as a tool to help students integrate/process powerful learning experiences.

Mindfulness Practices:

Thankful Thoughts (primary)

CASEL Competency: Social Awareness,
Self-Awareness

Purpose: Fosters appreciation, increases
focus, enhances mind-body connection

Thankful Thoughts

Thankful Thoughts Reflection

Loving Kindness (secondary)

CASEL Competency: Social Awareness,
Self-Awareness

Purpose: Fosters appreciation, increase
focus, enhances mind-body connection

Loving Kindness

Loving Kindness Reflection

Meditation/Visualization

Curricular Integration Tips

Deep Relaxation: Guide students through a visualization to help them rest, relax and rejuvenate after stimulating learning or emotional experiences.

Cognitive Integration: Utilize these practices to help students process and integrate new knowledge and information into their minds and bodies.

Stress Reduction: Use relaxation techniques to help students reduce anxiety, release tension, and enhance overall well-being.

Emotional Regulation: Draw on these techniques when students need support regulating their bodies and calming their minds.

Daily Self-Care Practice: Integrate these practices consistently into your daily schedule to promote self-love, self-care and balance.

Meditation/Visualization Practices

Tense and Release (primary)

CASEL Competency: Self-Management

Purpose: Releases tension, relaxes the body, increases focus

Tense and Release

Tense and Release Reflection

Body Scan (secondary)

CASEL Competency: Self-Awareness, Self-Management

Purpose: Relaxes the body, calms the body, increases sensory awareness

Body Scan

Body Scan Reflection

Mindful Movement

Curricular Integration Tips

Enhance Engagement: When students seem disengaged, disinterested, or unfocused, facilitate mindful movement exercises to increase participation and engagement.

Brain Breaks: Guide students through mindful movement exercises after extended periods of mental focus to energize their minds and bodies, and give their brains a break.

Physical Education: Incorporate mindful movement practices into physical education experiences to help students' develop mind-body awareness, coordination, self-awareness, flexibility, and strength.

Transitions: Use mindful movement strategies to transition student between subjects, activities, or classes that primarily involve sitting.

Mindful Movement Practices

Peaceful Warrior Practice (primary)

CASEL Competency: Self-Awareness,
Self-Management

Purpose: Builds strength and stamina,
increases energy, enhances mind-body
connection

Peaceful Warrior Practice

Peaceful Warrior Practice Reflection

Power Pose (secondary)

CASEL Competency: Self-Awareness,
Self-Management

Purpose: Builds self-confidence,
strengthens focus, increases energy

Power Pose

Power Pose Reflection

Take 5-10 minutes to reflect:

- **What resonated with you and your personal way of being?**
- **What can you begin integrating into your space?**
- **Is there anything you want more info on?**