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**M2 Lesson 4: Being Mindful About Mindfulness**

Core Competencies:

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| * Communication | * Thinking | * Personal & Social |

Big Ideas:

* Finding balance between personal and work life promotes well-being

Curricular Competencies:

* Practice effective strategies for healthy school / work / life balance
* Communicate with the intent to highlight personal strengths, talents, accomplishments and abilities
* Explore and reflect on career-life roles, personal growth and initial planning for preferred career life pathways

In this assignment, students will start to consider the act of meditation as a strategy to maintain mindfulness and relieve stress.

Assignment:

In this assignment, you will take some time to practice mindfulness on your own. By doing so, hopefully making mindfulness a habit in your own life.

For your mindfulness exercise, you can choose between a mindful app called "[Breathr](https://keltymentalhealth.ca/breathr" \t "_blank)" or use mindfulness exercises from Kelty Mental Health. The Health Literacy team at BC Children's Hospital, along with a number of different experts and youth, developed this new app Breathr to help introduce the concept of mindfulness and create an easy access point for those who are new to this practice.

The app provides opportunities for users to try out a variety of mindfulness practices, while also teaching them interesting facts about the brain science behind those practices. For example, did you know that regularly practicing mindfulness can improve your relationships with others? Or that it has been shown to change parts of the brain that affect memory, empathy and stress?

Instructions (if using the Breathr app)

1. Download the [Breathr app](https://keltymentalhealth.ca/breathr" \t "_blank) through the apple store or Google Play to your phone, tablet or computer.

2. Take some time to explore under the heading "learn". This will give you an opportunity to learn how mindfulness can benefit your mind, body and relationships.

3. Now move on to explore the heading "practice". Take some time to do the "3 breaths" exercise and at least one of the guided meditations.

4. When you are finished, complete the reflection exercise (below).

Instructions (if using the Kelty Mental Health website)

1. Open the [Kelty Mental Health Guided Meditations](https://keltymentalhealth.ca/collection/5665a87c-e2c6-437f-b1f8-54bb7f75efd0)page (https://keltymentalhealth.ca/collection/5665a87c-e2c6-437f-b1f8-54bb7f75efd0)

2. Take some time to explore the different guided meditations that are available on the website.

3. Open and complete the "Mindful Breathing" exercise, and at least one additional exercise of your choice.

4. When you are finished, complete the reflection exercise below.

Reflection

When you are finished your two mindfulness exercises, write a short reflection of approximately 300-400 words about your experience. Use the following guiding questions in your reflection:

* What were your thoughts on mindfulness prior to completing the exercise? Had you ever practiced mindfulness before? If so, how?
* What two mindfulness exercises did you complete? How did you feel during the exercise? Was it difficult to stay focused, or mindful, or did you find your mind wandering on to other things? If you found it difficult to focus, how do you think you could work on remaining focused during guided mindfulness?
* Explain how your mind and body felt after the exercise.
* Could you see yourself incorporating guided mindfulness into your daily or weekly routine? Why or why not?

See if you can make mindfulness a regular part of your classroom routine!  
  
Assessment: