Career Education, Grade 11 - Personal development/Self-Awareness

**Overview/Rationale:**

There is much research to support the benefits of teaching mindfulness to help students to manage stress, and also to help increase their self-awareness and they progress through making future plans. Teaching this skill to the class and making it a part of regular class routines, can increase focus for all.

**Duration:**

Completed independently in myBlueprint outside of scheduled class time

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| **Big Ideas** |  |
| **Curricular Competencies** | *
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| **Content** |  |

**Materials/Links:**

* Device access for all students
* myBlueprint access
* Guided Meditations link: <http://mindfulnessforteens.com/guided-meditations/>
* ‘Mindfulness: Youth Voices’ <https://www.youtube.com/watch?v=kk7IBwuhXWM>

**Activity:**

Create assignment in myBlueprint that shares link above. Invite students to choose one (or more) of the guided meditations from the link and create a journal entry that:

* Have students watch ‘Mindfulness: Youth Voices’ <https://www.youtube.com/watch?v=kk7IBwuhXWM>
* Describes how they felt before the meditation in terms of stress (scale of 1-10)
* Describes how they felt after the meditation in terms of stress (scale of 1-10)
* Have them tell you what they are currently doing for themselves to manage stress in their world

**Additional Resource Links for Teachers:**

**Mobile App -** [Insight Timer](https://insighttimer.com/)**:** Free mobile app with virtual “bells” to time and support your meditations

Eight Principles of Teaching Mindfulness Meditation to Adolescents (attached)

<https://www.mindfulschools.org/resources/explore-mindful-resources/#starter-lesson>

Mindfulness Guide for Teachers, Dr. Amy Saltzman

<http://www.contemplativemind.org/Mindfulness-A_Teachers_Guide.pdf>

Benefits of Mindfulness

<https://positivepsychologyprogram.com/benefits-of-mindfulness/>

Mindfulness for Teens

<http://mindfulnessforteens.com/resources/>

Short Guided Meditations for Teens:

<http://mindfulnessforteens.com/guided-meditations/>

<http://www.innerstrengthfoundation.net>