

A Sampling of Our MindfullyU Lessons:

All *MindfullyU* lessons begin and end with a guided breathing exercise. Diaphragmatic breathing has been proven to lower stress levels, help with focus and is an access point for self-regulated behavior modification. These are samples of lessons used at all levels.

Why mindfulness? What our brain tells us

This class introduces the science behind mindfulness. Students will learn about the brain, the fight or flight response, the amygdala, and how our bodies react to different stressors.

Powerful, anchoring breath and still body

Our breath is an amazing tool in resetting our brain and refocusing our thoughts. Students will learn the power behind the diaphragmatic breath and how to still their bodies in order to quiet their mind.

Wandering mind, wandering thoughts, wandering presence

When your brain is elsewhere, how can you be present to whatever situation you're in? Focus is the key to many things, and it's so often that our minds wander. Students will learn to reign in their thoughts in order to feel in control of a wandering mind.

Mindful and active listening

What is an active listener? How can active listening increase your ability to understand others as well as understand yourself? Students will learn the difference between listening and hearing.

Mindful thoughts and pivoting from negative thoughts

Brain research shows us the power of our thoughts, and this lesson focuses on how our thoughts can impact our wellbeing. Students will practice identifying and shifting their own negative thoughts and learn ways to pivot from them. This lesson introduces the notion of "self-talk" and its impact on one's perception of a situation.

Mindful emotions, you have the power

Feelings and emotions are not something that are often discussed in a school setting. Yet, adolescents are driven by their emotions and they have such an impact on all areas of their school life. This conversation piggy backs on the previous lesson about thoughts and expands on how identifying and feeling in control of our emotions is within reach. Again, brain research is the backbone of this lesson, allowing the science behind emotions lead students to connecting with their emotions.

Compassion

So often we forget that compassion is the key to understanding people. This lesson focuses on how compassion with ourselves and others can create a more peaceful society and when combined with controlled emotions can prevent confrontation and dissonance.