Appendix A

Outline of Mindfulness Curriculum

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| Week | Topic/ Objective | Example Activities |
| 1 | Getting to know our breath | 1. Lungs/Breath Diagram: Learn about where our breath goes in our bodies 2. Parachute Breathing: All of the children hold onto a parachute and lift it as they inhale slowly and deeply, then let it fall as they slowly exhale. 3. Pinwheel Breathing: practice taking short and long breaths, taking note of the calm, relaxed feelings during slow breathing 4. Rocking the Beanie to Sleep: Practice deep belly breathing with a beanie toy on belly. 5. Starfish Stretch: Lie down and as you inhale, stretch all limbs out from the center of the body, relax on the exhale. |
| 1. Homework activities: 2. Belly buddies breathing activity 3. Starfish stretch activity |
| 2 | Getting to know our bodies and feelings | 1. Tic Toc: sit cross-legged and rock side-to-side to a drumbeat, practice listening to the drum and matching its pace 2. Body Scan: practice being aware of different sensations in each region of the body 3. Mindfulness Journals: practice being mindful of feelings and emotions, color/decorate a blank outline of a person to describe feelings 4. Hopping Game: practice mindful breathing and listening for a cue to hop forward at the same time as other students in line 5. Friendly Wishes: practice mindful breathing while sending positive, friendly wishes to ourselves, friends, family, and the whole world |
| 1. Homework activities: 2. Body scan 3. Mindfulness journal |
| 3 | Mindful Seeing and Hearing | 1. Shape hunt: practice mindfully observing surroundings, find shapes in classroom (e.g., the table is a square) 2. Sounds right: match plastic Easter eggs filled with different object by sound only (e.g., salt, paperclips) |
| 1. Home work activities: 2. Mindful seeing: cloud shapes 3. Mindful hearing: music game |
| 4 | Mindful Touch, Smell, and Taste | 1. Behind My Back: practice identifying familiar objects behind the back, using touch only 2. Focus on Smell: practice identifying objects in opaque canisters by smell, being mindful of what these smells make us think, remember, and feel 3. The Mindful Raisin: practice mindfully observing a raisin’s appearance and texture and noticing how it feels to eat it |
| 1. Homework activities: 2. Mindful touch: guess the object 3. Mindful smelling: guess the scent |
| 5 | Breathing, Listening, Feelings, and Thoughts | 1. Read “You are Not Your Thoughts” 2. Deep Body Scans with Mindfulness Journaling 3. Baking Soda in Water: add baking soda to a clear bowl of water and get wiggly and “jazzed up,” practice slow mindful breathing as baking soda settles and water becomes clear again |
| 1. Homework activities: 2. Mindful eating meal   Mindful breathing |
| 6 | Breathing, Listening, Feelings, and Thoughts | 1. Read “Peaceful Piggy Meditation” 2. Snow Globe: shake a snow globe and practice mindful breathing and awareness while the snow settles 3. Read “Moody Cow Meditates” 4. Make your Own Snow Globe “mind jar”, practice using mind jar to help regulate |
| 1. Homework activities: 2. Mindful breathing 3. Snow globe |