

Mindfulness

A state of focus, creating an awareness on the present moment.



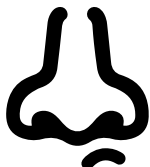
Clap
3
times



Observe



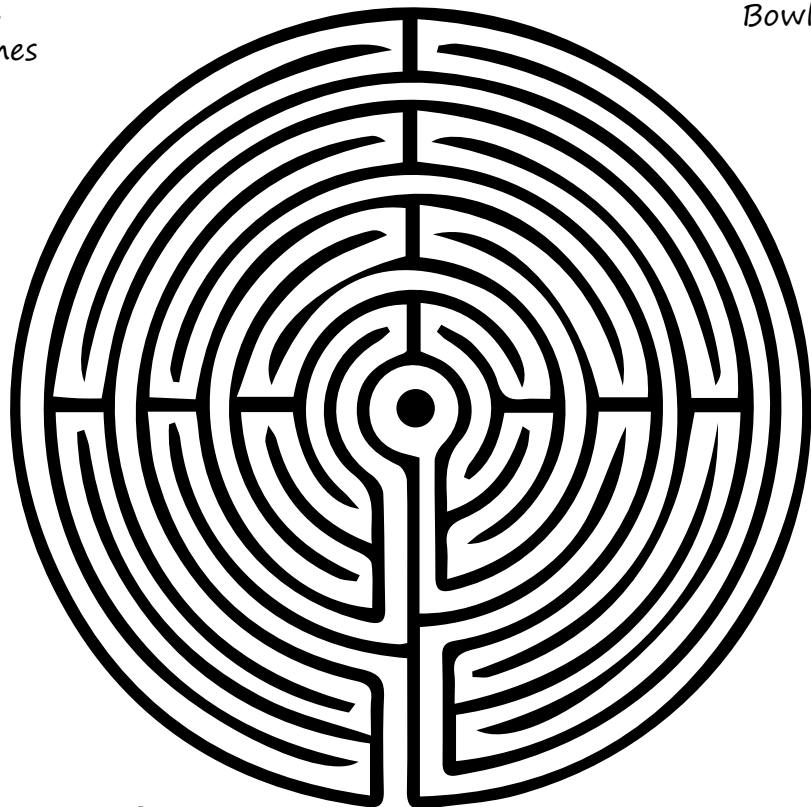
Sultana



Inhale

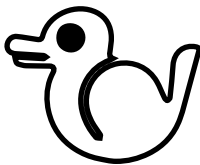


Singing
Bowl



FOCUS

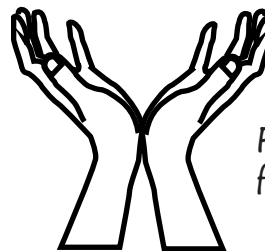
Flight or Fight
Amygdala hijack



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Mindful Focus

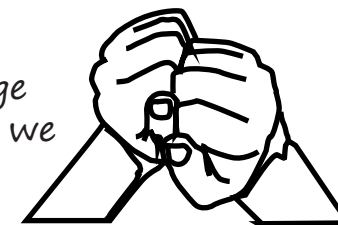
Pebble Meditation



Freshness

For the first **Focus**, the image is a flower and the quality is **freshness**.

For the **Focus** pebble, the image is a mountain and the quality we are exploring is **solidity**. The mountain knows it's solid no matter what is going on around it.



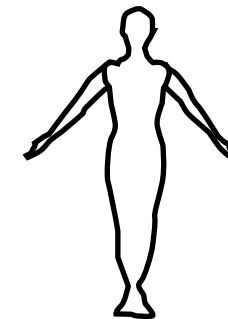
Solidity



Clarity

For the third **Focus**, the image we are working with is still water in a lake, and the quality we are focusing on is **clarity**. When we are calm, we can make better decisions.

The image for the fourth **Focus** is the spacious blue sky, and the quality is **freedom**, feeling free from worry or anxiety.



Freedom

The purpose of this lesson is to teach students practical strategies to help them cultivate a capacity to focus on a singular sensation

This [Makesmart.weebly.com](http://www.makesmart.weebly.com) sheet was adapted from
<http://www.mindfulteachers.org/2015/11/how-teachers-can-share-mindfulness.html>
Thich Nhat Hanh

Mindfulness

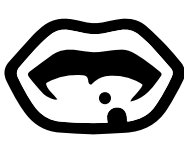
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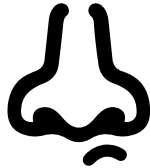
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3
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Observe



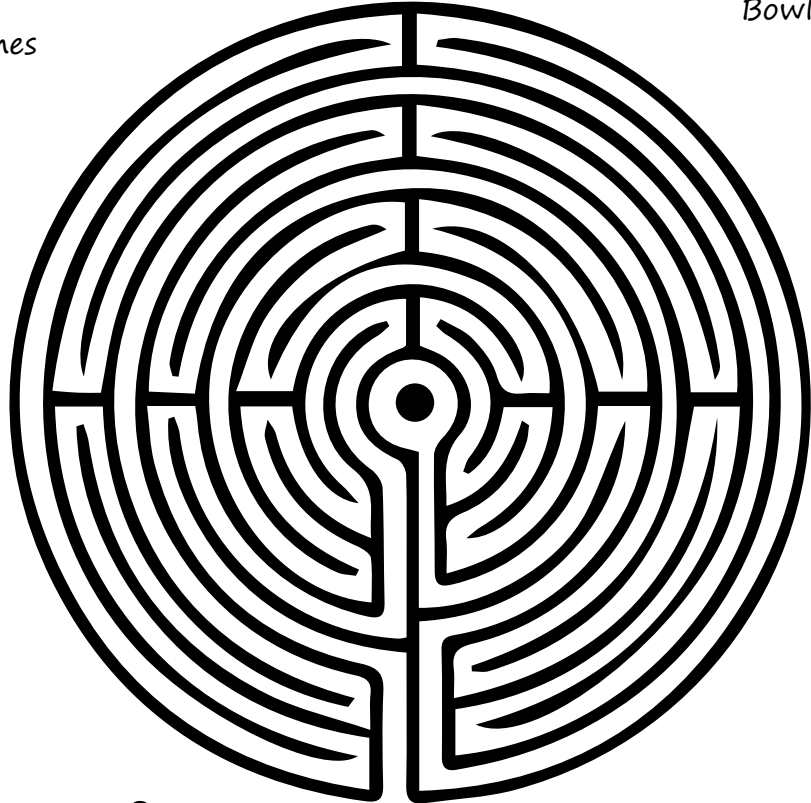
Sultana



Inhale

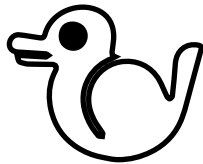


Singing
Bowl



Focus

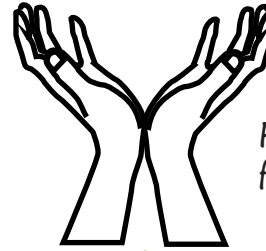
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Mindful Focus

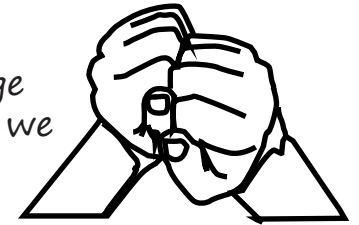
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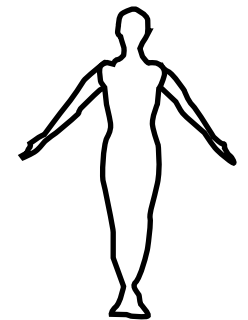
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