

WELCOME TO MINDFUL MONDAY

December 7, 2020

Lesson 11





TODAY'S AGENDA

- Review of Metacognition
- Thoughts from the Past, Present or Future
- Teacher Narration / Group Breathing Practice
- Discuss
- Gratitude Challenge

DO YOU REMEMBER?

- A few lessons ago, we practiced noticing our thoughts. We imagined that we had a remote control in our minds and noticed what channel we were on. Today we are going to do something similar. We are going to try to notice if our thoughts are about the past, the present, or the future.

- **Metacognition** is

Students learning how to direct their thoughts away from worries about the past or future, to notice when they are thinking about imaginary scenarios, and to stay in the present moment

OUR THOUGHTS AS CHANNELS



- We might imagine that remote control again but this time there are only a few channels.
- Think of them as The History Channel (the past), The Sci-Fi Channel (the future) and The Right Now Channel (the present)

Let's think about some examples:

If I am thinking about my basketball game tomorrow my thoughts are in the ...

If I am thinking about an argument, I had with my little brother last night, my thoughts are in the...

If I am noticing that I am hungry my thoughts are in the ...

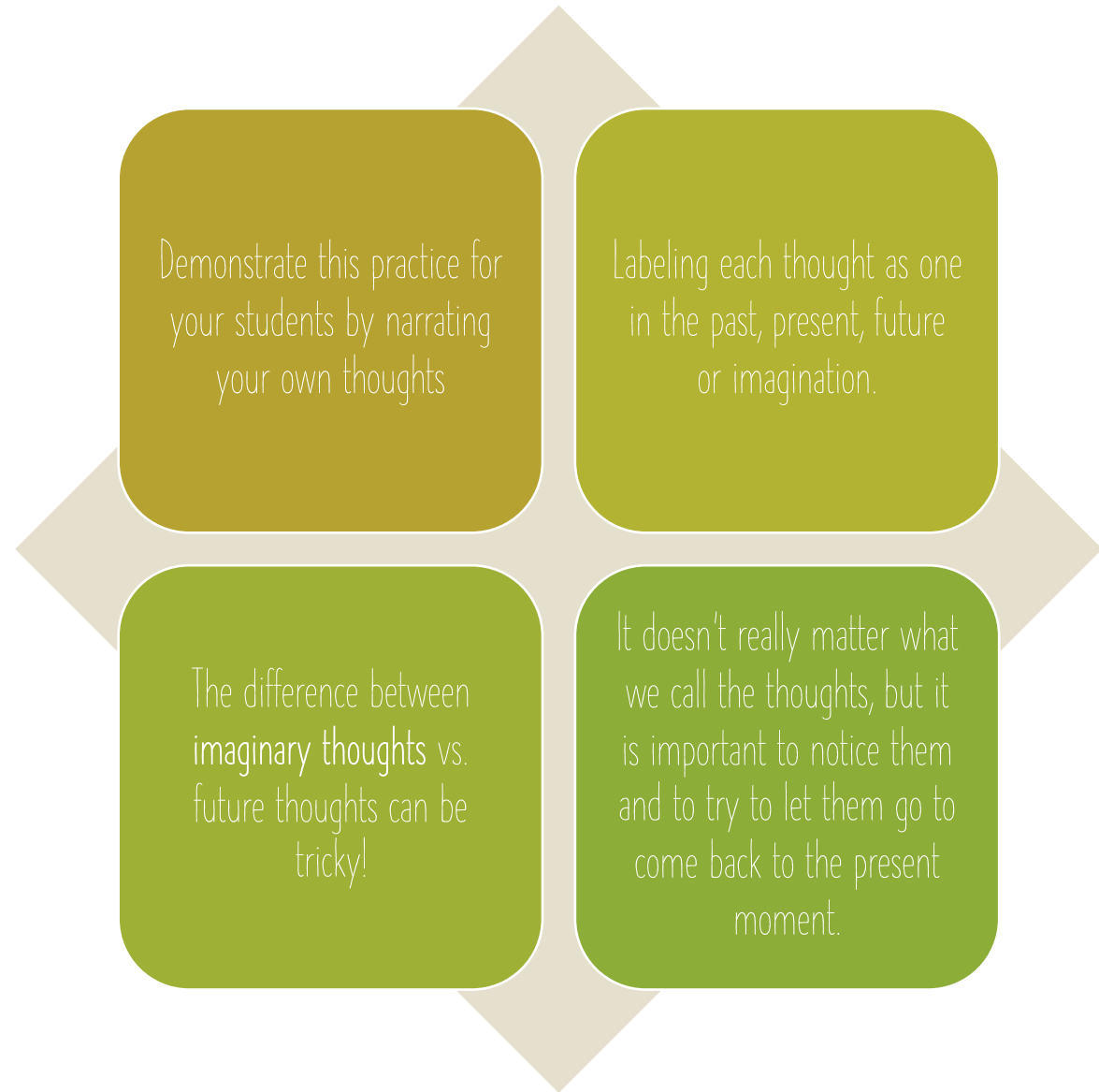


CREATE A CHANNEL

- Sometimes you might notice that your thoughts aren't about the past, present or future but are just imaginings – maybe you are thinking about riding on a unicorn.
- That isn't something that you did in the past or will do in the future but just a different kind of thought.
- What would be a good name for that channel?

Scholars create and share out some possible channel names, based on their thoughts.

TEACHER NARRATION



MINDFUL PRACTICE

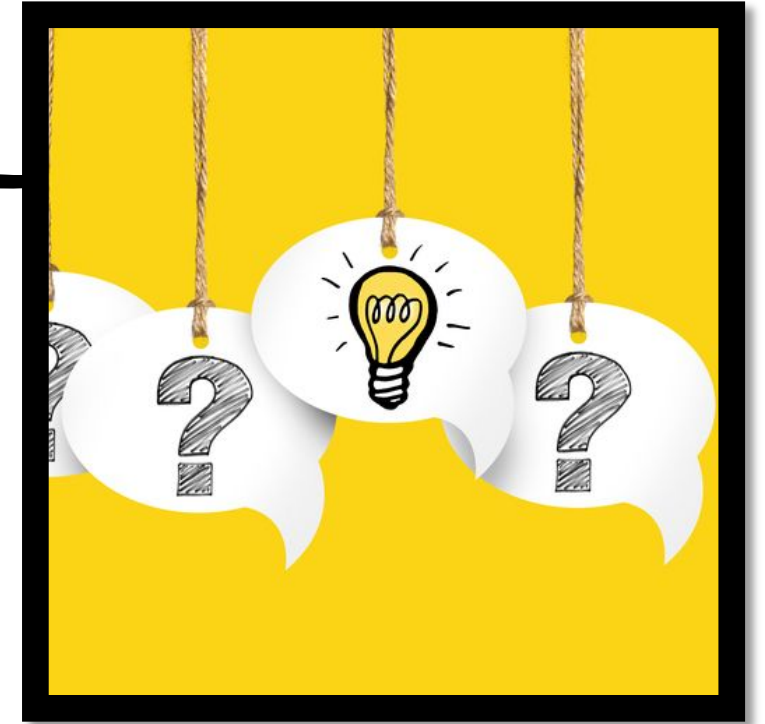
- Today, we are going to try to count our breaths.
- This time, every time you notice that your mind has wandered (and you know it will!) I want you to try to notice if it is a thought about the **past**, the **present**, the **future**, or an **imaginary thought**.
- Once you've labeled that thought, see if you can bring your mind back to counting your breaths.

1. Sit up straight – Close your eyes or look down into your lap.
2. Let's take 3 deep breaths – Lead the class through Past-Present-Future (as described above)
3. Continue breathing in and out.
4. When you notice that your focus has wandered away from your breathing, notice if you are thinking about something that happened in the past or the future, or whether it is about something that is happening right now.
5. Bring your mind back to your breathing. You might want to try counting your breaths to help you.
6. After a few moments – take one more deep breath in and out.

DISCUSS

Where were your thoughts?

- Raise your hand if most of your thoughts were about the past.
- Raise your hand if most of your thoughts were in the present.
- Raise your hand if most of your thoughts were in the future.
- Raise your hand if most of your thoughts were imaginary.
- Raise your hand if you had a mixture.



Why do you think it might be good to keep your mind focused on the present, in this moment?

If your mind is always focused on what has already happened, or what hasn't happened yet, or what might never happen, what do you think you might be missing?

CLOSING - DON'T FORGET!

- When we try to notice where our thoughts are going, we can try to redirect them to where we want them to be. If you tend to worry a lot, your thoughts are mostly in the.. (future).
- Worrying doesn't help make things better and it doesn't stop bad things from happening. But it does keep you from enjoying the good stuff.
- If you notice that your thoughts are often in the future, see if you can try to focus your mind on something right here in the present moment. Try to notice what is good in this moment.

Teachers – share an example from your own life of the value of focusing on the present moment, instead of on the past or future.

STARTING THIS WEEK!

THE WOLF DEN

Looking for some fun? Want to make new friends?
Play online games and connect with others.



Mondays	6th Grade @ 12:20-1pm
Tuesdays	All Wolves Grub Club @ 12:20-1pm
Thursdays	7th Grade @ 12:20-1pm
Fridays	All Wolves 12:20-1pm



JOIN US ON THE IBW SCHOLARS CHANNEL



Gratitude Challenge



Which **HOMEROOM – COLLEGE – COHORT** will submit the most Gratitude Messages?

Teacher Prize

Receive 2 days of Advisory coverage

Class Prize

3 gift cards will be raffled for participating scholars

Challenge Details



Gratitude Is ...

- **SAYING THANK YOU** to people from our school community.
 - **Showing appreciation** for the “little things” in your life.
1. **Choose a gratitude moment to share** – from school or home
 2. **Create your virtual message** (short video or picture of a drawing/note)
 3. **Send to your advisory teacher**

SUBMISSIONS are due by December Friday, Dec. 11th

2 weeks to make it happen!