

Peace of Mind

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Virtual Adaptations-March 2020-Current





School Information

University Academy-Grades k-5-have been virtual all year

Guadalupe Center-Grades k, 1, 3, Middle-6-8-had some hybrid but now online, going back to hybrid in mid February-March

Both public schools in KC, MO urban core

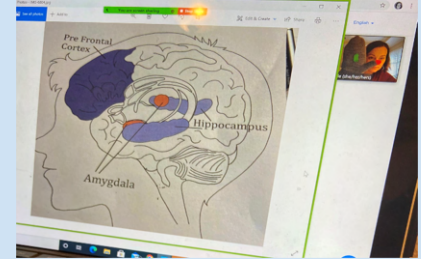
Needs-Challenges

Student motivation, pandemic anxiety, social interactions, family stressors

My role: Whole class zooms, recorded lessons, and soon to be small group lessons

Lesson Basics-Peace of Mind Consistencies

- Continue my own mindfulness practice
- Use the goals to plan lessons/go through each lesson and modify
- Still do read aloud and or videos-just shorter
- Usually use a chime and or brain song to begin and end
- Always do at least two mindfulness practices
- Manage expectations-not all students will be engaged
- Usually have mindfulness helper-lead the mindfulness practice
- Use puppets-Brainy and Leo the Lion





Lesson Modifications



- Shorten the time to capture attention-Read over lesson-use objectives and then shorten for virtual
- Do worksheets together-scan in and then walk through
- The Walk, Stop, Wiggle, Sit game-modify on computer-Stand in front of screen
- Kindness Pals-haven't done yet. Planning to do modification with educator in Spain-Initial plan is to send mindfulness practice back and forth with positive message. Heavy focus on being kind and heartfulness with lessons.
- Listening Walk-You Tube-Nature Sounds-<https://nature.ambient-mixer.com/>
- Students have notebook paper ready-Heartfulness-Draw picture of person on their paper-share on zoom

Student Work

