

Curriculum At-a-Glance

| Unit 1 – Mindfulness Foundations | | | |
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| Week | Mindfulness Skill | Lesson Objective(s) | Materials for Lessons |
| | | | These materials are needed for every lesson: Kindness Pals list, bell or chime, optional talking object |
| 1. Experiencing Mindfulness | Mindful Listening | Experience mindfulness through our senses. Establish kindness practice. | Kindness Pals Worksheet |
| 2. Animal Breaths | Create Your Own | Introduce the concept of mindfulness and create the foundation for mindfulness practice. Have fun with mindful breathing. Help students experience creating their mindfulness practice. Practice kindness. | Animal Breaths Worksheet |
| 3. Meet Marleigh and Tummy Breaths | Tummy Breaths | Teach basic skills of mindfulness practice. Practice kindness. | <i>Marleigh is Mindful Book.</i> A Hoberman Sphere (optional). |
| 4. Take Five Breathing | Take 5 Breathing | Practice using breathing to help calm down. Introduce Mindfulness Helper. Practice kindness. | Copies of the Take 5 Worksheet. <i>Marleigh is Mindful Book.</i> |
| 5. Mindful Seeing | Take 5 Review and Mindful Seeing | Practice noticing details. Practice focusing on one thing. Practice kindness. | <i>Marleigh is Mindful Book.</i> |
| 6. Mindful Listening Walk | Take 5 Review and Mindful Listening | Use our senses to notice sights and sounds around us. Practice kindness. | |
| 7. Heartfulness | Heartfulness | Using the practice of thinking kind thoughts to increase feelings of compassion and empathy for yourself and others. Practice kindness. | <i>Marleigh is Mindful Book.</i> Heartfulness Worksheet. |

| Week | Mindfulness Skill | Lesson Objective(s) | Materials for Lessons |
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| 8. Moving Mindfully | Candle Breaths, Mirror Game, and Freeze Dancing | Learn how Mindful Movements help to connect our bodies and minds and heighten our sense of control of our bodies. Practice Candle Breaths. Practice kindness. | <i>Marleigh is Mindful</i> Book. Music for Freeze Dancing. |
| 9. Wave Breathing | Wave Breathing and Student Creations | Experiment with deep breathing. Practice kindness. | <i>Marleigh is Mindful</i> Book. "Create Your Own Way of Breathing" Worksheet. |
| Unit 2 – Gratitude | | | |
| 10. Feeling Grateful | Gravity Hands and Gratitude Practice | Learn to develop a gratitude practice. Introduce Gravity Hands. Practice kindness. | <i>Marleigh is Mindful</i> book. Listen to "Tell Me Something Good" by Chaka Kahn. Copies of the "I am grateful for..." Worksheet. |
| 11. Sergio Sees the Good | Cup of Gratitude | Learn about Negativity Bias and how we can help our brains remember the little good things. Practice kindness. | <i>Sergio Sees the Good</i> book. |
| 12. Gratitude Marble Game | Student choice: Take Five, Wave Breathing, or Gravity Hands | Practice training our brain to notice the little good things. Reinforce lessons about Negativity Bias. Practice kindness. | Little cups and marbles or pasta, paperclips, any small things that you have a lot of. |
| 13. Gratefuls Box | Straw Breathing | Practice gratitude by making a Gratefuls Box. Learn about Negativity Bias and how we can help our brains remember the little good things. Practice kindness. | Brown paper bags, clear baggies, empty tissue boxes, whatever you have around. Enough for everyone in your class. Little strips of paper - about 2 inches long. Gratefuls Box Worksheet |
| Unit 3 – Feelings and Sensations | | | |
| 14. Mindfulness of Sensations | Noticing Sensations | Practice a new mindfulness exercise. Learn that we can be aware of what is happening in our bodies. Practice kindness. | Kindness Pals Same and Different Worksheet. |
| 15. Mindful Eating | Take 5 Breathing and Mindful Eating | Practice mindful breathing and eating. Apply our mindfulness skills to our everyday lives. Practice kindness. | Enough raisins for all of your class to have one or two. Hand sanitizer. |

| Week | Mindfulness Skill | Lesson Objective(s) | Materials for Lessons |
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| 16. Feelings Game | Flower and Bubble Breaths | Help children name their feelings. Help children to recognize those feelings in others. Practice kindness. | <i>Marleigh is Mindful</i> book. Write different emotions on index cards. |
| 17. Finding Your Feelings | Straw Breathing | Help children to locate where they feel emotions in their bodies. Practice kindness. | Copies of the "Finding Your Feelings" Worksheet. |
| 18. Mindful Listening Challenge | Mindful Listening | Practice Mindful Listening. Practice Gratitude. Practice kindness. | Objects that make sounds, such as: scissors, a bell, a jar of marbles, your footsteps. Commonalities Worksheet |
| 19. Visualization | Visualization Practice | Practice mindful breathing. Learn the skill of visualization to calm down and focus. Practice kindness. | <i>Marleigh is Mindful</i> book. Copies of the Visualization Worksheet. |

Unit 4 – Brain Science

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| 20. Rosie's Brain | Student choice: Take Five, Wave Breathing, or Gravity Hands | Learn three parts of your brain. Practice kindness. | <i>Rosie's Brain</i> book. Brainy the Puppet (optional). |
| 21. Learn About Your Amygdala with Brainy | Take 5 Breathing | Learn about how the Amygdala operates. Practice kindness. | Copies of the Amygdala Worksheet. Review video of Dr. Daniel Siegel's Model of the Brain. Diagram of the brain. |
| 22. Learn About Your PFC with Brainy | Student choice: Take Five, Wave Breathing, or Gravity Hands | Learn about the role of the Prefrontal Cortex. Practice kindness. | Brainy the Puppet (optional). |
| 23. Learn about your Hippocampus with Miss Pickles | Blooming Breaths | Learn about the Hippocampus. Practice gratitude. Practice kindness. | <i>Marleigh is Mindful</i> book. Brainy the Puppet (optional). |
| 24. Jonah Flips His Lid | Take 5 Breathing and Wave Breathing | Learn about using Mindful Breathing to help when you flip your lid. Practice kindness. | Brainy the Puppet (optional). |

| Unit 5 – Conflict Resolution | | | |
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| Week | Mindfulness Skill | Lesson Objective(s) | Materials for Lessons |
| 25. Learn About Conflict with Daisy and Cactus | Color Breaths | Practice Mindful Breathing and noticing thoughts. Introduce the word “conflict”. Practice kindness. | Brainy the Puppet (optional). |
| 26. The Conflict Escalator | Blooming Breaths | Help children understand there is nothing but TROUBLE at the top of the conflict escalator. Practice kindness. | Brainy the Puppet (optional). Review <i>The Story of Dorothy and Natalie</i> in the lesson. Copies of the Conflict Escalator Worksheet. |
| 27. The Guinea Pig Conflict | Squeeze and Release | Reinforce the concept of the conflict escalator. Practice kindness. | Brainy the Puppet (optional). Copies of the Conflict Escalator Worksheet. Review <i>The Guinea Pig Conflict</i> story in lesson. |
| 28. Working it out with Louise and Jack | Squeeze and Release | Learn one method of conflict resolution. Practice kindness. | Brainy the Puppet (optional). Review <i>The Story of Louise and Jack</i> in the lesson. Jack and Louise Worksheet. |
| 29. Working it out with Jahiem and Avi | Gravity Hands | Practice Gravity Hands. Practice working out conflicts peacefully. Practice kindness. | Brainy the Puppet (optional). Review <i>The Story of Jahiem and Avi</i> in the lesson. Jahiem and Avi Worksheet. |
| Unit 6 – Kindness | | | |
| 30. Henry is Kind | Heartfulness | Help the children get into the habit of doing kind things. Notice the good feelings that come from showing kindness to others. Practice Heartfulness. | <i>Henry is Kind</i> Book. Chart paper for making an Anchor Chart. Sticky notes with hearts drawn on them. Kind to Me Worksheet. |
| 31. Gratitude Cards | Heartfulness | Practice mindful gratitude. Encourage the children to appreciate the kindness of the people around them and to practice expressing that gratitude. | Enough paper folded in half like a card for all of the school staff you will thank, crayons or markers. Make sure to include office staff, custodians, school resource officers, and so on. |
| 32. The Kindness Chain | Heartfulness | Practice mindful breathing. Illustrate the power of words to start a chain of kindness. Make a kindness chain. Practice kindness. | |