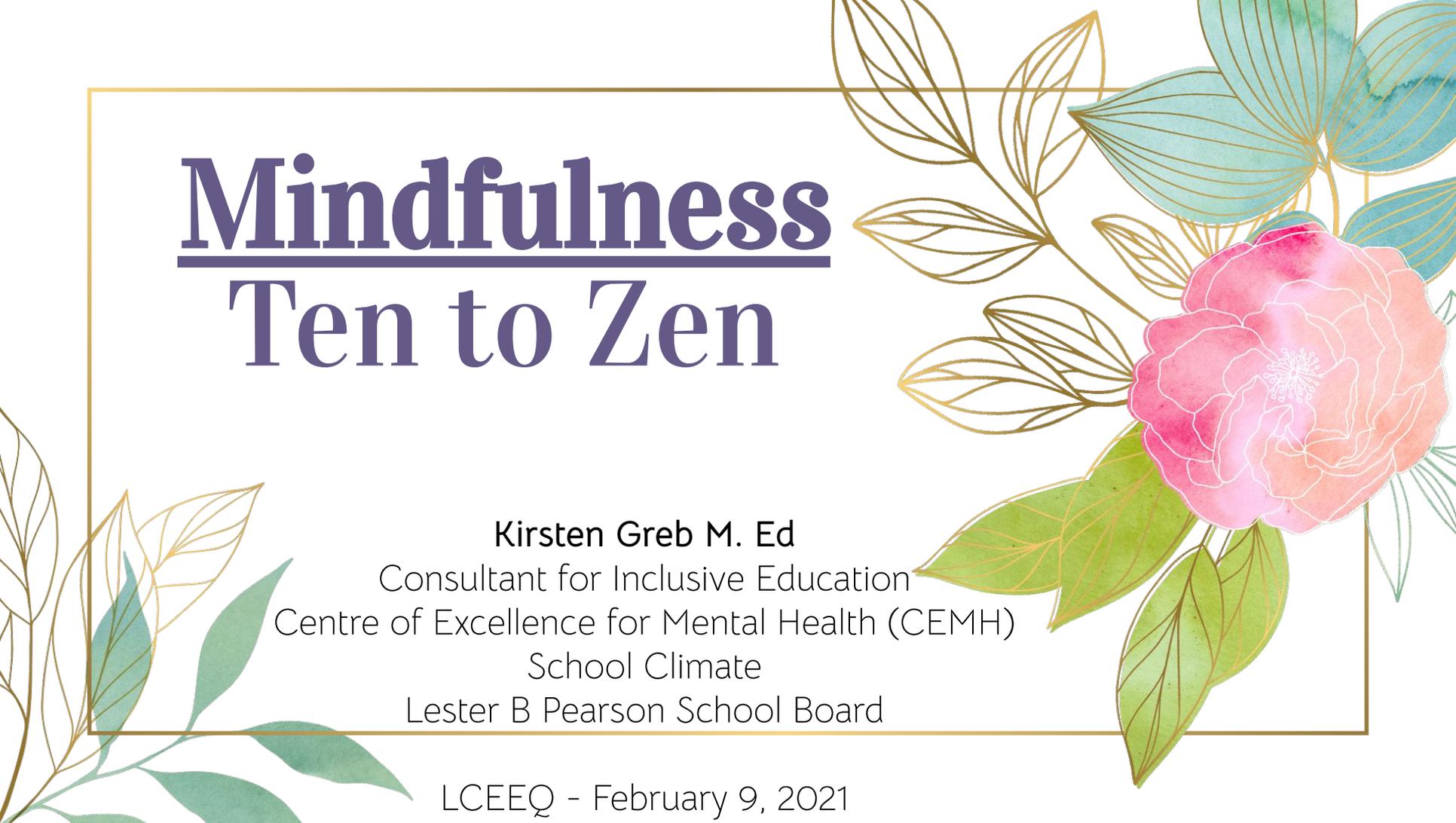


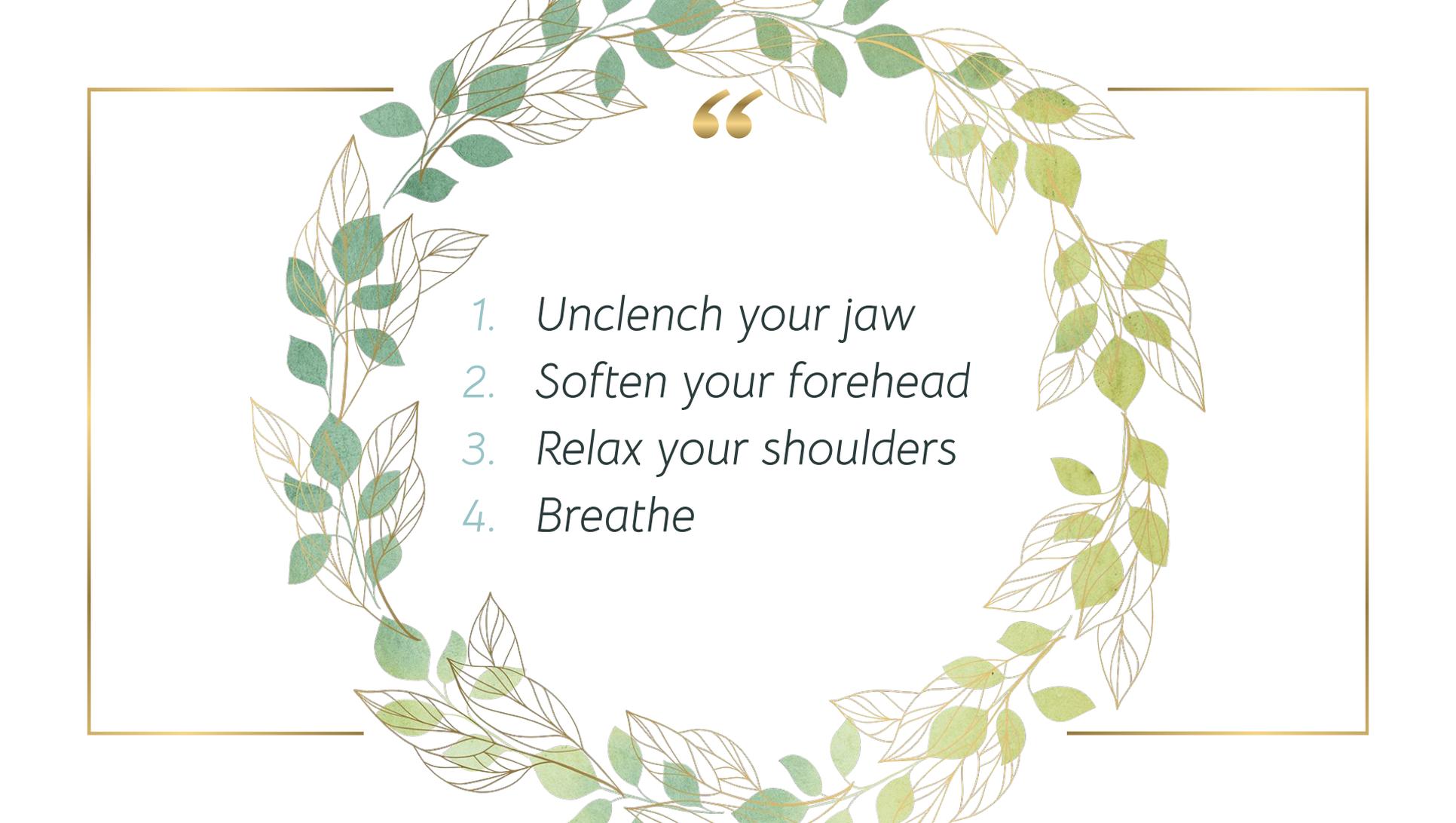
# Mindfulness Ten to Zen

**Kirsten Greb M. Ed**

Consultant for Inclusive Education  
Centre of Excellence for Mental Health (CEMH)  
School Climate  
Lester B Pearson School Board

LCEEQ - February 9, 2021



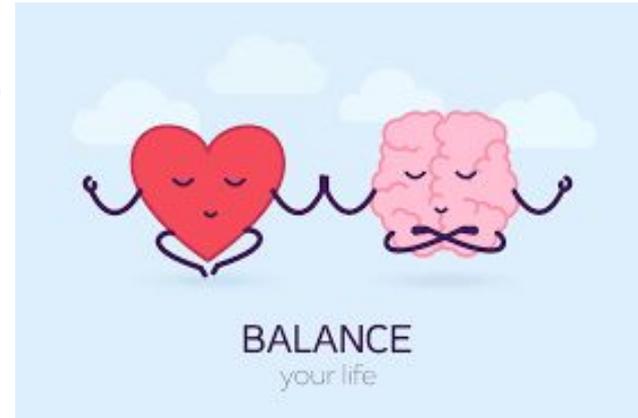


“

1. *Unclench your jaw*
2. *Soften your forehead*
3. *Relax your shoulders*
4. *Breathe*

# Today We Will Discuss...

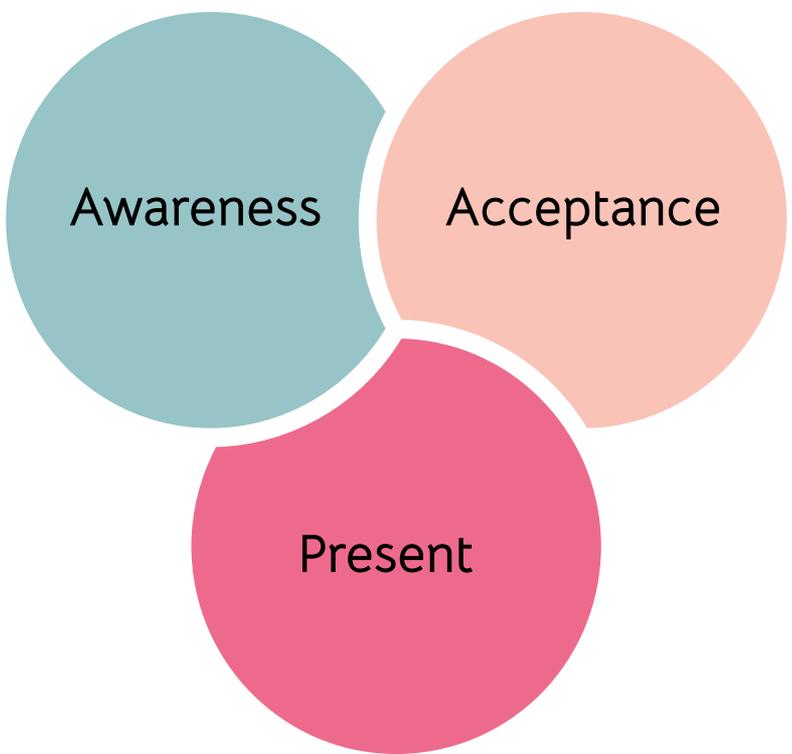
- ★ Mindfulness: What it means and its benefits
- ★ Touch on Stress and SEL
- ★ Explore some mindful practices that can be used in and out of the classroom
- ★ Put our knowledge into practice



# What is Mindfulness?

- ★ Being fully present - in the present moment
- ★ Paying attention without judgement
- ★ Noticing thoughts and allowing feelings to exist
- ★ Bringing awareness

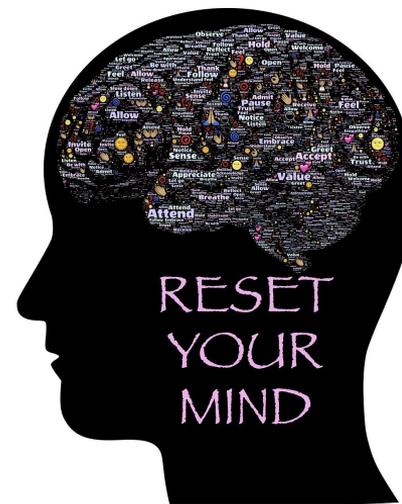
*For fast acting relief, try slowing down - Lily Tomlin*



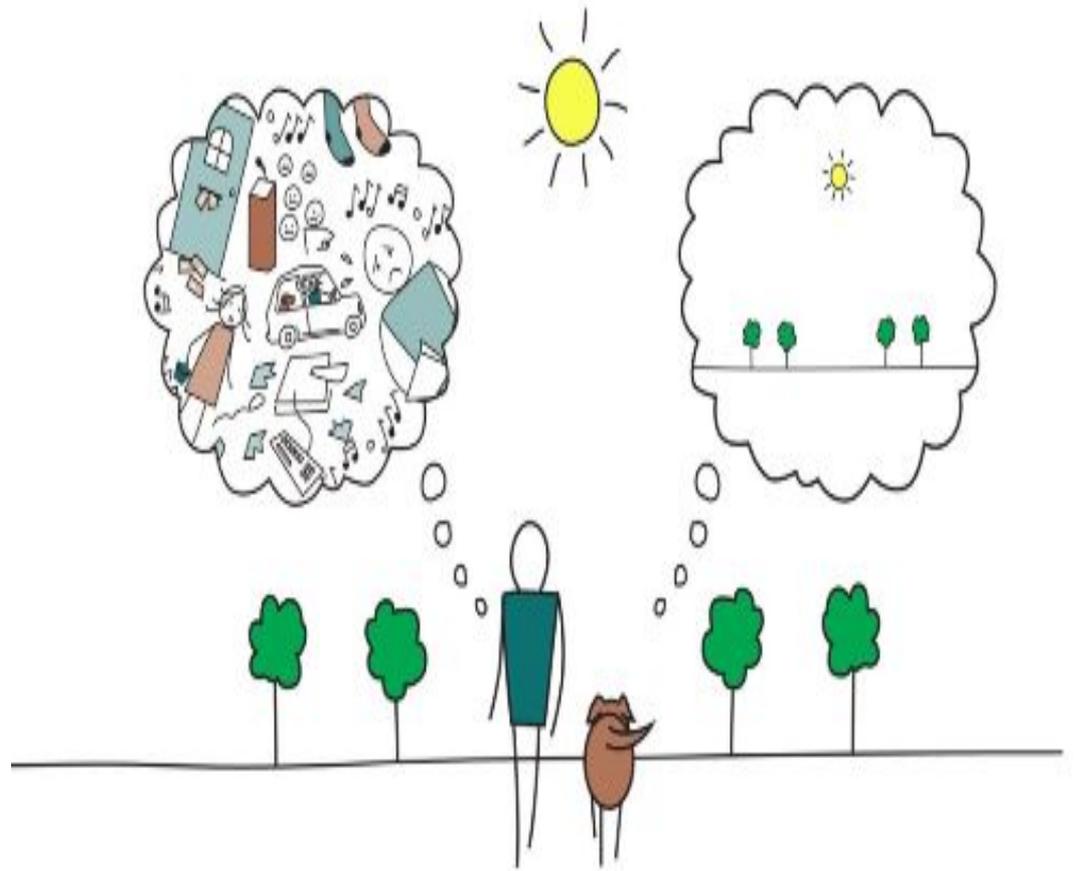
Awareness

Acceptance

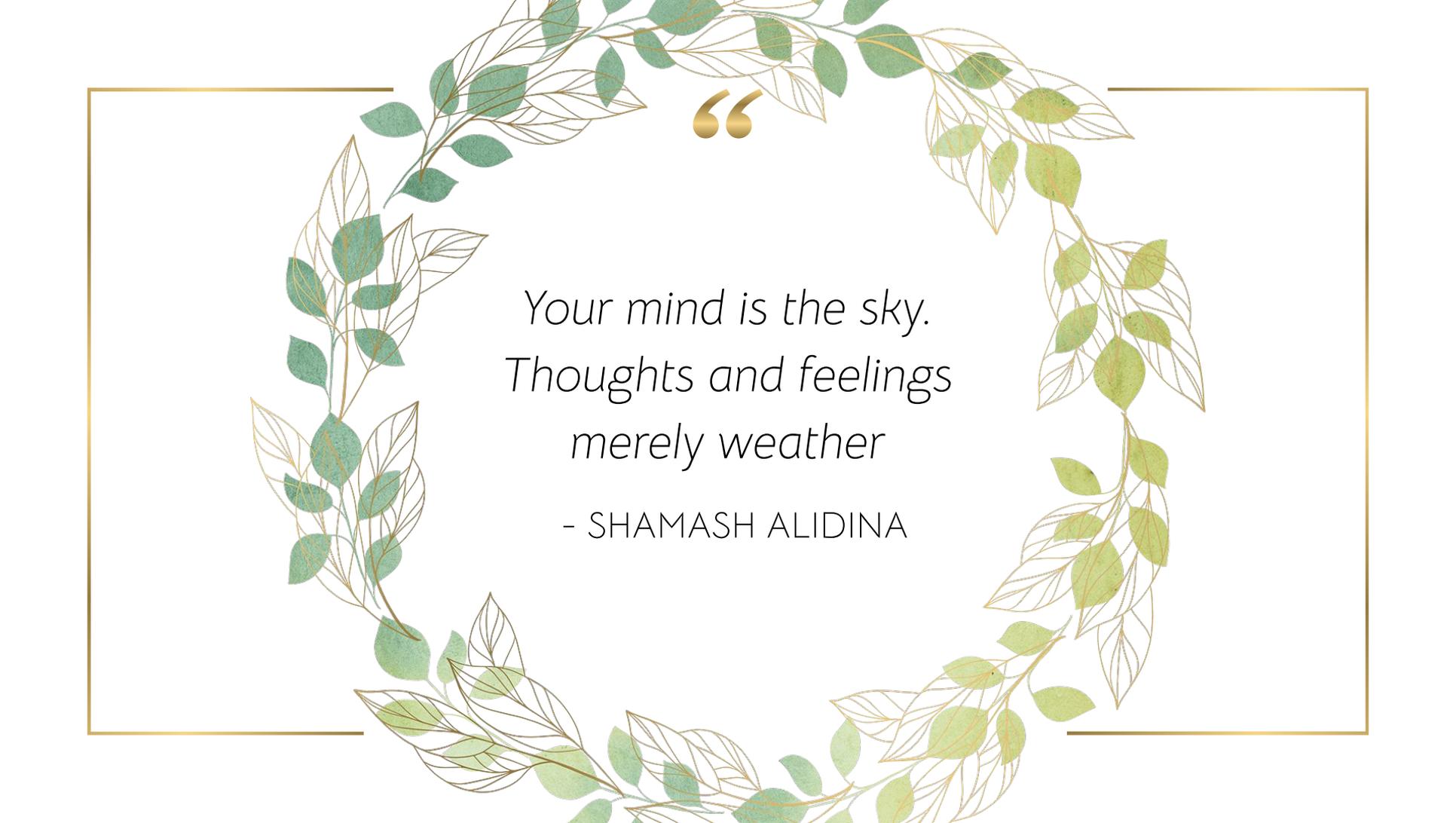
Present



**You can  
learn a lot  
from  
a dog**



Mind Full, or Mindful?



“

*Your mind is the sky.  
Thoughts and feelings  
merely weather*

- SHAMASH ALIDINA

# Mindfulness is Not...

- ★ Getting rid of thoughts or escaping them
- ★ Just positive thinking or relaxing
- ★ Just about paying attention
- ★ About changing who you are
- ★ Just meditation

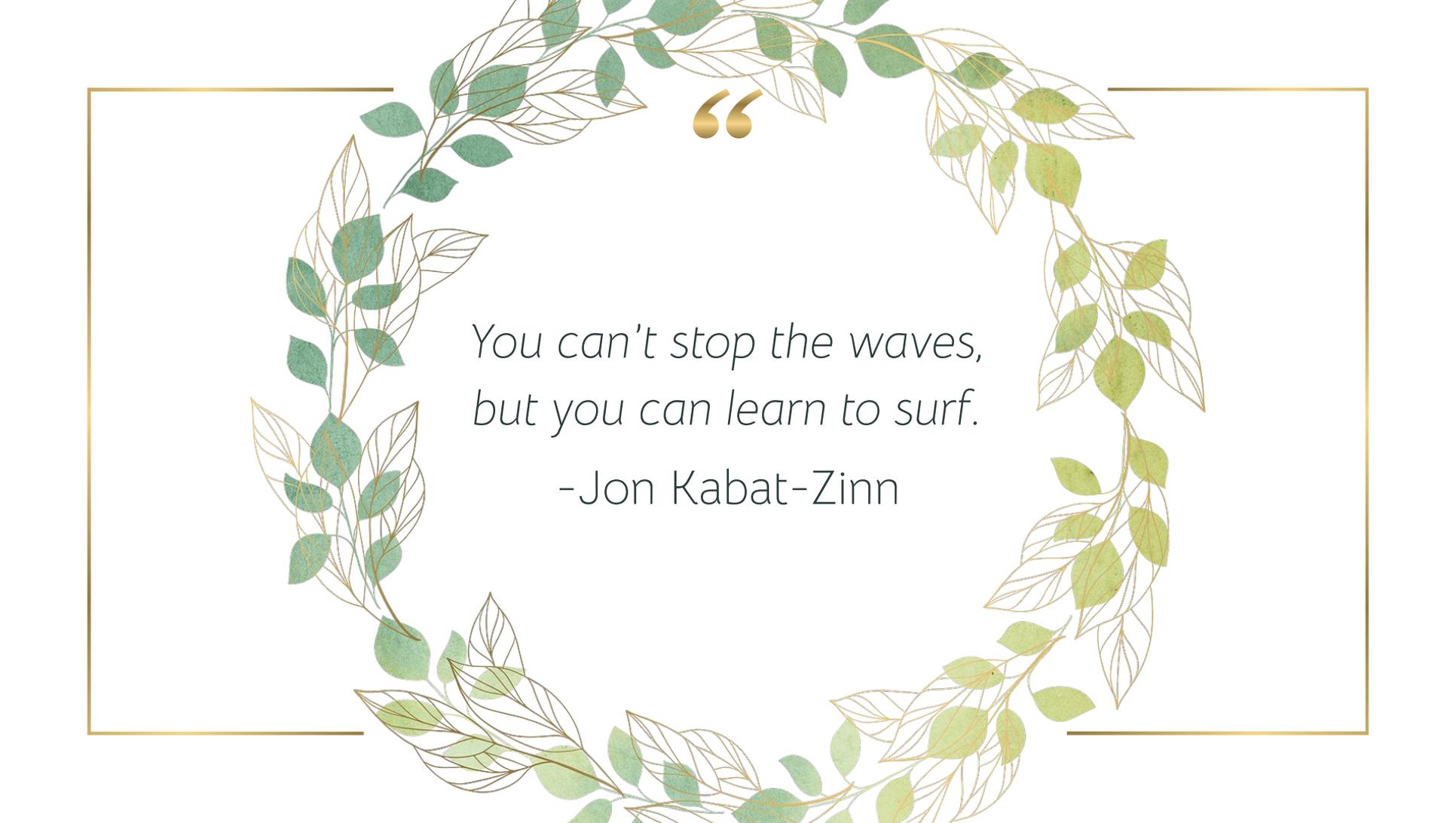


# By Teaching, Practicing and Modelling Mindfulness We Help Students...

- ★ Build the essential skills on how to self regulate emotions
- ★ Manage their behaviour and increase self-awareness
- ★ Pay more attention in class - improved focus and attention
- ★ Practice compassion, kindness and empathy
- ★ Learn how to cope with anxiety and stress

Kira Willey

[Bite-Sized Mindfulness: An easy Way for Kids to b Happy and Health](#)



“

*You can't stop the waves,  
but you can learn to surf.*

-Jon Kabat-Zinn

**Time for a Check In...**



# What is Stress?

- ★ Stress is the body's reaction to a physical or emotional situation that causes imbalance in a person's life
- ★ Takes us out of our comfort zone
- ★ A normal mechanism that helps us complete tasks

## 8 WAYS A CHILD'S ANXIETY SHOWS UP AS SOMETHING ELSE

### 1. Anger

The perception of danger, stress or opposition is enough to trigger the fight or flight response leaving your child angry and without a way to communicate why.



### 2. Difficulty Sleeping

In children, having difficulty falling asleep or staying asleep is one of the hallmark characteristics of anxiety.



### 3. Defiance

Unable to communicate what is really going on, it is easy to interpret the child's defiance as a lack of discipline instead of an attempt to control a situation where they feel anxious and helpless.



### 8. Overplanning

Overplanning and defiance go hand in hand in their root cause. Where anxiety can cause some children to try to take back control through defiant behavior, it can cause others to overplan for situations where planning is minimal or unnecessary.



### 4. Chandeliering

Chandeliering is when a seemingly calm person suddenly flies off the handle for no reason. They have pushed hurt and anxiety so deep for so long that a seemingly innocent comment or event suddenly sends them straight through the chandelier.



### 5. Lack of Focus

Children with anxiety are often so caught up in their own thoughts that they do not pay attention to what is going on around them.

FOCUS

### 6. Avoidance

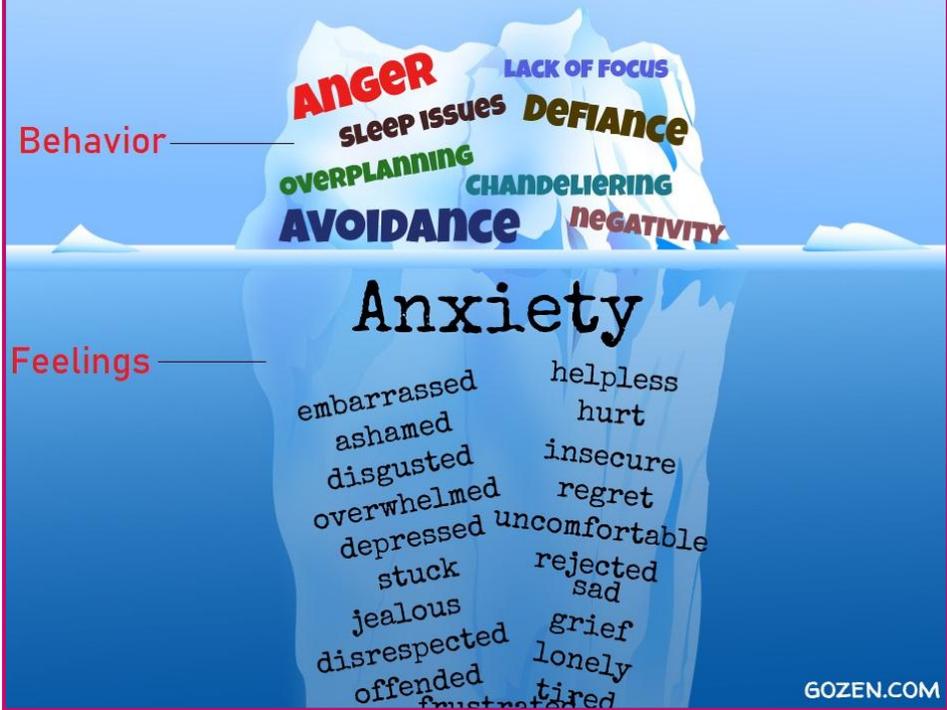
Children who are trying to avoid a particular person, place or task often end up experiencing more of whatever it is they are avoiding.



### 7. Negativity

People with anxiety tend to experience negative thoughts at a much greater intensity than positive ones.

# ANXIETY ICEBERG REVISED



# Thinking Traps



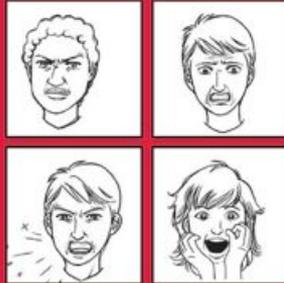
Fortune Telling	"I know I will fail"
Overgeneralization	"I always make mistakes"
Mind reading	"Everyone hates me" "People are laughing at me"
Filtering	Focus on the negative not the positive
Overestimating of Danger	"I am going to die"
Catastrophizing	"I'll freak out and nobody will help"

# Benefits of Social Emotional Learning

- ★ Help students understand their own feelings and emotions
- ★ Self awareness
- ★ Self-regulation
- ★ How to manage emotions
- ★ Practice social skills and empathy



# The **ZONES** of Regulation®

			
<b>BLUE ZONE</b> Sad Sick Tired Bored Moving Slowly	<b>GREEN ZONE</b> Happy Calm Feeling Okay Focused Ready to Learn	<b>YELLOW ZONE</b> Frustrated Worried Silly/Wiggly Excited Loss of Some Control	<b>RED ZONE</b> Mad/Angry Terrified Yelling/Hitting Elated Out of Control



# What Zone Are You In?

Blue



Green



Yellow



Red



Sick  
Sad  
Tired  
Bored  
Moving Slowly

Happy  
Calm  
Feeling Okay  
Focused  
Ready to Learn

Frustrated  
Worried  
Silly/Wiggly  
Excited  
Loss of Some  
Control

Mad/Angry  
Mean  
Yelling/Hitting  
Disgusted  
Out of Control

# Zones Check-in



**ZONES** Check-In

I  feel

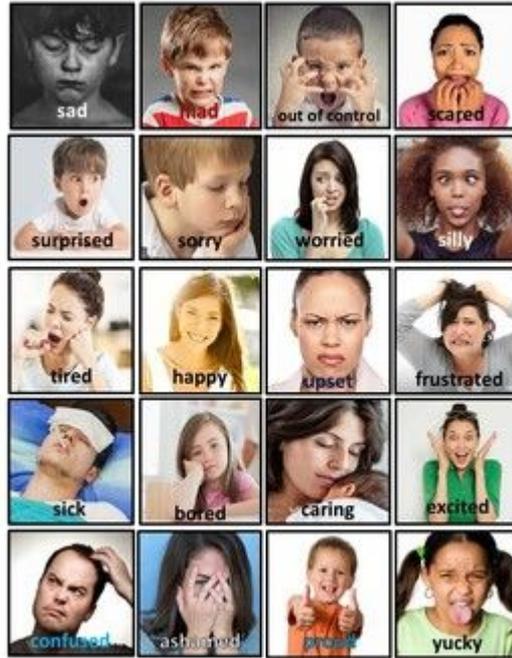
I'm in the  Zone.

**BLUE**

**YELLOW**

**RED**

**GREEN**



**Blue Zone**  
**Tools:** Rest Stop

- Take a break.
- Think happy thoughts.
- Talk about your feelings.
- Ask for a hug.
- Draw a picture

**Green Zone**  
**Tools:** Go Time

- Complete your work.
- Listen to the teacher.
- Remember your daily goal.
- Think happy thoughts.
- Help others.

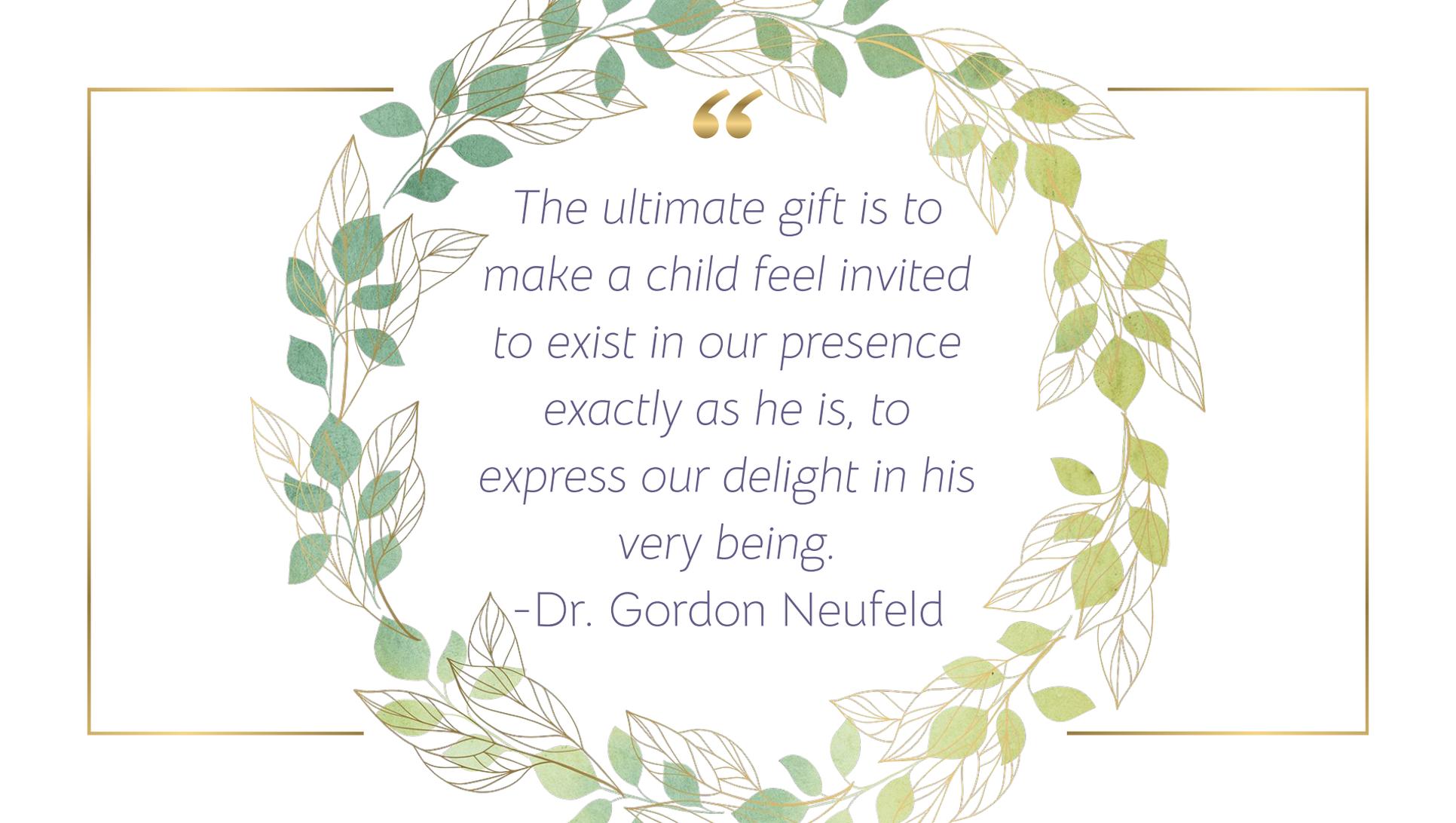
**Yellow Zone**  
**Tools:** Slow Down

- Take a break.
- Talk to the teacher.
- Squeeze my stress ball.
- Go for a walk.
- Take three deep breaths.

**Red Zone**  
**Tools:** Stop

- Take a break.
- Squeeze my stress ball.
- Take three deep breaths.
- Count to ten.
- Talk about my problem.





“

*The ultimate gift is to  
make a child feel invited  
to exist in our presence  
exactly as he is, to  
express our delight in his  
very being.*

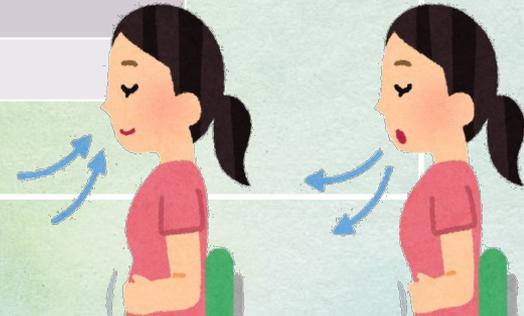
-Dr. Gordon Neufeld

# 1. Breathing



# Diaphragmatic Breathing

Sympathetic (Fight or Flight)	Parasympathetic (Rest and digest)
Increased heart rate	Relaxed heart rate
Increased respiratory rate – shortness of breathe	Relaxed breathing through diaphragm
Decreased blood flow to brain – confusion, difficulty thinking clearly	Increased blood flow to brain – thinking clearly
Decreased blood flow to GI tract – stomach aches	Increased blood flow to GI tract - Digestion working well
Increased blood flow to muscles – fight/flight	Decreased blood flow to muscles
Throat tightening	



# Just Breathe



Hot Chocolate



Take 5!



Star Breathing

Bee Breath

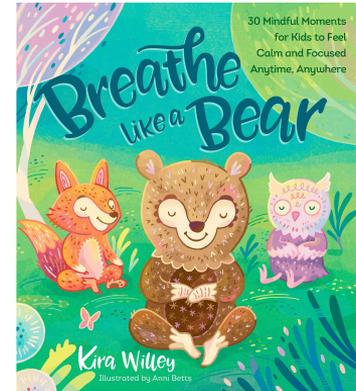
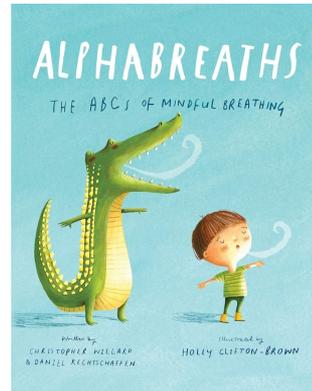


Smell a Flower



# Listening and Breathing

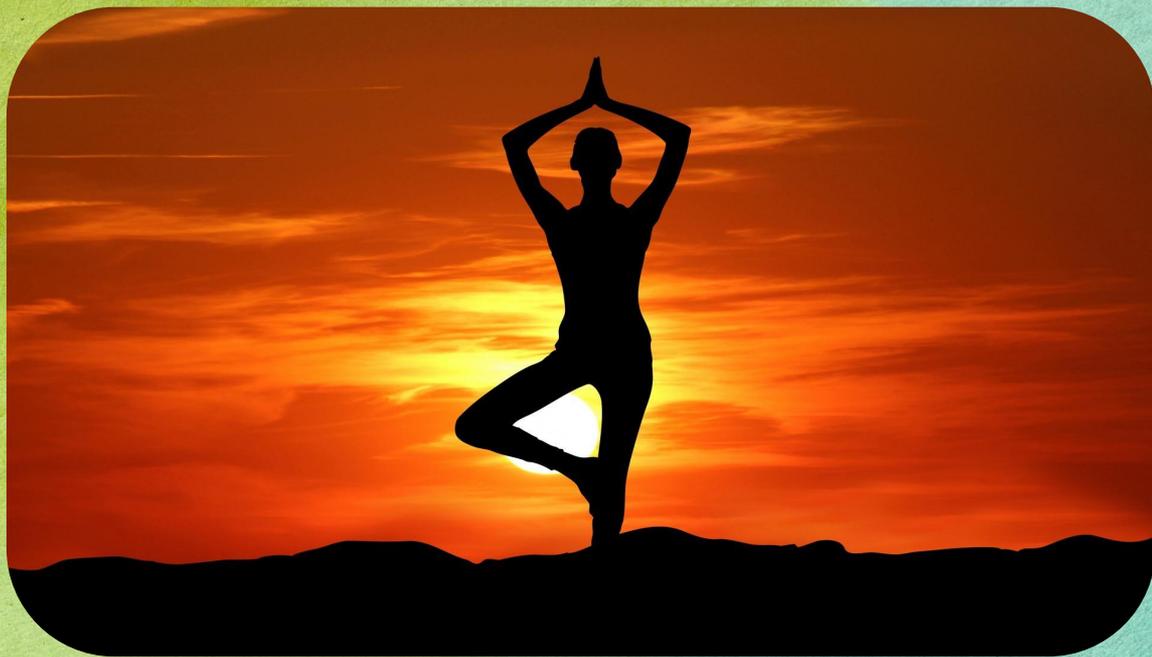
- ▷ Deep breaths
- ▷ Bubbles
- ▷ Pinwheel
- ▷ Sound - bell
- ▷ Patience Game - live in the moment, experience the moment right now



# One Mindful Breath...



# 2. Movement

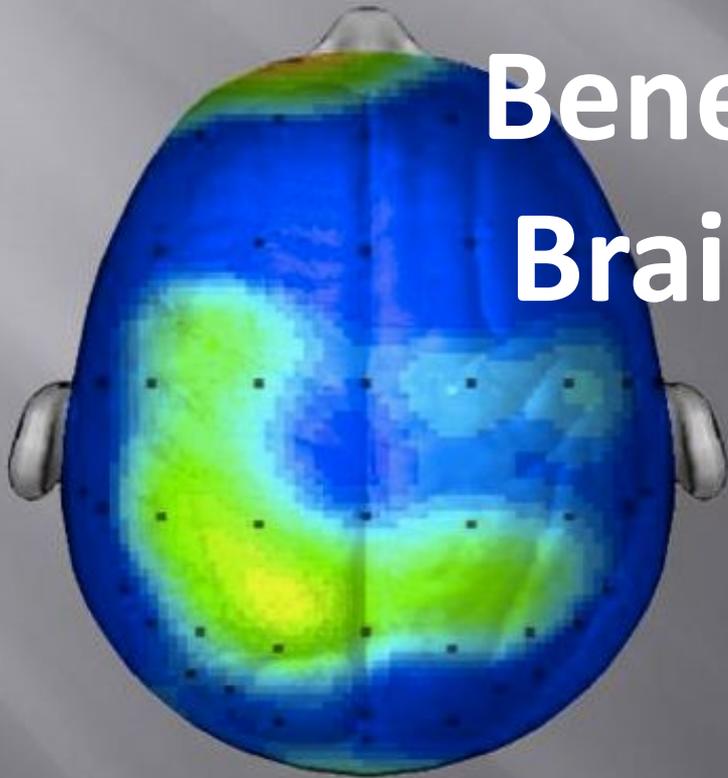


GET UP AND  
*Get moving!*

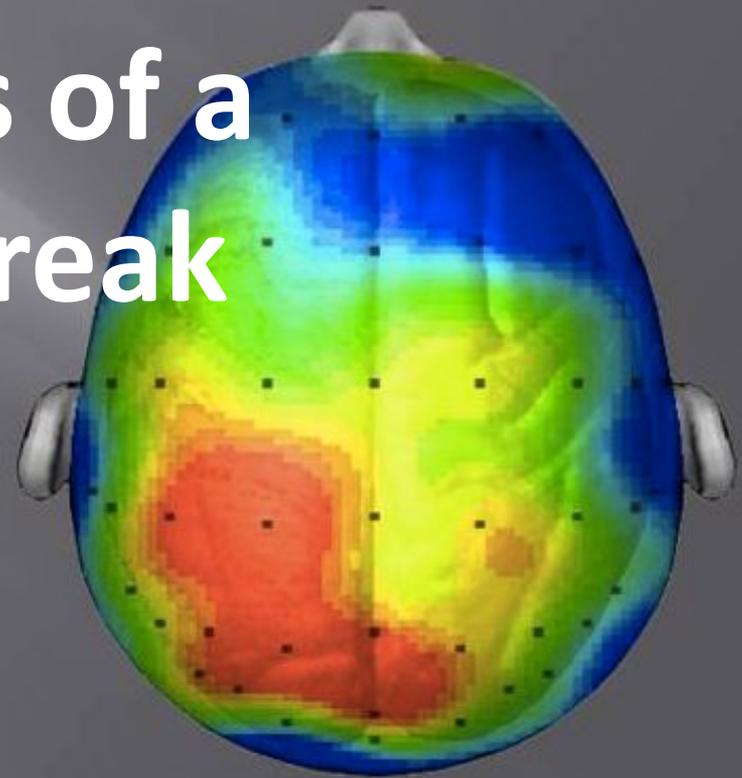


BRAIN AFTER SITTING  
QUIETLY

BRAIN AFTER 20 MINUTE  
WALK



# Benefits of a Brain Break



Research/scan compliments of Dr. Chuck Hillman University of Illinois

# ANIMAL YOGA



**I am a giraffe.**  
EXTENDED MOUNTAIN POSE



**I am an elephant.**  
STANDING WIDE-LEGGED POSE



**I am a dog.**  
DOWNWARD-FACING DOG POSE



**I am a cat.**  
CAT POSE



**I am a butterfly.**  
COBBLER'S POSE

© Kids Yoga Stories

## CALM DOWN YOGA FOR KIDS



**I am strong.**



**I am kind.**



**I am brave.**



**I am friendly.**



**I am wise.**



Childhood 101 & Kids Yoga Stories

© Childhood 101.com

# Room to Breathe



Force 4 film crew taking a mindful break!



# 3. Body Scan

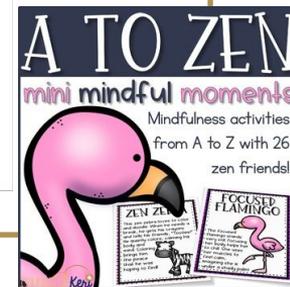
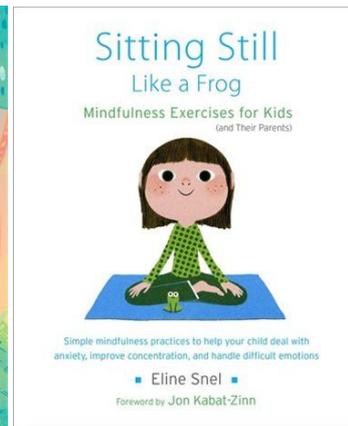
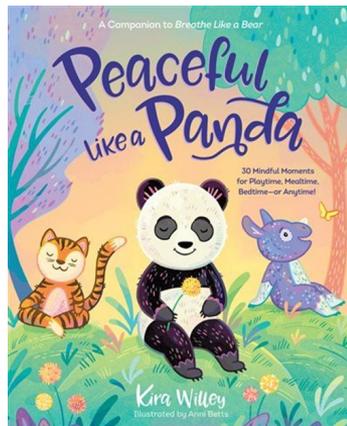


Take 10 minutes out of  
your day



# Body Scan

- ▷ Breathing
  - ▷ Bring awareness to all parts of the body
  - ▷ Whole body relaxation
  - ▷ Read a script
  - ▷ Listen to a recording
  - ▷ Watch a video
- Ex. GoZenonline  
Cosmic Kids Yoga
- ▷ [3 minute body scan](#)



# 4. Visualization



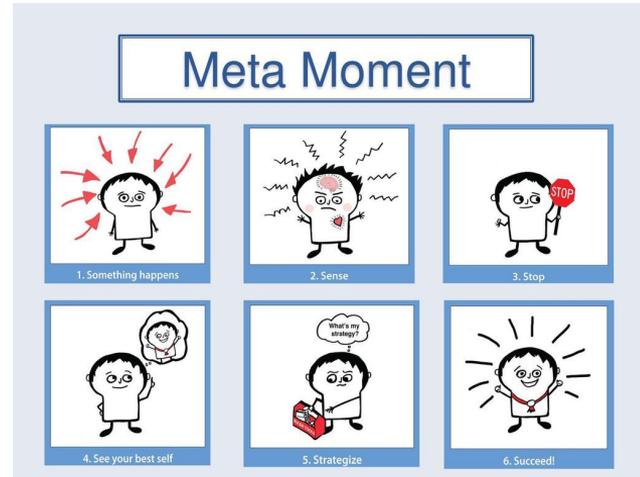
# 60 Second Fix



# Meta Moment

1. *Sense the shift*
2. *Stop or Pause!*
3. *See your best self*
4. *Strategize and Act*

- Marc Brackett

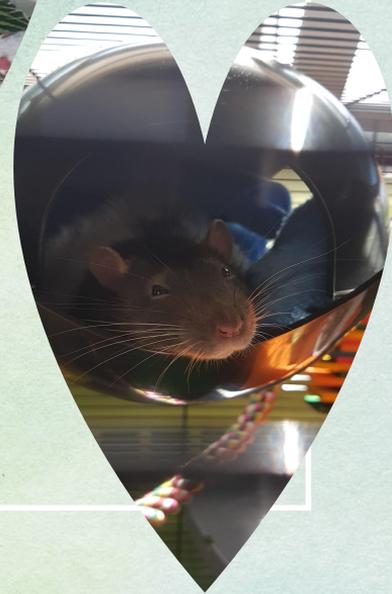


# 5. Activating Your Senses



- ▶ Light jars
- ▶ Kinetic sand
- ▶ Squishies
- ▶ Tangle Toys
- ▶ Coloring Mandalas
- ▶ Drawing/painting
- ▶ Small soft toys
- ▶ Small bean bags
- ▶ Bean filled pillows
- ▶ Stress Balls

- Sensory Bins
- Pieces of furry fabric
- Wikki Stix
- Mindful Magic jars
- Pinwheel for breathing
- Lego
- Play D'Oh
- Music
- Pet Therapy



# Fidgeting





Don't just look, observe.

Don't just swallow, taste.

Don't just sleep, dream.

Don't just think, feel.

Don't just exist, live.

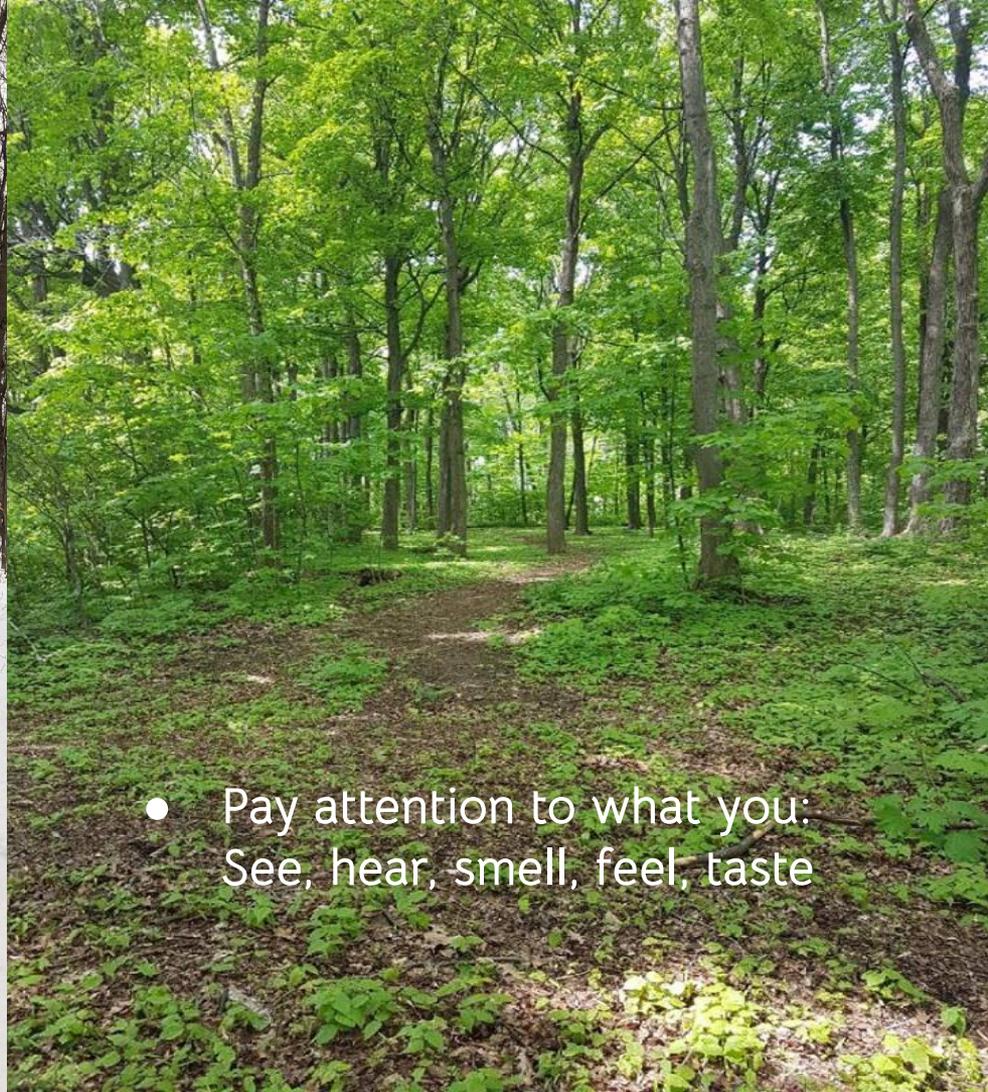


# 6. Reconnect With Nature





- 5-10 min walk around outside



- Pay attention to what you:  
See, hear, smell, feel, taste

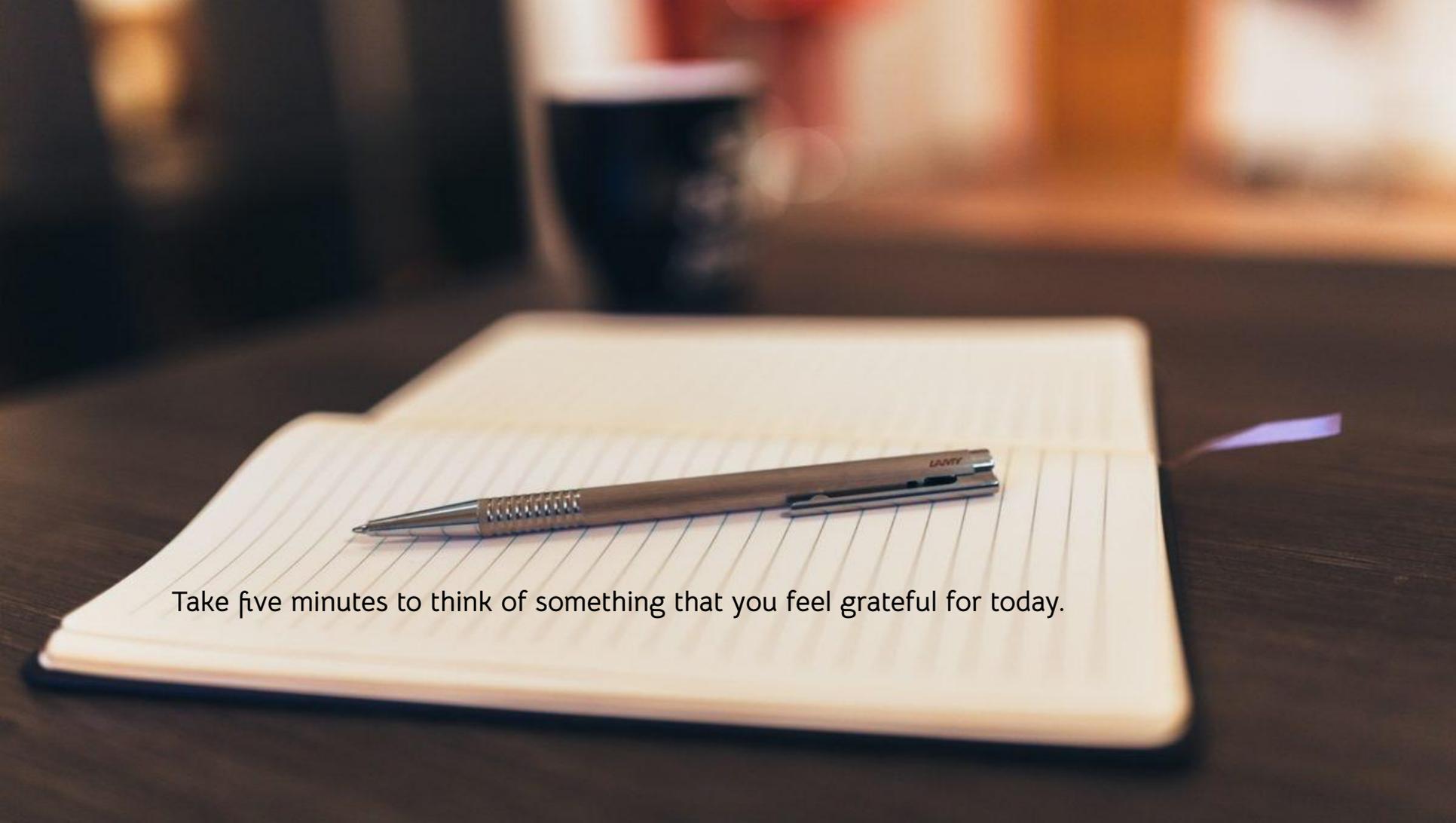
You don't need a forest.

Just go outside.

Be outside and reconnect with nature.





An open, lined notebook lies flat on a dark wooden surface. A silver ballpoint pen with a textured grip is positioned horizontally across the center of the notebook's pages. In the background, a dark glass filled with a dark beverage and a thick head of foam is visible, slightly out of focus. The scene is lit with warm, soft light, creating a cozy and contemplative atmosphere.

Take five minutes to think of something that you feel grateful for today.

- A person in your life you appreciate
- A skill or ability you have
- An item that you love
- Something that makes you laugh
- A hobby you are grateful to be able to do
- Something you love to eat
- What was the BEST part of your day?



# GRATITUDE GAME

 Name a Person You are Thankful for

 Name a Place You are Thankful for

 Name a Food You are Thankful for

 Name a Thing You are Thankful for

 Name Anything of Your Choice

- ★ Explain why you are grateful for the word chosen
- ★ Use Skittles, colored rods or anything!

# 8. Positive Affirmations



# Positive Mantras



REPEAT AFTER ME!

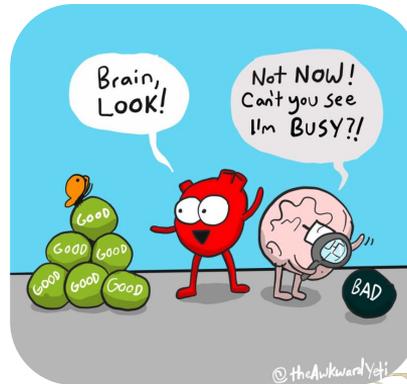
- ★ Today is a new day!
- ★ I can start fresh!
- ★ I am smart!
- ★ I am loved!
- ★ I am Awesome!

Daily Affirmation

“

*Our life is shaped by our mind,  
for we become what we think.*

-Buddha



# Morning Meetings and Connections

- ▷ Circle time
- ▷ Class norms
- ▷ Give a compliment, take a compliment
- ▷ Buddy up!
- ▷ Group discussion
- ▷ Thumbs up or down
- ▷ One word check-in
- ▷ Classroom mailbox
- ▷ Popcorn with a ball
- ▷ Morning messages
- ▷ Morning mantras
- ▷ Lunch dates
- ▷ Smile and say hi



# 9. Grounding



# Grounding Techniques

5 - 4 - 3 - 2 - 1

A Grounding/Calmng Strategy

5 things you can see

4 things you can feel

3 things you can hear

2 things you can smell

1 thing you can taste  
(or 1 thing you love about  
yourself)

5 4 3 2 1 Grounding Exercise





You can tell students to  
switch their senses up to a  
superhero level!  
Just like Spiderman...

# 10. Look for Moments



# Mindfulness in the Classroom

- ▷ Be aware of your own emotions
- ▷ The right atmosphere
- ▷ Mindfulness is not mandatory
- ▷ Be a good marketer
- ▷ Keep it simple
- ▷ PRACTICE, PRACTICE, PRACTICE
- ▷ Use mindfulness yourself
- ▷ Mindfulness area or station

# Helpful Reminders

## PACE:

**P**osition

Become **A**ware

**C**heck in

**E**mbrace

## STOP:

**S**top

**T**ake a Breath

**O**bserve

**P**roceed

Dawn Andrews [www.mindfullyu.co.uk](http://www.mindfullyu.co.uk)



# Amy SALTZMAN'S mindfulness FOR KIDS

www.STILLQUIETPLACE.com

**S**  
**T**  
**A**  
**R**

**S** IS FOR STOP...  
WHEN YOU ARE FACED  
WITH A DIFFICULTY, STOP

**T** IS FOR TAKE A BREATH...  
USUALLY TAKING A FEW  
SLOW DEEP BREATHS  
RELAXES THE MIND.

**A** IS FOR ACCEPT...  
ACCEPT THAT YOU'RE  
HAVING DIFFICULTY

**R** IS FOR RESTART...  
WHEN YOU ARE READY YOU  
CAN TRY AGAIN OR MOVE ON  
TO SOMETHING ELSE

Ages 8-11

MINDFULNESS IS PAYING ATTENTION HERE AND  
NOW, WITH KINDNESS AND CURIOSITY, AND  
THEN CHOOSING YOUR BEHAVIOR.

AMY SALTZMAN

**A**  
**B**  
**C**

**A** IS FOR ATTENTION...  
SOMETIMES IT HELPS TO  
STOP AND PAY ATTENTION  
TO OUR BREATH

**B** IS FOR BREATH...  
USUALLY WHEN WE PAY  
ATTENTION TO OUR BREATH  
IT IS EASIER TO FEEL CALM

**C** IS FOR CHOOSE...  
WE CAN MAKE A CHOICE  
THAT IS KIND FOR US  
AND KIND TO OTHERS

Ages 5-7

**P**  
**E**  
**A**  
**C**  
**E**

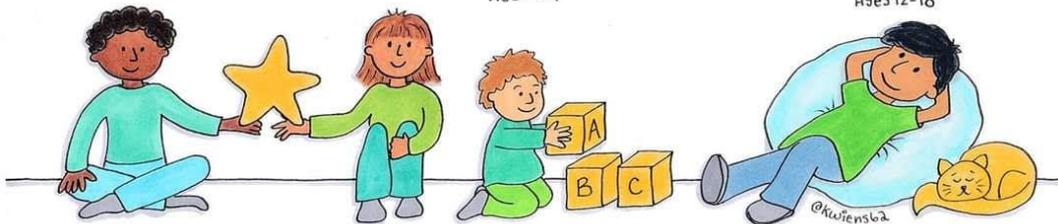
**P** IS FOR PAUSE...  
PAUSE WHEN YOU  
REALIZE THAT THINGS  
ARE DIFFICULT

**E** IS FOR EXHALE...  
KEEP BREATHING  
SLOW, DEEP BREATHS

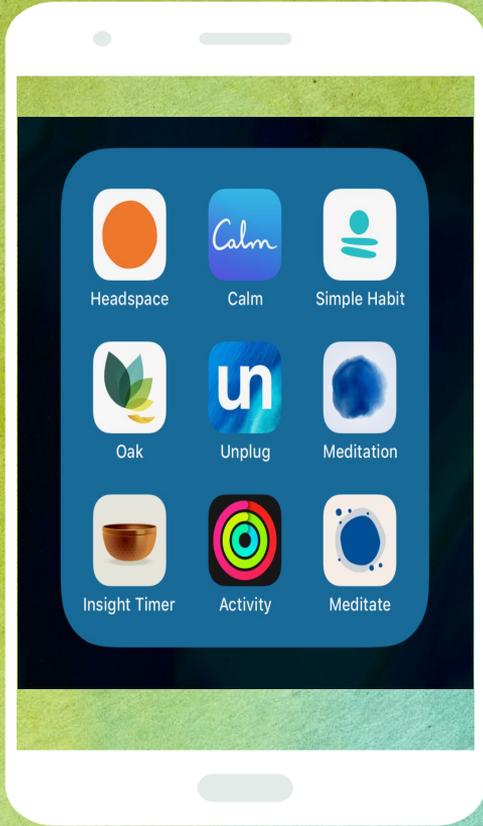
**A** IS FOR ACCEPT...  
ACCEPT THAT THE  
SITUATION IS WHAT IT IS

**C** IS FOR CHOOSE...  
MAKE A CHOICE  
THAT IS KIND TO YOURSELF  
AND KIND TO OTHERS

**E** IS FOR ENGAGE  
WHEN YOU ARE READY  
ENGAGE WITH THE SITUATION  
& PEOPLE INVOLVED  
Ages 12-18



# Mindfulness & Relaxation Apps



- ❖ Breethe
- ❖ Headspace
- ❖ Calm
- ❖ Stop, Breathe & Think
- ❖ Insight Timer
- ❖ RespiRelax+
- ❖ Moshi
- ❖ Down Dog

# Helpful Websites

- ❖ Cosmic Kids Yoga - YouTube
- ❖ Gozenonline - YouTube
- ❖ <https://smh-assist.ca/>
- ❖ <https://ripplekindness.org/>
- ❖ <http://www.actionforhappiness.org/>
- ❖ [www.yourcalmspot.com](http://www.yourcalmspot.com)
- ❖ [Mindful](#)
- ❖ [McGill Meditation](#)
- ❖ [Centre of Excellence for Mental Health](#)

# Resources

- ▷ [Mindful Moments Cards](#)
- ▷ [Animal Breathing Techniques](#)
- ▷ [Progressive Muscle Relaxation Script](#)
- ▷ [Guided Meditation for Kids – Free Relaxation Scripts for Kids](#)



# Videos

- ▶ [Mindfulness: Observing a Train of Thoughts](#)
- ▶ [Everyday Mindfulness](#)
- ▶ [Two Wings to Fly: Mindfulness and Compassion](#)
- ▶ [Small Ways to Practice Self-Care in Difficult Times](#)
- ▶ [The Reflection in Me](#)





# Tips for Practicing Mindfulness During a Pandemic

1. Remember everything you are doing is fine  
-Everyone doing the best they can
2. Short practices are good - even just one mindful breath
3. Try and bring some movement into your mindful practices

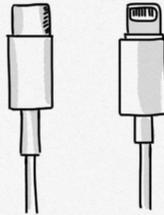


<https://www.shamashalidina.com/blog/practicing-teaching-tips-pandemic>

“

*Almost everything will  
work again if you unplug  
it for a few minutes.*

*Including you.*



All of us charge differently.  
You, do you.



# Guidelines for Return to School

## Maintaining Staff Wellbeing

As we prepare to return to school, feelings of uncertainty, ambiguity, and stress may ensue. Balancing our physical, social, and emotional wellbeing becomes necessary. Our mindset is our strongest asset to help us cope during these challenging times.



- 1** Accept the feeling of uncertainty and recognize that it is normal to feel a lack of control.
  - Remind yourself of previous ways of coping during times of uncertainty
  - Avoid ruminating on worst-case scenarios
  - Focus on what is going well at this time
- 3** Optimism is a contagious and powerful tool.
  - Creating a positive atmosphere helps students feel safe and secure
  - Finding joy in unexpected places
  - Noticing the laughter or the excitement of your students
  - Reflecting on things that make you feel hopeful
- 5** Connect, share and debrief with your colleagues.
  - We are all in this together; no one has all the answers
  - Listen to each other, offer and accept support, encourage one another
  - What strength do I have that I can share with others?
- 7** Practice self-care and self-compassion daily.
  - Take care of your physical wellbeing, particularly getting adequate sleep and rest
  - Engage in activities that promote pleasure and relaxation
  - Recognize when you need to take a break or talk to someone
  - Practice gratitude enhance positive feelings
  - Be kind to yourself and give yourself credit for the work you do

- 2** Try to let go of what you cannot control while, focusing on what you can. For example:
  - Your reactions and responses to your students' needs
  - The activities and learning opportunities that you want to foster
  - Maintaining boundaries and principles on what you can manage
  - Reconnecting to your purpose or goal as an educator
- 4** Some things have changed but some have stayed the same. You are still an educator!
  - How can I adapt to new ways of teaching and shifting academic goals?
  - What social-emotional skills can I focus on? (Independence? conversation skills?)
  - What teaching strategies do my students respond well to?
- 6** Change your narrative in order to foster a more helpful perspective.
  - For example, instead of saying "I am so afraid" also an opportunity to learn new skills, be creative, and appreciate what we normally take for granted."
  - Good things often emerge from difficult events and situations, can you think of some?

*Remember that you must look after yourself to be able to look after others*



The best way to cheer yourself up is to cheer somebody else up.

ACTION FOR HAPPINESS



#FriendlyFebruary



## ACTION CALENDAR: FRIENDLY FEBRUARY 2021



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>1</b> Send someone a message to say how much they mean to you	<b>2</b> Ask a friend how they have been feeling recently	<b>3</b> Do an act of kindness to make life easier for someone else	<b>4</b> Organise a virtual 'tea break' with colleagues or friends	<b>5</b> Show an active interest by asking questions when talking to others	<b>6</b> Get back in touch with an old friend you've not seen for a while	<b>7</b> Make an effort to have a friendly chat with a neighbour
<b>8</b> Share what you're feeling with someone you really trust	<b>9</b> Thank someone and tell them how they made a difference for you	<b>10</b> Look for the good in people, even when they frustrate you	<b>11</b> Send an encouraging note to someone who needs a boost	<b>12</b> Focus on being kind rather than being right	<b>13</b> Send a friendly message of support to a local business	<b>14</b> Tell your loved ones why they are special
<b>15</b> Smile at the people you see and brighten their day	<b>16</b> Check in on someone who may be struggling and offer to help	<b>17</b> Respond kindly to everyone you talk to today, including yourself	<b>18</b> Appreciate the good qualities of someone in your life	<b>19</b> Share a video or message you find inspiring or helpful	<b>20</b> Make a plan to connect with others and do something fun	<b>21</b> Actively listen to what people say, without judging them
<b>22</b> Give sincere compliments to people you talk to today	<b>23</b> Be gentle with someone who you feel inclined to criticise	<b>24</b> Tell a loved one about their strengths that you value most	<b>25</b> Thank three people you feel grateful to and tell them why	<b>26</b> Give positive comments to as many people as possible today	<b>27</b> Call a friend to catch up and really listen to them	<b>28</b> Make uninterrupted time for your loved ones



"The best way to cheer yourself up is to cheer somebody else up" - Mark Twain



"The only way to have a friend is to be one" - Ralph Waldo Emerson

ACTION FOR HAPPINESS



Learn more about this month's theme at [www.actionforhappiness.org/friendly-february](http://www.actionforhappiness.org/friendly-february)

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Happier · Kinder · Together



“

*The present moment is  
filled with joy and  
happiness. If you are  
attentive, you will see it.*

-Thich Nhat Hanh



# Thank You! Any questions?

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# Credits

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- ▶ Presentation template by [SlidesCarnival](#)
- ▶ Photographs by [Unsplash](#)

