

MINDFULNESS

Victor H. Hexter Elementary



MINDFULNESS ROOM

A SAFE SPACE TO CALM,
CONNECT AND REDIRECT

CALM, CONNECT, REDIRECT

Individual Activities -

1. Mindful sitting with Light & Aromatherapy
2. Draw Bubble Thoughts on Board
3. Mandala Coloring to Calm
4. Sit and Build (box of toys)
5. What Am I Feeling? - Emotions Check in sheet
6. Read a Book
7. Draw it out - Art
8. Sit and Chill
9. Kinesthetic Toys & Sand

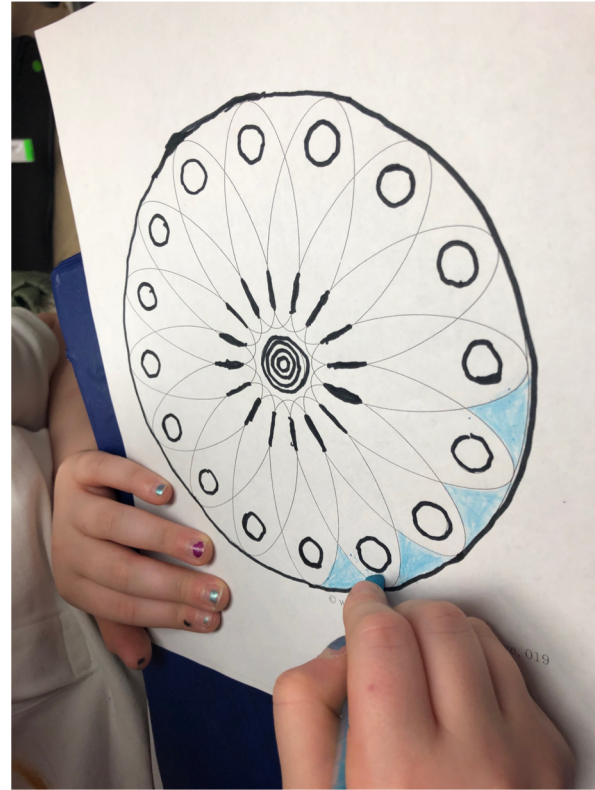
With Ms. Veronica -

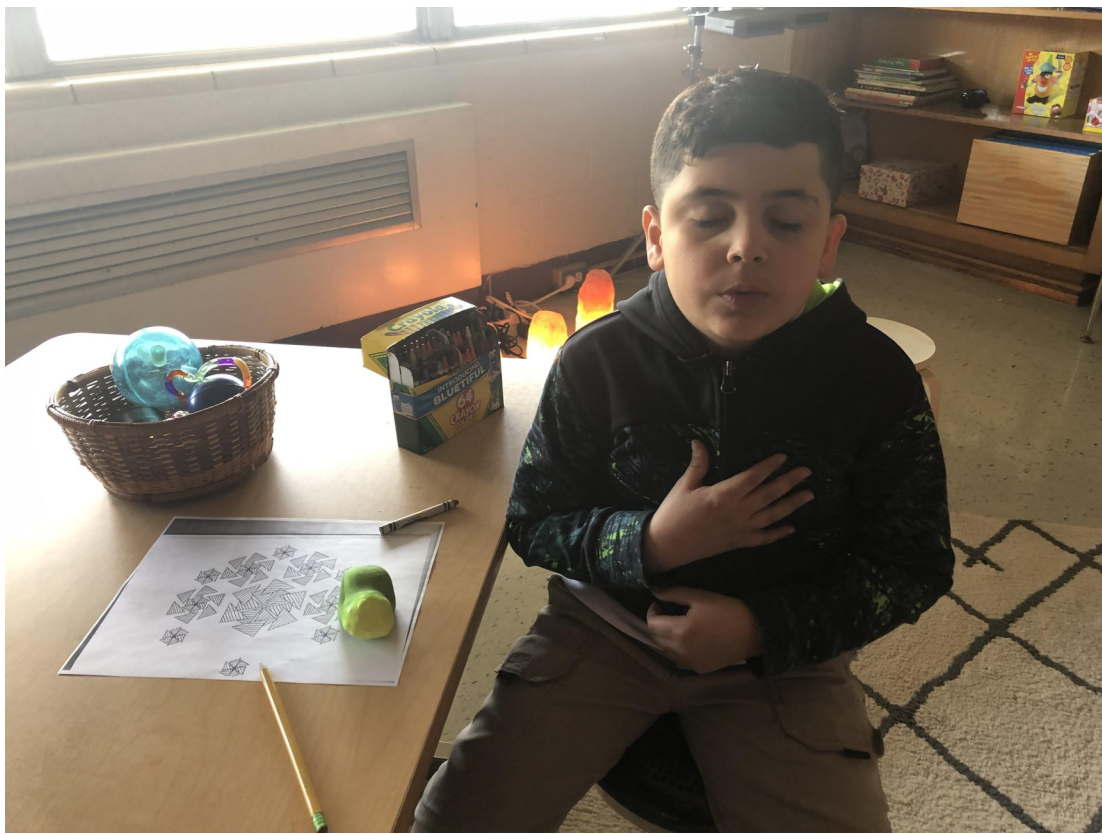
1. What am I feeling? - Emotions Check In Sheet
2. Three Minute Sit
3. Bubble Thoughts on Board
4. The Connection Practice
5. Heartmath - EmWave
6. Nonviolent Communication - Feelings & Needs
7. Restorative Justice Circles

CALM, CONNECT, REDIRECT

Not A -

1. A Play Room
2. Escape from work room
3. Social Setting for students
4. A place to hide





ANCHORING, CHECKING IN, BOUNCING BACK

HOW THIS WORKS

Students -

1. Approved to come on their own when they feel dysregulated.
2. A Mindful Buddy can come check in on them in 10 minutes & walk with them back to class.
3. Student signs in and picks an activity on their own.

Class Mindfulness -

1. Teachers can bring small groups or their entire class to do some mindful sitting, yoga stretches or community circle.
2. Can sign up for time to send Mindful Buddies to go sit and connect (strengthen their practice).

CLEAN UP BEFORE THEY LEAVE

Before Students Leave-

1. Clean up any toys used
2. Put books back
3. Erase board
4. Take their mandala and emotion-check in sheets with them
5. Walk mindfully back to class



TEACHER TIME IN

A Sign is available to put on the door for teachers to come in for some quiet time.



