Implementing Mindfulness: A Daily Checklist

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|  | Activity | Done? | Reason for Activity |
| 1 | **First thing: Centering Prayer** |  | *Begin your day with a centering prayer to help students become mindful in the moment.*  |
| 2 | **Anchor Breathing** |  | *Engage in anchor breathing prior to beginning each class to help students settle and focus. Use as needed.*  |
| 3 | **Conflict / Stress Management** |  | *There are a variety of strategies that will help manage the various situations you encounter during the day.* * *SPFA 4-Step Mindfulness Strategy*
* *Thought Bubble*
* *Glitter Jar*
* *Brain Gym*
* *Superflex*
* *Go Noodle*
 |
| 4 | **Lunch: Centering Prayer** |  | *A centering prayer will help students transition from morning classes to lunch and recess. Remember, consistency is your friend!*  |
| 5 | **Repeat #2 and #3 as needed** |  | *Engage in anchor breathing and conflict/stress management as needed throughout the afternoon.*  |
| 6 | **Organize Learning Environment** |  | *Toward the end of the day, have the students assist in organizing and cleaning the learning environment. A clutter-free area is easier to focus in.*  |
| 7 | **Home-time: Centering Prayer** |  | *Send students home with a focused mind. Consistency in daily activities helps reduce anxiety among students.*  |