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.* |