Multi-Sensory Mindfulness:
Using Mindfulness to Create and Support a Peaceful, Happy Classroom

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Focus Thought for the Day:
• Between stimulus and response, there is a space. In that space is our power to choose a response. In that response lies our freedom and growth.”
• Viktor Frankl (Author and holocaust survivor)

What is Mindfulness?
• A mental state achieved by focusing awareness on the present moment, calmly noticing and acknowledging feelings, thoughts and body sensations.

The Purpose of Mindfulness
• To increase awareness of emotional states.
• To increase awareness of the mind-body connection.
• To create opportunities for choosing a response rather than becoming overwhelmed.
The Benefits of Mindfulness in the Classroom

Decrease in:
• Behavioral escalations
• Peer conflict

Increase in:
• Attention
• Focus
• Awareness
• Emotional Self Regulation
• Stress Reduction

Positive Affirmations
• Short, positive statements that remind you of a positive intention for your state of being.
• Typically repeated a number of times, out loud or silently.
• Notice current repeating thoughts.
• Change the message ("I am happy, I am kind." "All is peaceful, all is well.")
• Choose the rhythm to pair with mindful breathing if desired.

Affirmations
• Peaceful, Happy Day

Mindful Breathing
• Close your eyes.
• Feel your breath coming in through your nose.
• Feel the breath inflate your lungs.
• Feel your belly rise.
• Feel your belly fall as you feel the breath leave your lungs.
• Feel your breath exit through your nose.
• Repeat 5-10 times, counting 1-2-3 on the inhale and 1-2-3 on the exhale.
• For extra calming, breath out twice as long on the exhale (1-2-3 on the inhale, 1-2-3-4-5-6 on the exhale).
Practice Breathing

- Float on By

Guided Imagery

- Picking up rocks on the lakeshore
- Hunting for seashells

Time in Nature

- [https://www.cbsnews.com/sunday-morning/nature/](https://www.cbsnews.com/sunday-morning/nature/)
- Sunflowers: [https://www.cbsnews.com/video/nature-sunflowers/](https://www.cbsnews.com/video/nature-sunflowers/)

Body Scan for Relaxation

- [https://www.mindful.org/body-scan-kids/](https://www.mindful.org/body-scan-kids/)

Five Minute Body Scan for the Classroom:

- [https://www.youtube.com/watch?v=qAoS54yAgEg](https://www.youtube.com/watch?v=qAoS54yAgEg)
Auditory MindFun

- Close your eyes and just listen. Without saying anything, listen and identify all of the sounds you hear. Be ready to share what you heard.
- Alternately, listen and count the number of different sounds you hear.

Visual MindFun

Mandalas
- https://www.youtube.com/watch?v=sgf6wrdT8eI
- Free, simple mandala coloring pages

Tactile MindFun

- Clay play
- Needlework
- Crochet or knitting
- Coloring

Mindful Movement

- Butterfly Release
- Mountain Climber
- A Walk in the Woods
Tips for Successful Implementation

- Teach strategies proactively
- Practice strategies until mastered
- Embed into the routine of the day
- Use additionally as needed

Good Times to Embed MindFun Moments

- At beginning of the day
- Transitions between activities
- After recess or high levels of activity
- Before challenging work
- At the end of the day prior to leaving