


MINDFULNESS EXERCISES

An illustration of a green plant with orange flowers growing in a pot. A watering can is pouring water onto the plant. The text "HOPE THROUGH ACTION" is written in orange letters on the pot. The background is light green with decorative leaves and a yellow archway.

HOPE
THROUGH
ACTION

HOW TO BE MORE
PRESENT
PREPARED BY JOANNA
SZYSZKO-KULIGOWSKA

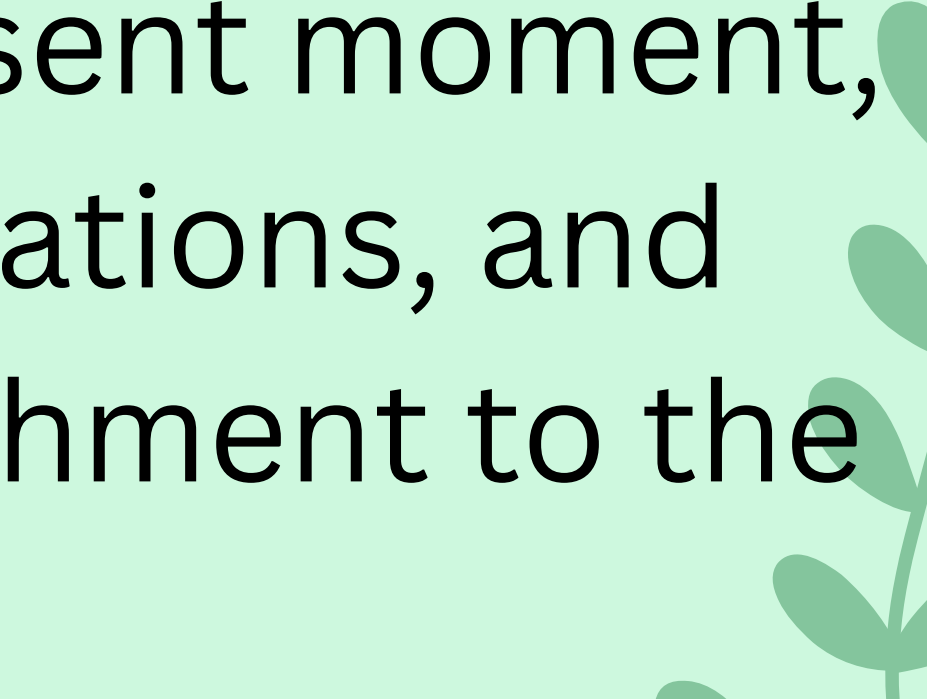
WHAT IS MINDFULNESS?

This is a quick guide to mindfulness explaining the concept and providing you with some really inspiring ideas how to start practicing mindfulness on your own and then spread the concept among your students. It was created thanks to my participation in 2 Erasmus + courses this year: Stress Management and Burnout Prevention (Croatia, February) and Mindfulness for Teachers: a Hands-on Approach (Ireland, July)




WHAT IS MINDFULNESS?

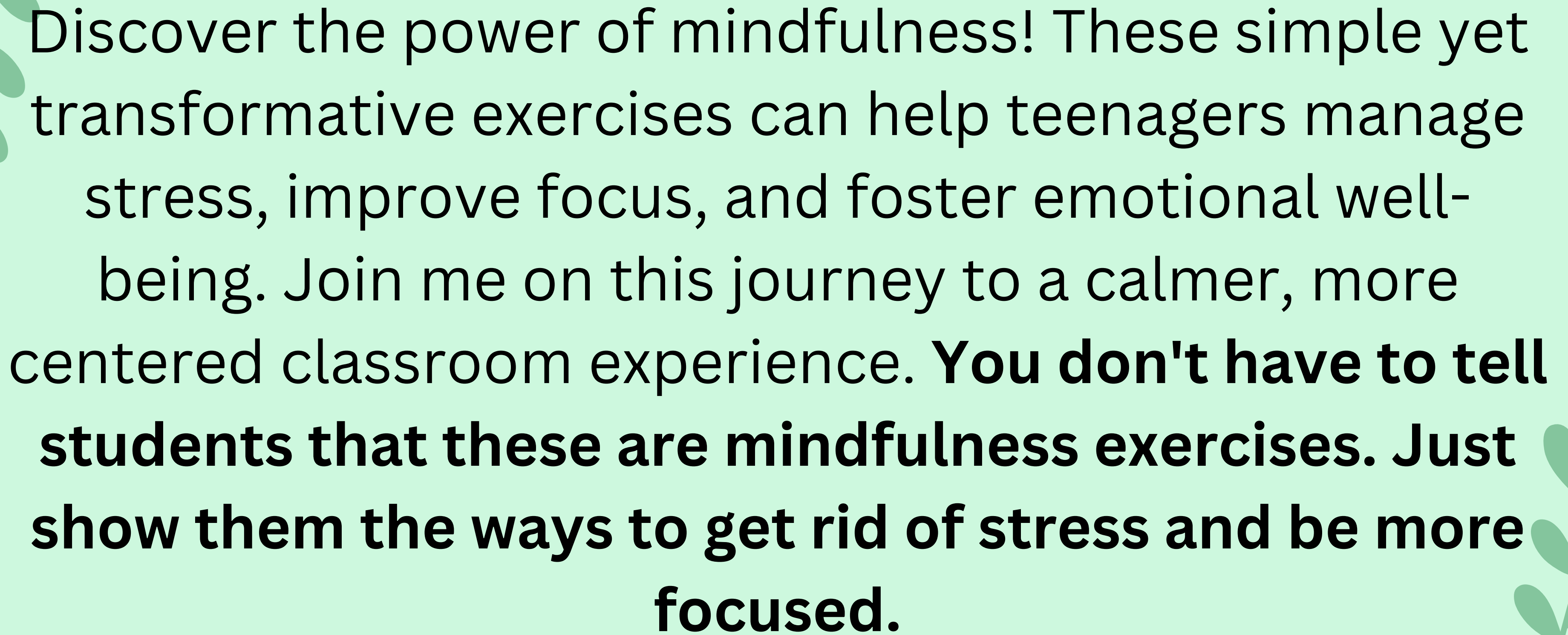
According to Jon Kabat-Zinn, a father of mindfulness, it is "awareness that arises through paying attention, on purpose, in the present moment, non-judgementally". In other words mindfulness is the practice of being fully present in the present moment, aware of one's thoughts, feelings, sensations, and surroundings, without judgment or attachment to the past or future.



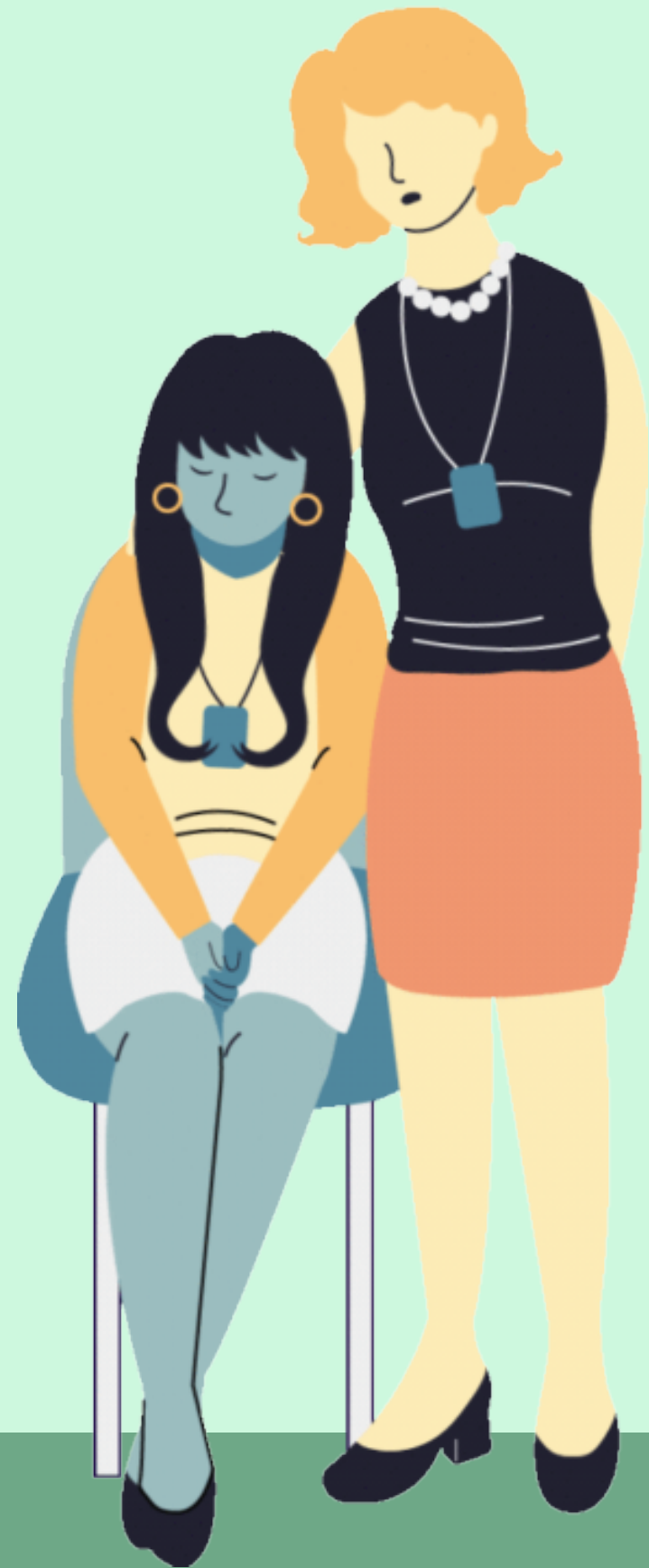


BENEFITS OF USING MINDFULNESS IN THE CLASSROOM

1. Improved focus and attention
 2. Reduced stress and anxiety
 3. Better emotional regulation
 4. Enhanced self-awareness
 5. Increased empathy and compassion
 6. Improved decision-making
 7. Positive learning environment
- 



Discover the power of mindfulness! These simple yet transformative exercises can help teenagers manage stress, improve focus, and foster emotional well-being. Join me on this journey to a calmer, more centered classroom experience. **You don't have to tell students that these are mindfulness exercises. Just show them the ways to get rid of stress and be more focused.**



HOW TO START?

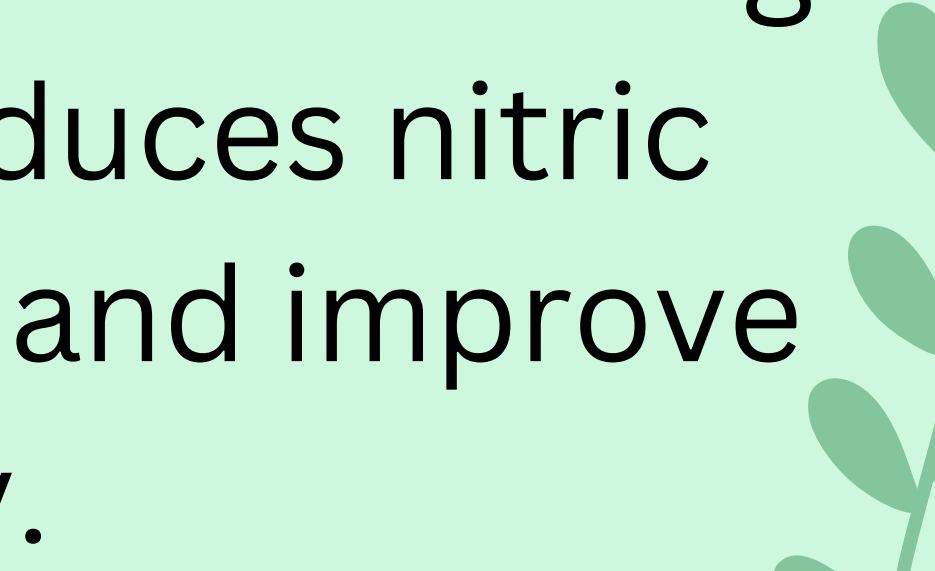
BECOME A MINDFUL TEACHER BY STARTING TO INCORPORATE THE FOLLOWING IDEAS STEP BY STEP INTO YOUR LIFE. WHEN YOU FEEL MORE CONFIDENT START SPREADING THESE IDEAS WITH YOUR STUDENTS.



START WITH BREATHING CORRECTLY

Breathing is a natural process that we do without thinking.

However, there are some optimal ways to breathe to benefit our health. According to Medical News Today, breathing through the nose is more natural and helps our body effectively use the air we inhale. It filters out foreign particles, humidifies inhaled air, and produces nitric oxide, which helps to widen blood vessels and improve oxygen circulation in our body.



BREATHING EXERCISES

When feeling anxious, try using easy breathing techniques like inhaling slowly through the nose and exhaling through the mouth. Practicing this technique can help soothe your mind and alleviate anxiety.

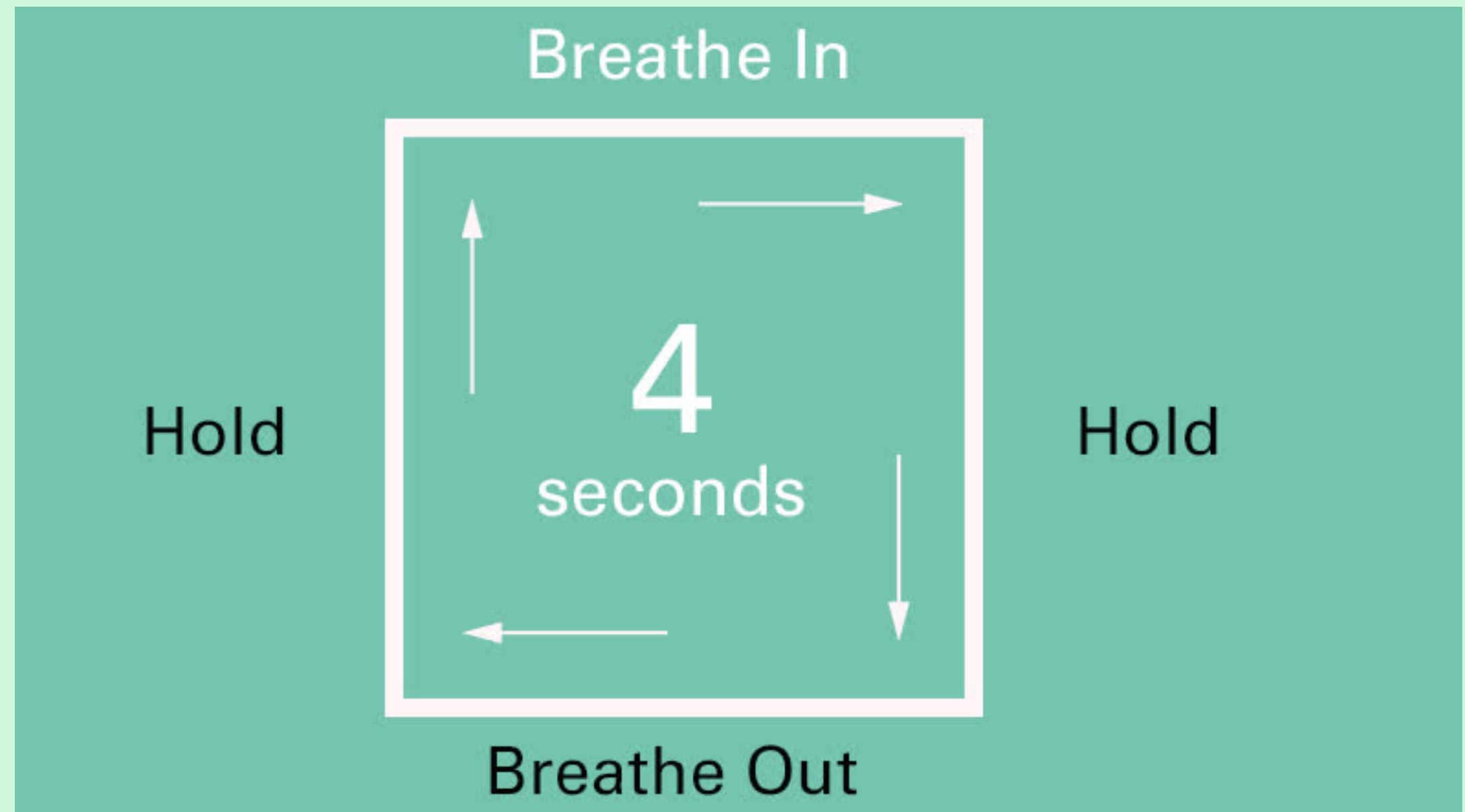


BREATHING EXERCISES



- you can use box breathing 4-4-4-4*
- a breathing technique 4-7-8 (inhale, pause, exhale)
- balloon breathing
- or just mindful breathing observing your breath
- to feel your breath put one hand on your belly and another on your heart

WHAT IS BOX BREATHING?*





PHYSICAL ACTIVITY

ENGAGING IN PHYSICAL ACTIVITIES SUCH AS PLAYING SPORTS, RIDING A BIKE, DANCING, OR TAKING A WALK CAN DO WONDERS FOR YOUR WELL-BEING.

EXERCISE HELPS THE BODY RELEASE ENDORPHINS, WHICH CAN ELEVATE YOUR MOOD AND DECREASE STRESS LEVELS.



EXPRESSIVE ARTS

BOOST CREATIVITY AND EMOTIONAL
EXPRESSION WITH ART.

ENGAGE IN CREATIVE ACTIVITIES, SUCH AS
DRAWING, PAINTING, COLORING, OR
WRITING IN A JOURNAL, TO HELP EXPRESS
EMOTIONS AND FEELINGS. THESE
ACTIVITIES CAN SERVE AS AN EFFECTIVE
OUTLET FOR EMOTIONAL EXPRESSION AND



MINDFULNESS

THE ADVANTAGES OF MINDFULNESS EXERCISES ARE NUMEROUS. ONE OF THE MOST SIGNIFICANT BENEFITS IS THE ABILITY TO CONCENTRATE ON THE PRESENT MOMENT. ENGAGE IN MINDFULNESS ACTIVITIES BY OBSERVING YOUR THOUGHTS AND FEELINGS WITHOUT JUDGMENT.

POSITIVE SELF-TALK



IMPROVE YOUR THINKING PATTERNS. FIRST, IDENTIFY AND CHALLENGE NEGATIVE THOUGHTS. SECONDLY, MAKE A CONSCIOUS EFFORT TO REPLACE NEGATIVE SELF-TALK WITH POSITIVE AND SUPPORTIVE STATEMENTS.



ESTABLISH ROUTINES

ESTABLISHING PREDICTABLE ROUTINES CAN PROVIDE A SENSE OF STABILITY AND REDUCE ANXIETY. CREATE A DAILY ROUTINE THAT INCLUDES REGULAR SLEEP, MEALS, HOMEWORK, PLAYTIME, AND RELAXATION.



SOCIAL SUPPORT

SPEND TIME WITH FRIENDS AND FAMILY MEMBERS WHO ARE SUPPORTIVE AND UNDERSTANDING. CONNECTING WITH OTHERS CAN PROVIDE COMFORT AND A SENSE OF BELONGING.



TIME IN NATURE

SPENDING TIME IN NATURE, WHETHER IT'S GOING FOR A HIKE, PLAYING IN A PARK, OR SIMPLY TAKING A WALK OUTDOORS. BEING IN NATURE HAS BEEN SHOWN TO REDUCE STRESS AND IMPROVE WELL-BEING.



HOW TO USE MINDFULNESS IN THE CLASSROOM?

- DEDICATE THE FIRST FIVE MINUTES OF CLASS TO A QUICK MEDITATION PRACTICE.
- MANAGE STRESS AND EXCESS ENERGY WITH A BREATHING EXERCISE.
- FORM A SHARING CIRCLE WHERE STUDENTS CAN CHECK-IN WITH THEMSELVES, THEIR PEERS, AND THEIR TEACHER.
- INTEGRATE MINDFULNESS INTO CURRICULUM-THEMED ACTIVITIES THROUGH EXERCISES IN BREATHING, SENSORY EXPERIENCE, GUIDED IMAGERY, AND MOVEMENT.



Erasmus+



**My participation in these course wouldn't be possible without a project entitled:
"Meeting the needs of
Generation Z"**