



## **Outline of Mindfulness Program for Robinson Middle School Students**

Over 16 lessons (approximately 20 minutes each), Robinson Middle School Students will learn what mindfulness is, the science/research that supports its benefits, and how to work with the mind/body to cultivate a greater sense of peace.

### Mindfulness improves:

- Attention
- Compassion
- Emotional regulation
- Calming
- Adaptability
- Resilience

### The science behind it:

- Helps to strengthen the pre-frontal cortex (area in brain where reasoning, focus, emotional control happens)
- Helps to de-activate the amygdala (area in brain that manages our fight/flight response, e.g. anxiety/worry)
- Helps to strengthen the hippocampus (area in brain critical to learning and memory; helps regulate the amygdala)

### Lessons include:

- How to cultivate greater attention skills
  - Mindful breathing – focusing on the breath, as a way to stay in the present moment
  - Mindful listening – focusing on a bell/sounds in the room/sounds outside the room
  - Mindful eating – focusing on the specific experience of chewing, swallowing, etc.
- How to cultivate kindness and self-compassion
  - Generosity – exploring how it makes us feel when we're generous/when people are generous to us
  - Lovingkindness – sending kind thoughts to ourselves and others
- Mindfulness for Common Challenging Experiences
  - Mindful test taking
  - Mindfulness and technology – better understand how it affects our mind/bodies so we can make conscious choices how we use it.

### How Mindfulness Supports Plano ISD's Social Emotional Learning (SEL) Initiatives

- Students learn skills to monitor their inner selves (mindfulness), in conjunction with learning how to apply social and emotional competencies (SEL) externally – to support conflict resolution, goal-setting, and relationship building.