

# MINDFULNESS

## RECOMMENDED BEST PRACTICES

### **PARTICIPATE:**

Teacher participation is key to successful program implementation.

- Students will recognize importance
- Close eyes
- Modeling encourages cooperation

### **REMEMBER TLC:**

**T**eacher account ready"

- Test day's audio practice
- Adjusting volume (if necessary)
- Journals and pencils ready

**L**ights off"

- Creating ambiance
- Closing eyes to lessen distractions

**C**hairs turned"

Facing the same direction reduces disruption

### **STRIVE FOR FIVE:**

We encourage you to practice every day, at the same time, throughout the school year. **Fidelity builds habits.**

Choose:

Morning: To anchor the day

After Lunch: To restore focus and structure

End of class: (for middle and high school program) To help students transition

### **PERSEVERE:**

- Most students will participate.
- Silence is new/unusual and may be uncomfortable initially.
- Resistant students should overcome discomfort.
- Refer to counseling for significant issues.
- Benefits obtained even without full compliance.
- Cooperation supports both teacher and classroom community.
- Perseverance results in happier and healthier students and teachers.