**Mindfulness**[www.Presentlearning.com](http://www.presentlearning.com)

Why do we need to be mindful?

*Training attention, engaging focus and perseverance*

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| **Autopilot** | **Attention** |
| **•Since waking up today, what have you done on autopilot?** **​** **•Where do our minds tend to be when we’re on autopilot?**  **•What’s it like being on autopilot?** | **Attention is like a puppy**  **It wanders around, sniffing aimlessly  It doesn’t stay where you want it to  It makes messes  ​It brings back things you didn’t ask for** |
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| Exercises 1:  Try and think of nothing for 30 seconds  (Not easy. in fact if you can clear your mind of all thoughts you may not be having any) | Exercise 2:  Place a pencil dot on a piece of paper. Focus for 30 seconds  (Attention of sight) |
| Exercise 3:  Listen to the singing bowl.  (Attention to sound) | Exercise 4:  Clap your hands to together 3 times  (Attention to feeling / body) |
| Exercise 5:  Body Scan (see web sight)  (Attention to self) | Exercise 6:  7/11 punctuated by normal breath  (Attention to breath) |
| Exercise 7:  4 pebbles   For the first pebble, the image is a flower and the quality is freshness. Thich Nhat Hanh often talks about how we are all beautiful flowers in a garden of humanity.  For the second pebble, the image is a mountain and the quality we are exploring is solidity. The mountain knows it’s solid no matter what is going on around it.  For the third pebble, the image we are working with is still water in a lake, and the quality we are focusing on is clarity. When we are calm, we can make better decisions.  The image for the fourth pebble is the spacious blue sky, and the quality is freedom, feeling free from worry or anxiety.  The purpose of this lesson is to teach students practical strategies to help them cultivate peacefulness within so they can be peaceful in the world  ​<http://www.mindfulteachers.org/2015/11/how-teachers-can-share-mindfulness.html> | |