

MUS Mindfulness Resources

Uplifting the Mind



- ▶ Ask your students to sit in a comfortable posture in their chairs, as you turn off the lights and ask students to close their eyes.
- ▶ Over the course of three minutes, calmly read the following script:
 - ▶ As you breathe in, think of all of the things you are grateful for...your friends...your family...clean water.
 - ▶ As you breathe out, pretend you are spreading thanks to all of the things you are grateful for.
- ▶ After three minutes, ask students to describe how this practice made them feel.

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The 4-7-8 Breath



- ▶ Tell students that you are going to teach them a breathing technique that they can use when they are feeling stressed or anxious. Turn off the lights, and ask students to close their eyes.
 - ▶ Ask students to calmly inhale to a count of 4....
 - ▶ Have them hold their breath for a count of 7....
 - ▶ Have them slowly exhale for a count of 8....
- ▶ Complete no more than 3 cycles of the 4-7-8 breath. Tell students that the cycles will feel better after each round of practice.
- ▶ After three minutes, ask students to describe how this practice made them feel.

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Becoming Mindful



- ▶ Ask your students to sit in a comfortable posture in their chairs, as you turn off the lights and ask students to close their eyes.
- ▶ Over the course of three minutes, calmly read the following script:
 - ▶ As you breathe, begin to notice the sensations in your body. Start with your toes....then move up to your feet...to your legs...to your tummy...to your back....to your neck....to your face.
 - ▶ As you exhale, let go of any tension that you noticed.
- ▶ After three minutes, ask students to describe how this practice made them feel.

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Experiencing Stillness



- ▶ Ask your students to sit in a comfortable posture in their chairs, as you turn off the lights and ask students to close their eyes.
- ▶ Over the course of three minutes, calmly read the following script:
 - ▶ As you breathe in and out, focus on the inside of your eyelids. Try and see if you can see anything (light, color, or vibrations).
 - ▶ If you lose focus, come back to what you see on your eyelids.
- ▶ After three minutes, ask students to describe how this practice made them feel.