



THE MINDFUL FROG

Grades 6-8

Materials

- An open space where students are able to lay down.
- A mindful bowl, rainstick, or instrument with sustained noise
- A timer
- A quiet space



Objective

The objective of mindfulness is to reach a level of relaxation where you are able to focus on the present. This can take years to achieve, but practicing it can be helpful in relieving stress and can be a good tool to have!

Step 1

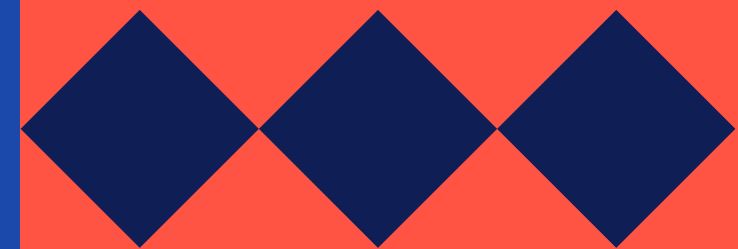
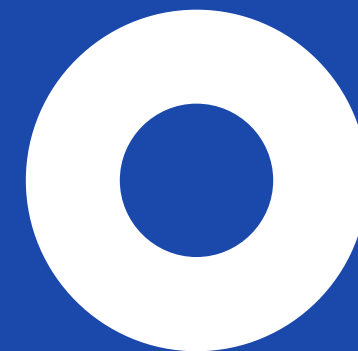
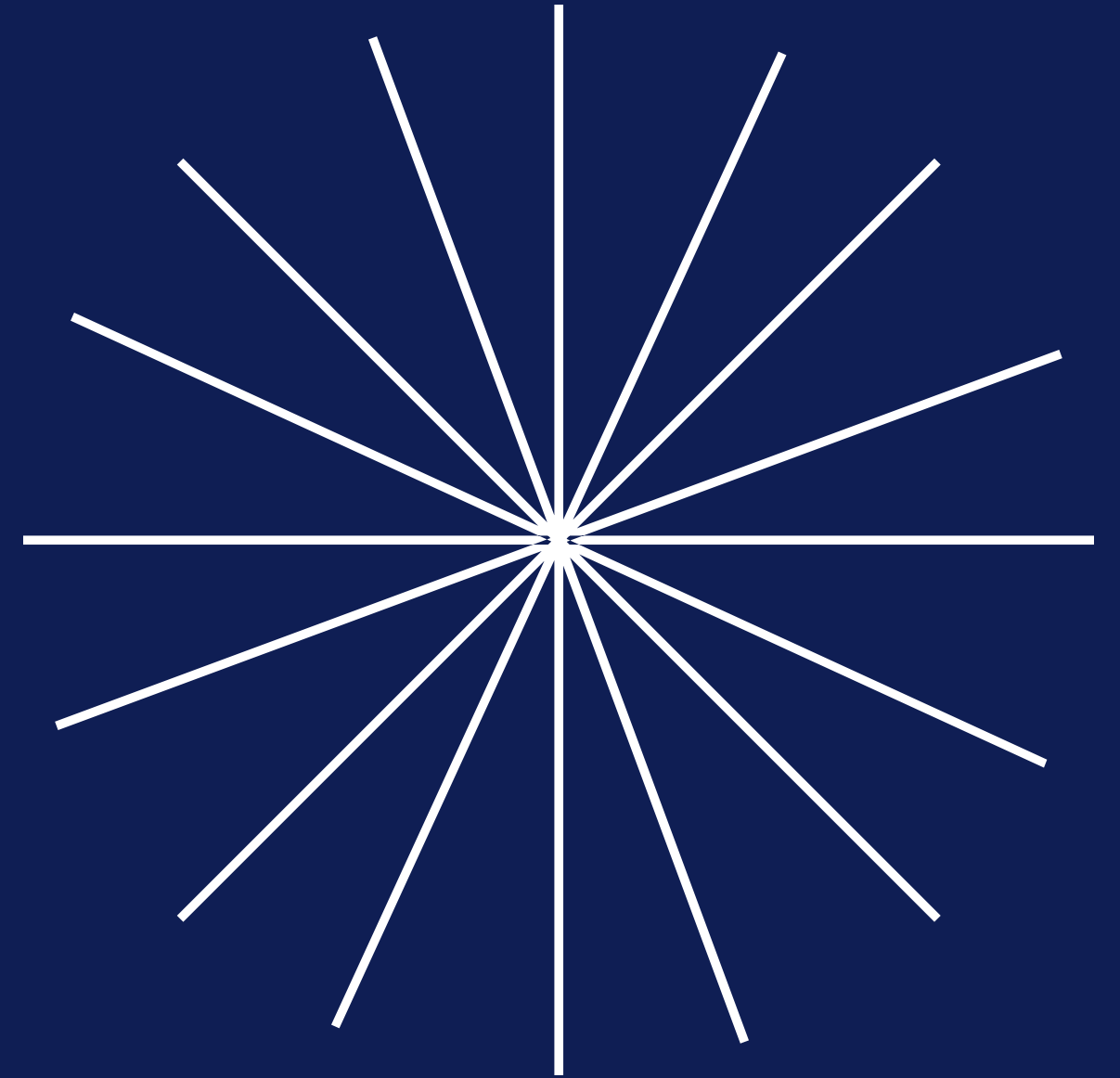
Get into a position you feel comfortable in. This may be laying on your back, in a chair, or standing up. Make sure that you're at least 3 feet away from other students.



Step 2

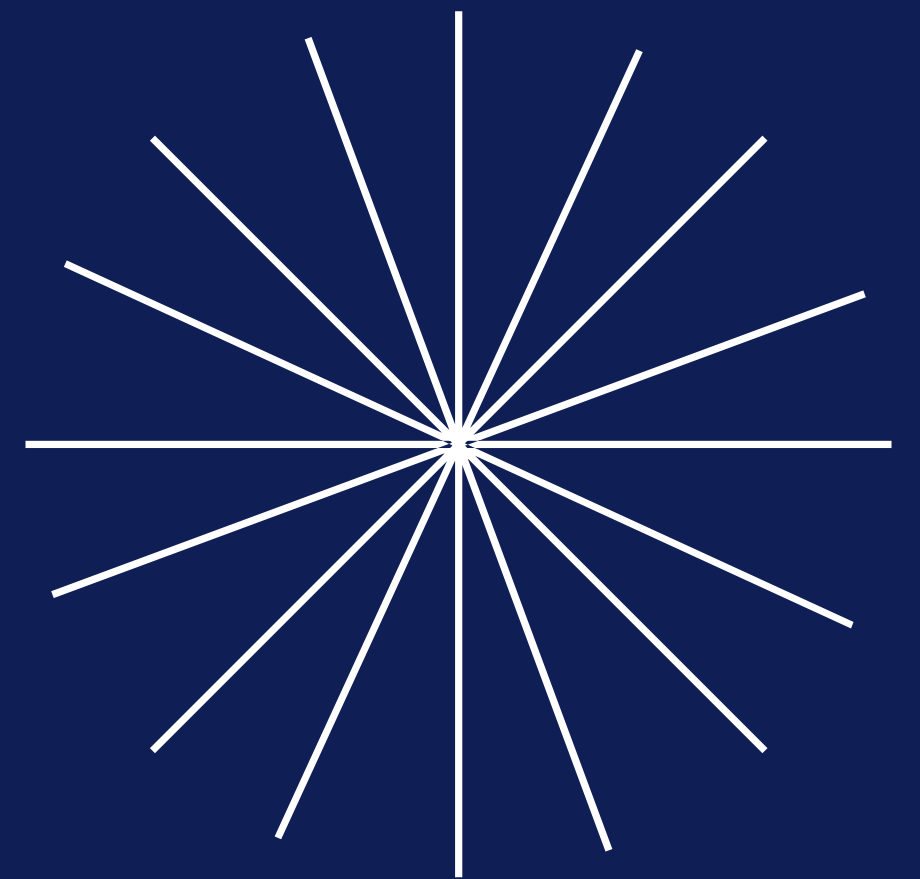
Have you ever practiced mindfulness? Everyone can share one of their experiences.

This is a different experience for all people, and it is normal for your mind to run to different places!



Step 3

Ring your instrument (bell, bowl,
etc.)



Step 4



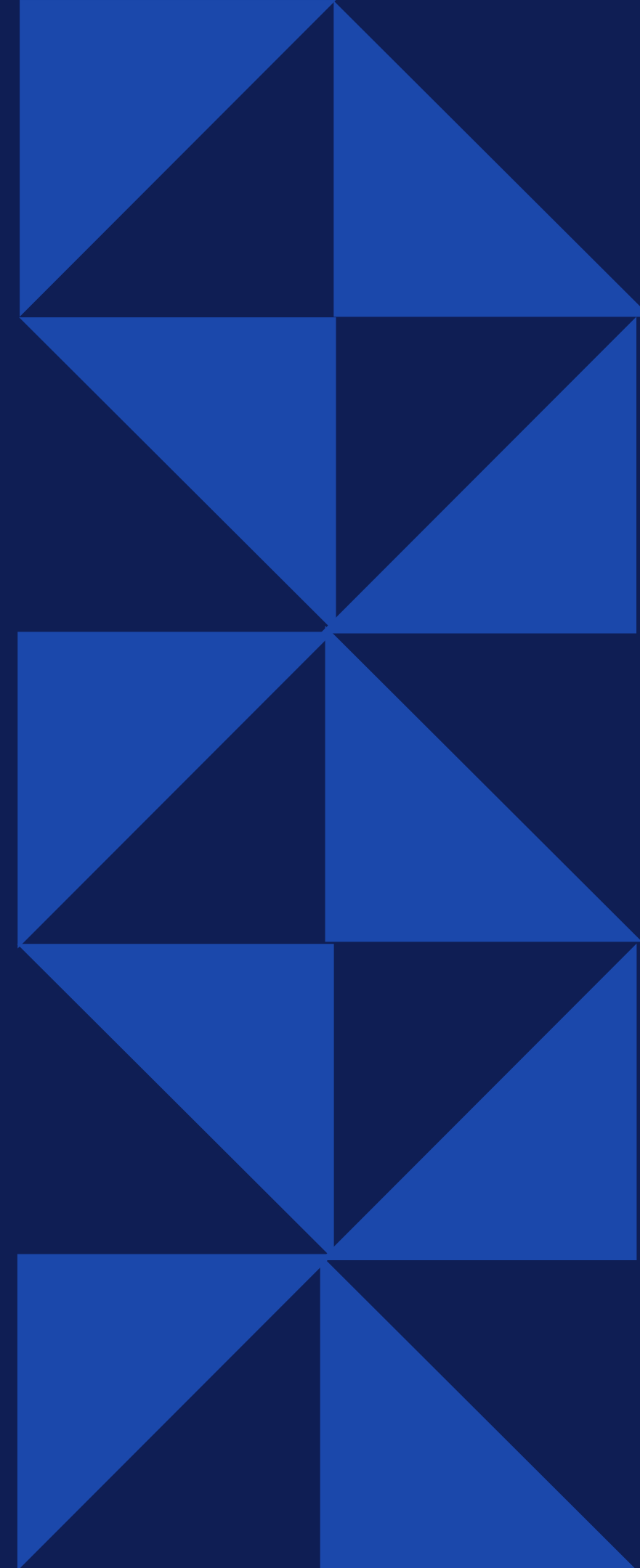
Let your minds go
and stay in the
moment.

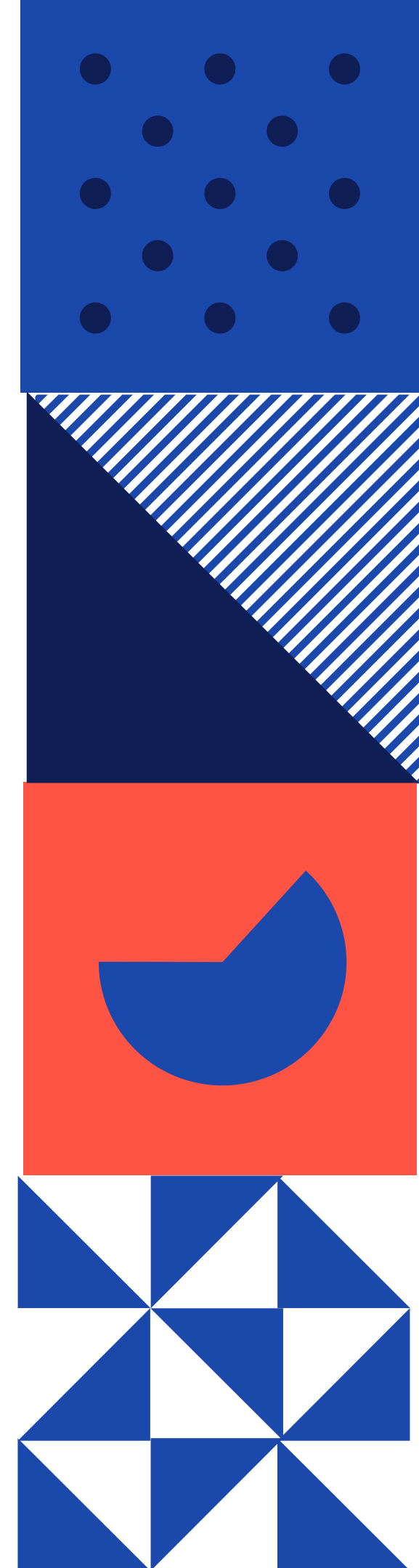
Raise your hand
when you can hear
the sound ending.

Once most students'
hands are up, put
your hands on your
stomach and focus on
your breathing.

Step 5

Once the timer is up, slowly open your eyes and make your way back to your desk.





STEP 6

Everyone talk about their experience and if they would consider practicing this activity again!