

THEME 1: MINDFUL BODIES AND PLANTING SEEDS OF KINDNESS

Lesson 1: Mindful bodies and awareness of attention and breath

Date of Lesson: _____ **Approximate length of lesson:** _____

Name: _____

Instructions: For each lesson objective, please circle a number, using the scale below, to indicate to what extent you met the objective.

0 ----- 1 ----- 2 ----- 3 ----- 4 ----- 5 ----- 6 ----- 7 -----

I did NOT introduce or address this objective. *Introduced the topic but did not explain or practice.* *Introduced it & provided some explanation & some practice* *Introduced it & provided detailed explanation & practice*

<i>Lesson Objectives</i>									
1. Introduced "paying attention"	0	1	2	3	4	5	6	7	
2. Introduced cues of paying attention (e.g., eyes forward, no talking, body calm)	0	1	2	3	4	5	6	7	
3. Introduced saying mindfulness three times	0	1	2	3	4	5	6	7	
4. Introduced breathing	0	1	2	3	4	5	6	7	
5. Introduced attention to the inside	0	1	2	3	4	5	6	7	
6. Introduced pinwheel and paying attention to breath	0	1	2	3	4	5	6	7	
7. Introduced filling belly with air	0	1	2	3	4	5	6	7	
8. Introduced beginning and end of bell and paying attention (Introduced A = Attention and Awareness)	0	1	2	3	4	5	6	7	
9. Introduced concept: We can pay attention on the inside	0	1	2	3	4	5	6	7	
10. Introduced concept: We can pay attention on the outside	0	1	2	3	4	5	6	7	

1. How did this lesson go? What worked well in this lesson? What did you find to be particularly effective?
2. What was challenging? Did you notice anything that the children didn't seem to understand or struggled with?
3. Did you modify or add anything?
4. What would you do differently the next time you implement this lesson?

THEME 1: MINDFUL BODIES AND PLANTING SEEDS OF KINDNESS

Lesson 2: Growing Seeds

Date of Lesson: _____

Approximate length of lesson: _____

Name: _____

Instructions: For each lesson objective, please circle a number, using the scale below, to indicate to what extent you met the objective.

0 1 2 3 4 5 6 7

I did NOT introduce or address this objective.
 Introduced the topic but did not explain or practice.
 Introduced it & provided some explanation & some practice
 Introduced it & provided detailed explanation & practice

<i>Lesson Objectives</i>									
1. Introduced bell, paying attention to sound, posture, and breathing	0	1	2	3	4	5	6	7	
2. Introduced seeds and how attention on the outside helps us know what is going to happen	0	1	2	3	4	5	6	7	
3. Introduced paying attention to the inside with seed	0	1	2	3	4	5	6	7	
4. Introduced teaching of what is needed to help seed grow (e.g., sun, water, soil, love/care)	0	1	2	3	4	5	6	7	
5. Introduced planting (fill cup with soil, popsicle stick with name, finger for hole, seed, and cover up)	0	1	2	3	4	5	6	7	
6. Introduced walking on tiptoe to notice body movements	0	1	2	3	4	5	6	7	
7. Introduced staying engaged by assigning jobs to kids (e.g., water person, bulb person, stick person)	0	1	2	3	4	5	6	7	
8. Introduced waiting and watching (e.g., not everyone can get seed at the same time)	0	1	2	3	4	5	6	7	
9. Introduced the concept: Waiting can feel uncomfortable on the inside	0	1	2	3	4	5	6	7	
10. Introduced the concept: Planting seeds feels exciting on the inside.	0	1	2	3	4	5	6	7	

1. How did this lesson go? What worked well in this lesson? What did you find to be particularly effective?
2. What was challenging? Did you notice anything that the children didn't seem to understand or struggled with?
3. Did you modify or add anything?
4. What would you do differently the next time you implement this lesson?
5. Are the activities in this week's lessons similar to activities you do as part of your other programming or Pyramid programming? That is, do you think there is major overlap?