

THEME 1: MINDFUL BODIES AND PLANTING SEEDS OF KINDNESS (TODDLERS)

Lesson 1: Mindful bodies and awareness of attention and breath

Date of Lesson: _____ Approximate length of lesson: _____

Name: _____

Below is the list of original objectives to help you remember the pieces of the lesson. The questions that follow ask how you adapted the objectives for toddlers.

Lesson Objectives:

1. Introduced “paying attention
2. Introduced cues of paying attention (eyes forward, no talking, body calm)
3. Introduced saying mindfulness three times.
4. Introduced breathing.
5. Introduced attention to the inside.
6. Introduced pinwheel and paying attention to breath.
7. Introduced filling belly with air.
8. Introduced beginning and end of bell and paying attention (Introduced A=Attention & Awareness)

1. What key concept/ideas from the curriculum were your focus for this lesson?
2. What books/materials/activities did you read/use/do? What did you do that worked well for your toddlers?
3. What was challenging? What would you change or do differently next time?

THEME 1: MINDFUL BODIES AND PLANTING SEEDS OF KINDNESS

Lesson 2: Growing Seeds

Date of Lesson: _____ Approximate length of lesson: _____

Name: _____

Below is the list of original objectives to help you remember the pieces of the lesson. The questions that follow ask how you adapted the objectives for toddlers.

Lesson Objectives

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

1. What key concept/ideas from the curriculum were your focus for this lesson?
2. What books/materials/activities did you read/use/do? What did you do that worked well for your toddlers?
3. What was challenging? What would you change or do differently next time?

