

Modern Mindfulness Techniques & Resources

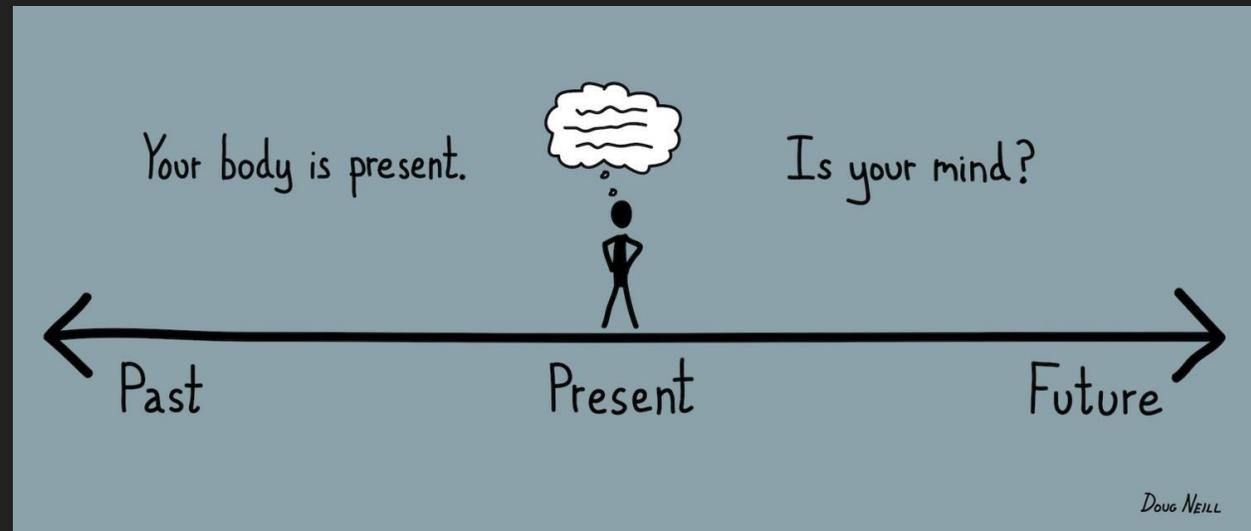


Presented by: MS67Q

At home Techniques and
Resources to improve **Social
Emotional Learning** with
Virtual Learning

Reactive Mindfulness Techniques

- While Mindfulness can be used to help you learn about oneself, It can also be used to help deal with different Stressors or Anxieties.
- If you are ever dealing with Anxiety or Stress, here are some useful techniques you can try:
 1. Box Breathing
 2. Take 5 Breathing
 3. Tense and Release
 4. Grounded Senses Practice
 5. Meditation

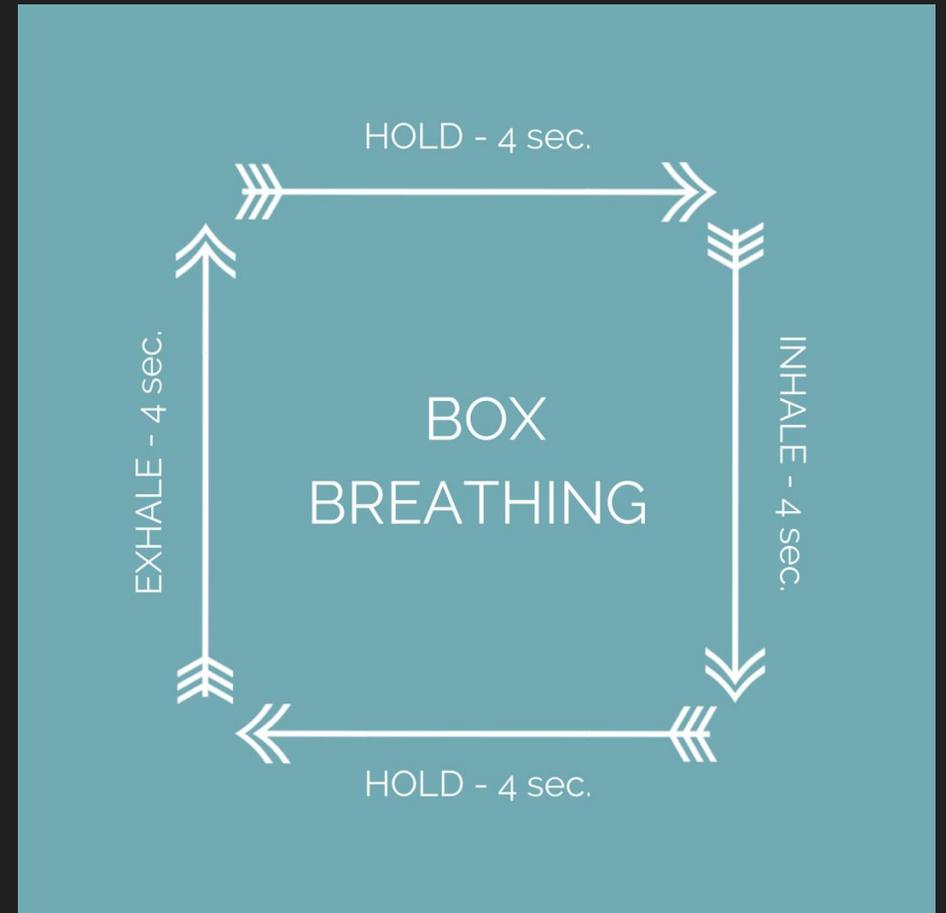


Box Breathing

○ If you are ever in a situation where you are breathing heavy or you feel your heart is beating fast, Box Breathing is a Mindfulness technique that helps you to regain control of your breathe

1. Inhale for a TOTAL of 4 Seconds
2. Hold your Inhaled breathe for a TOTAL of 4 Seconds
3. Exhale your breathe for a TOTAL of 4 Seconds
4. Hold NO breathe for a TOTAL of 4 Seconds
5. REPEAT

****If 4 Seconds is too long or too short of a breathe, modify to your preference****



Take 5 Breathing

Take 5 Breathing has 3 Main Purposes:

1. Draw attention to the control you have over your Body
2. Regain the control and rhythm of your Breathing
3. Slow your Mind Down

*Take 5 Breathing is a great technique to use if you are having Anxiety over a specific scenario.
(Nervous about a Test or Difficult Conversation)
This technique allows for you to take control of your breathing, while guiding yourself physically*

Take 5 Breathing

Hold out your hand like a star

Pretend your pointer finger (other hand) is a special pencil

Trace up and down your fingers

Breathe in as you go up

Breathe out as you go down

Go slowly and notice how it feels



PEACE QUIET CANBERRA – yoga & wellbeing for children, families & schools – lorne@peacequiet.com.au

Tense and Release

- Stress is something that we **Not** only feel in our Mind, but in our Body.
 - Tense and Release is a technique that allows you to redirect your attention back to each part of your body!
1. Sit upright in a chair, with your best posture. Feet on the floor and back upright.
 2. Starting with your feet, gently tense your feet for 5 seconds. Then Release.
 3. Gently tense the muscles in your calves for 5 seconds. Then Release.
 4. Slowly work your way up your body until you feel back in control and relaxed.



Grounded Senses Practice

- Grounded Senses Practice is a useful Mindfulness Technique that is also beneficial for a moment of high stress or anxiety.

(Grounded Senses Practice can also be used if you are ever experiencing a Panic Attack or Anxiety Attack)

- When using this technique, you want to be as specific as possible when describing what your senses are telling you
- Being as specific as possible allows you to take the time to ground yourself in the current place and moment.
 - In example, when describing a chair when using your Sense of Sight:
 - Instead of saying: “the chair is black”
 - Say: “the chair is colored black with 4 legs, 2 arms, and white buttons on its cushions.

5 SENSES GROUNDING TOOL



5 things you can see



4 things you can feel



3 things you can hear



2 things you can smell



1 thing you can taste

Mindfulness Meditation

- Meditation can help to rest the mind as well as slow things down.
 - Meditation helps to tune yourself into your senses, while paying attention to your thoughts and emotions.
1. Take a seat on the floor or a chair. Have your feet crossed or planted. With your Back in an upright position
 2. Rest your arms either on your knees or in your lap.
 3. Rest your chin and neck down at a comfortable angle.
 4. Focus on your Breathe while you breathe in and out calmly.
 5. If your Mind Wanders, don't be discouraged. Bring your mind back to your breathe



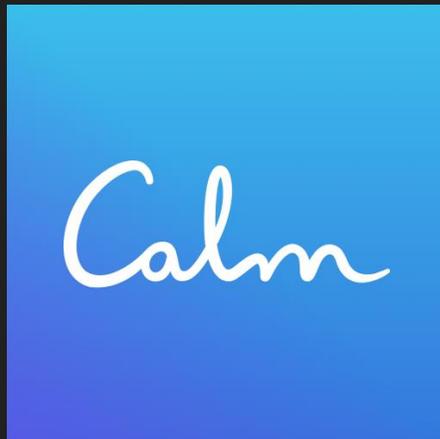
Apps for Mindfulness

- Some applications help to walk you through mindfulness and meditation with directions that will help you to unwind through out the day!

Download these apps and listen to the step by step instructions! There are different lessons for different situations

- Applications:

- Insight Timer
- Calm
- Headspace
- Smiling Mind



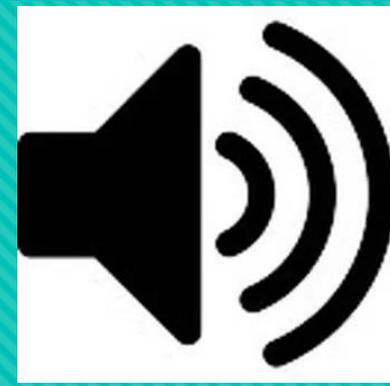
Insight Timer



Websites for Mindfulness

- Mindfulness is also something you can learn on your own too! Some websites that are useful for Mindfulness and related health information are:
 1. TeensHealth– Teens Health shows you information for Mindfulness and dealing with different stressors that we come across.
 - <https://kidshealth.org/en/teens/your-mind/?WT.ac=t-nav-your-mind#catstudysmart>
 - TeensHealth also has resources for Teens about Sexual Health, Job Information, and Drugs & Alcohol
 2. Child Mind Institute– Child Mind Institute has an entire segment on Mindfulness and different Mindfulness practices
 - <https://childmind.org/topics/concerns/mindfulness/>
 - Child Mind Institute also has information about building Confidence, managing Anxiety & Depression and more!
 3. Little Flower Yoga– is a great website to use for physical Mindfulness practices to get your body moving!
 - <https://www.littlefloweryoga.com/>
 - You can sign up for a free 6 week Mindfulness Monday seminar!

Mindfulness Audio Podcasts



- Here is a list of Audio walkthroughs and podcasts that help to guide you through either mindfulness or meditation practices!
 1. Peace Out with Chanel Tsang is an audio short story walk through that empowers relaxation and mindfulness for parents and kids alike!
 - <https://bedtime.fm/peaceout>
 2. Meditation Oasis by Mary and Richard Maddux is a podcast that helps to walk you through a guided meditation for self soothing practices!
 - <https://player.fm/series/meditation-oasis-2394783/belly-breathing-for-anxiety-guided-meditation>
 3. Meditation for Pre Teens by Christy is a podcast that is centered towards preteen that focuses on finding the calmness and energy within!
 - <https://player.fm/series/meditation-for-pre-teens>

Online Mindfulness Games

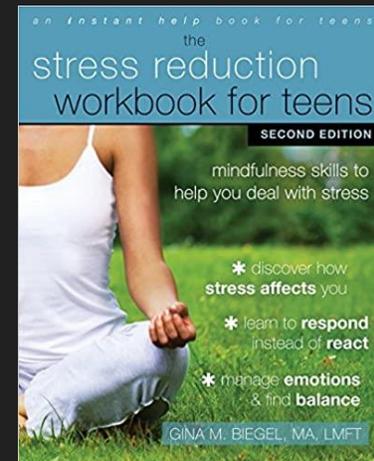
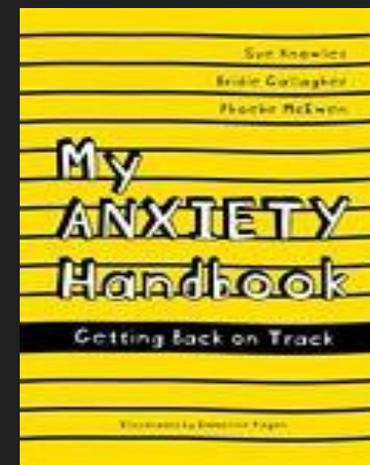
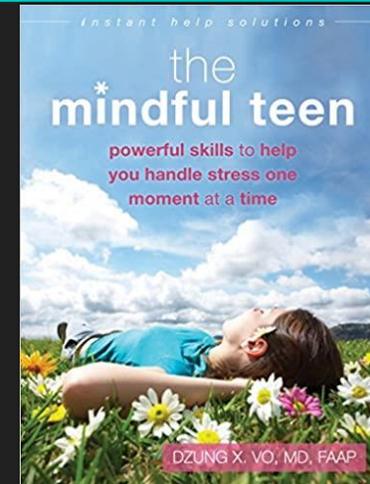


- Here are some online games that require you to practice mindfulness!
 1. Ever wonder, the mindfulness needed to operate an airplane? This game shows you the attention and skill it takes to operate an airplane while completing challenges!
 - <http://www.flightarcade.com/>
 2. In this online interactive role playing game, you go for a walk in the park. As you walk take in all of the different sights and scenery you see throughout your journey!
 - <https://www.free-training-tutorial.com/mindfulness/walkinthepark/walkinthepark.html>
 3. Rollercoasters have twists and turns that change your perception and orientation. In this interactive game, you'll see how your view changes with every twist and turn!
 - <https://www.free-training-tutorial.com/mindfulness/rollercoaster/rollercoaster.html>

Books about Mindfulness for Teens

If you are the reading type, here are some useful Books that help relay the message of Mindfulness!

1. The Mindful Teen- by Dzung Vo
“In this powerful book, a pediatrician specializing in teen and adolescent medicine offers a breakthrough mindfulness program to help you deal with stress in healthy ways, improve communication, and reduce conflicts with family and friends.”
2. The Stress Reduction Workbook for Teens- by Gina M. Biegel
This book provides Mindfulness Skills to help Teens deal with Stress. It has over 37 simple workbook activities that will teach you to reduce your worries
3. My Anxiety Handbook: Getting Back on Track- by Sue Knowles
“Helping young people with anxiety learn to recognize and manage their symptoms, this anxiety survival guide teaches 12 to 18 year olds how they can overcome their biggest worries.”



Mindfulness TED Talk by Andy Puddicombe



Mindfulness on Social Media

- Mindfulness is also a practice that you can help to learn more about through Social Media!
 - (Be sure to speak to your guardian before signing up for any Social Media account and to always practice Social Media responsibly)
- 1. Reddit- <https://www.reddit.com/r/Mindfulness/>
- 2. Tumblr- <https://www.tumblr.com/tagged/mindful>
- 3. Pinterest- <https://www.pinterest.com/drmelanieg/mindfulness/>
- 4. Instagram- https://www.instagram.com/meditation_and_mindfulness/?hl=en

