

## Mindfulness Lesson Plan October

### Lesson Title: Mindfulness Lesson October

#### Narrative:

Mindfulness helps us to control our responses to things that happen to us. The term “lizard” brain refers to the most primitive part of our brain. Lizard brain is a metaphor for the amygdala which is part of the limbic system which is responsible for processing our emotions. This old part of the brain allows us to react to a threat in an immediate and automatic way, without the rest of the brain processing information. This means that in an unexpected situation, the survival reflex is fight or flight (an immediate reaction).

What are some ways that you might react quickly when your lizard brain takes over? Examples: You are crossing a street and hear a car horn and immediately freeze or Walking in the hallway and someone bumps into you and you automatically think they did it on purpose. (Have students give more examples)

#### Video

<https://safeshare.tv/x/ss5bae37e5316f8#>

To say after the video: Breathing sends oxygen to your brain so your prefrontal cortex can work more efficiently. When the prefrontal cortex is working you make decisions based on thinking not reacting. This is being mindful. When you have time to think rather than just react, you have a better chance of choosing green not red thoughts.

## **Breathing exercise:**

- Breathing can help bring the mind back to the present moment. We can only breathe in the present. Have students create their own mantra as they breathe in and out. Example, breathing in I feel calm, breathing out I feel strong or breathing in I feel cool, breathing out I feel powerful (they say this to themselves, not out loud and there is no wrong mantra)
- Belly breathing: We breathe all the time and never notice it. Sit comfortably, place your hand on your belly and notice what happens when you breathe. How long does the in breath last? How long does the out breath last? Your mind might wander when you are breathing because that is what minds do. This is ok, just come back to the moment and clear your mind. Count to yourself, how many breaths you take in a minute. Encourage students to be patient with themselves as they explore their breathing and practice focusing on their breath.

**Instructional Mathematical question:** How many breaths did you take during Belly breathing? Did the number of breaths increase or decrease as you felt more relaxed?

## **Instructional Literacy question: Why is it so difficult to keep quiet?**

### Keeping Quiet

Now we will count to twelve  
and we will all keep still.  
For once on the face of the earth,  
let's not speak in any language,  
let's stop for a second,  
and not move our arms so much.  
It would be an exotic moment  
without rush, without engines;  
we would all be together  
in a sudden strangeness.  
If we were not so single-minded  
about keeping our lives moving,  
and for once could do nothing,  
perhaps a huge silence  
might interrupt this sadness  
of never understanding ourselves  
and of threatening ourselves  
with death.  
Perhaps the earth can teach us  
as when everything seems dead in winter  
and later proves to be alive.  
Now I'll count up to twelve  
and you keep quiet and I will go.

*By: Pablo Neruda*