



Being Mindful, Being Kind

The key message throughout these lessons is that being mindful of our own feelings and being mindful of how we treat others can help us be kinder. Additionally, taking care of our minds and bodies makes us healthy. Students will also begin to learn basic mindfulness strategies. Alternatively, you can replace the word mindfulness with self-awareness throughout the lessons. It's also important to note, the lesson plans may need to be adjusted by the teacher to accommodate the unique attributes and diversity of individual classes and students.

Lesson Name: A Kindful Minute

Unit Name: Being Mindful, Being Kind

Grade Level: K-2

Lesson Length: 10 minutes

Before beginning, teachers should offer accommodations specifically mentioned in a student's IEP to support their ability to participate in the mini-lesson. A sample list of common accommodations and modifications to aid you in selecting appropriate supports for students can be found under "Additional Resources" [here](#).

Lesson Objective(s):

Students will be able to explain how being kind is a part of being mindful.

Students will practice a Kindful Minute for 60 seconds as a tool for managing big feelings and practicing kindness.

Essential Question (related to objective):

How can I be kind and mindful?

Equipment Needed:

- [How am I feeling? Emoji Rating Scale poster](#)

CASEL Core SEL Competency:

- Self-awareness
- Linking feelings, values and thoughts
- Social awareness
- Demonstrating empathy and compassion

National Standards and Grade-Level Outcomes for K-12 Physical Education:

Standard 3: The physically literate individual demonstrates the knowledge and skills to achieve a health-enhancing level of physical activity and fitness.

- S3.E2.K Participates actively in physical education class.
- S3.E2.1 Engages actively in physical education class.
- S3.E2.2 Engages actively in physical education class in response to instruction and practice.

National Health Education Standards & Performance Indicators:

Standard 7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

- 7.2.1 Demonstrate healthy practices and behaviors that maintain or improve personal health.

Lesson Overview:

Teachers will reintroduce the concept of mindfulness emphasizing that being mindful is about paying close attention and slowing down to notice what you are doing. Adding to that, teachers will make the connection that practicing kind behaviors is a part of being mindful. Teachers will make the connection of being kind to ourselves as well as other.

Based on the needs of the community, teachers can replace the word mindfulness with self-awareness throughout the mini-lesson.

Mini-Lesson Name: A Kindful Minute Unit Name: Being Mindful, Being Kind Grade Level: K-2

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Definitions:

Mindfulness is:

- Paying full attention
- Slowing down to notice what's happening
- Staying focused and relaxed

Kindful Minute

- A Mindful Minute while sending kind thoughts to
- Yourself
 - Someone you know

Activity Progression:

This mini-lesson is a great addition to the beginning or closing of an already existing lesson.

To start the mini-lesson, have students check in using the Emoji Rating Scale.

Example script: “Before we get started let’s check in with ourselves. It’s healthy for us to take time to see how we are feeling. So, let’s look at our Emoji Rating Scale and see how we are feeling today, right now in class.

[Give students a few minutes to think about how they are feeling. They can share out if they would like or keep their response to themselves.]

If you would like to share how you are feeling right now you can or if not, that’s okay too! I’m feeling [insert an emoji] because [then a reason you are feeling this way].”

Reintroduce the concept of mindfulness to students.

Example script: “Does anyone remember mindfulness? [Allow for students to share out.] You all have some great memories! Being mindful is when you pay full attention to what you’re doing. You’re taking your time. You’re focused and relaxed. Being kind to others and being mindful of our own feelings is an important part of taking care of our mind and body.”

Revisit a Mindful Minute, but explain to students that this time we are going to learn a new version of a Mindful Minute called a Kindful Minute. Allow students to guess what they think would make a Kindful Minute different than a Mindful Minute.

Example script: “A Mindful Minute is when you sit quietly with your eyes shut, clear your mind and focus on what you notice around you. We learned that a Mindful Minute can help us when we are feeling big feelings like sadness, being scared, being mad or worried. What do you think a Kindful Minute is? [Allow for students to share their guesses.] Those are some pretty good guesses! A Kindful Minute is when we send loving, kind thoughts to ourselves, to someone we know and eventually to everyone in the world! That sounds like a lot right? I’m going to help you practice a Kindful Minute and for now we will only send loving, kind thoughts to ourselves and people we know.

Why do you think we would want to learn about a Kindful Minute? [Allow student responses.] Well, we are practicing being kinder people. It’s easy to be kind to people we know and love, but we want to be kind to everyone. This can even help us during times when we have some big feelings.”

Direct students to sit quietly with their eyes closed or in a way that’s comfortable for them. Have students focus on their breathing initially. A Kindful Minute may take longer than 60 seconds, and teachers may choose to have students only focus on sending kind thoughts to themselves and someone they know, and later have students send kind thoughts to everyone. Reassure students that sometimes it can feel awkward, weird or uncomfortable to send kind thoughts or to do this kind of Mindful Minute. That’s what makes this skill great, because it continually takes practice, and eventually students will be able to do this on their own. Share how intentionally practicing being kind can make us healthier and is another way to take care of our mind and body.

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Please note, that based on some students' past experiences or cultural norms, it may be uncomfortable or may feel unsafe for them to sit with their eyes closed. In these cases, provide the option for them to sit with their eyes open

Example script: "Let's try a Kindful Minute. I'm going to talk you through it. I want you to get into a comfortable position. You can close your eyes, you can sit up straight, or you can lay down. Start by listening to yourself breathe. You can breathe normally, just pay attention to sounds you hear as you breathe. Now I want you think about how you might feel if you got a big hug from someone you love! Now keep that feeling and repeat after me in your head:

- *May I be healthy.*
- *May I be happy.*
- *May I be loved.*
- *May I be safe.*

Now I want you to think about someone you know. This can be a friend or family member. Repeat these phrases in your head:

- *May you be healthy.*
- *May you be happy.*
- *May you be loved.*
- *May you be safe.*

Note: Please take into consideration the experiences of your students when explaining a Kindful Minute. Instead of using the term a "big hug from someone you love" maybe describe the "warm feeling you have when you do something nice for someone."

Have students share how they are feeling and reinforce why a Kindful Minute is a healthy tool.

Example script: "How are you feeling right now? I'm feeling warm and fuzzy inside. I liked being able to send kind thoughts to myself and other people. It makes me feel good to be kind to others and I hope it makes you feel good too. If you don't feel warm and fuzzy, that's okay too! When we learn a new skill, it can take a few times before we feel like we are doing it right. Being kind and practicing a Kindful Minute is one way we take care of our mind and body and can help us feel better. We want to be kind to ourselves, that's why we send loving, kind thoughts to ourselves, and we want to be kind to other people and send them kind and loving thoughts. This is great because we can be kind to people in our head without them even knowing!"

At the end of class have students check in with themselves again.

Additional notes:

Teachers can also suggest using a Kindful Minute when students might feel a negative feeling towards another person. A Kindful Minute or loving-kindness meditation can help give individuals a mood boost and can generally improve attitude, relieve stress and create positive feelings towards others. Teachers can create their own scripts and eventually have students create their own scripts to use or together as a class create scripts and short phrases.

Modifications/Differentiation:

- Allow students to choose the kind phrases they would like to send.
- Allows students the option to hug themselves or place their hands over their heart while sending kind thoughts.
- Only provide two or three phrases at first.
- Start with students only sending kind thoughts to themselves then work toward sending kind messages to others.
- Allow students to sit with their eyes opens or walk around the room quietly during a Kindful Minute.
- Choose to replace the description of a hug with asking students to think about how they felt when they did something nice for someone or someone did something nice for them.

Checks for Understanding:

- Why do you think it's important to be kind to others?