

# Power of Your Mind

Here are ideas and curated resources for further exploration of the “Power of Your Mind” theme.

These can be integrated into home, school, virtual or core-curriculum-based lesson planning.

They are intended to amplify the themes from the videos, facilitating experiential curriculum customizable to any grade, subject or level.

The learning objectives in “Power of Your Mind” series include: to cultivate tools to pause our thoughts and actions, notice what thoughts and emotions are present for us, and choose how we want to proceed rather than react impulsively; to explore a multitude of strategies to develop awareness of the present moment; to discover the connection between gratitude, compassion and mindfulness.

## prompts for further exploration

- How do we feel when we’re stressed?
- What does stress feel like physically? Where do you feel it in your body?
- Can stress ever be a good thing?
- What are ways you find helpful to pause and notice when you’re feeling stressed?
- How does pausing and noticing affect our ability to choose our response in any given situation?
- How does it affect our relationships with friends or family members?
- What is happening in our brains and nervous systems when we are feeling overwhelmed or anxious? Why does this happen? What changes when we practice calming strategies like pause, notice and choose?
- How does stress affect our health?
- How can we help someone who is very anxious?
- What strategies help when we’re really frustrated or angry?
- How is our breathing connected to stress and coping with stress?



# Resources for Further Exploration

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## WholeHealthED

Compilation of best practice resources for whole health education

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## MindUP

Strategies to promote positive mental health and wellbeing based on neuroscience principles

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## PeaceOut Podcast

Short stories that help children calm down and relax by guiding them through visualization and breathing exercises.

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## Mindful

Best Practices for Bringing Mindfulness into Schools from mindful.org

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## How to Create a Glitter Jar for Kids

DIY activity to show how active our minds can be and how they can settle

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## Mindful Kids Practice: Coming Back to the Positive

What went well today? Kids and teens can explore this eight-minute guided meditation for noticing the positive.

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## Mindful Schools

"How to Eat More Mindfully" short video

learn more

## Mindful Schools

"Train Your Brain to be Kinder" short video

learn more

## Edutopia

Creating a Dedicated Space for Reflection; providing students with a quiet spot where they can calm themselves in times of stress helps them develop self-regulation

learn more

## TeachStarter

Brief Mindfulness Activities for the Classroom



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# Resources for Further Exploration

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## Harvard Graduate School of Education

Making Caring Common Project Mindfulness Strategies for Educators

[learn more](#)

## The Center for Contemplative Mind in Society

The Tree of Contemplative Practices visualizes a wide array of mindfulness practices. Blank “trees” can be printed and completed by students to develop their own “tree” of practices.



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