

# RESPECT 101: A classroom guide



## Mindfulness Activity

Materials: None! Just a list of your favorite mindfulness activities

**Alright, let's pause.**

Breathe in, and out.

Lower your shoulders and sit up straight.

**Doesn't that feel better?**

Mindfulness breaks can help students of all ages learn how to identify and regulate **their emotions when they're sad, scared or stressed.**

Take a minute in your classroom and try some of the activities below.

Teach students to STOP when they encounter an emotional situation. Role play some stressful situations and teach students to:

- Stop
- Take a breath to calm down
- Observe the situation
- Proceed with a solution

Some examples to roleplay might be:

- **A classmate makes a rude comment about your friends' appearance.**
- You realize at the beginning of class that you left your homework at home.
- Your friend uses the B-word to refer to girls in your class and it makes you feel uncomfortable.

What is your initial thought? Stop and identify that emotion or emotions. Name them. Take a breath. Consider your options. What can you do or say that will help with a solution?

**Ask students to identify where they're holding stress in their bodies.** This can be tense shoulders, a frown or even a bouncing leg. Guide them through releasing stress for a more balanced body.

Pay attention to the senses. Ask students to identify:

- Five things they can see
- Four things they can touch
- Three things they can hear
- Two things they can smell
- One thing they can taste

