

Middle School Summer Session Two 2020

Observing the Movie In Your Mind: Noticing Your Thoughts

Welcome Back! I hope the first session was helpful to you. We all experience things differently, so if you are not sure if mindfulness is for you, congratulations for trying it! It is okay to question and decide what is helpful to you, or what is not. Just try to keep an open mind for today. Maybe there will be a few things out of these three sessions that you like!

Opening Breath

Five Finger Breathing. Hold up one hand, then use your other hand, the pointer finger to trace your fingers as you breathe in and out.

Review and How Did It Go?

*Mindfulness is paying attention on purpose
With patience, kindness, and curiosity
And non judgment.*

- Listen to the signals our body is sending.
- Noticing when we are tense and breathing, relaxing
- Four count breath / hoberman
- Body Scan
- Unpleasant, neutral, and pleasant sensations
- Haiku

Today's Theme: Noticing Our Thoughts and Becoming an OBSERVER

- Practice becoming an observer.
- Do not need to get sucked into the storm.
- Can calm our amygdala and sit on the side of the river of thoughts.
- Do not have to believe everything you think!

HUGE MINDFULNESS TEACHING: Learning to Use Our Anchor Breath

The anchor (breath) is like home base for us. It is our safety zone, our place of refuge when times are tough, stressful, happy, sad.

If focusing on your breath causes you discomfort, try focusing on your foot, or a sound in the room.



Mindfulness Practice: Using a DIAMOND Breath

- Breathe in to Full Point
- Breathe out to Empty Point

Notice the physical sensations of where you feel your breath. Pay attention to your breath as you breathe in and out.

If you get distracted, just bring your attention back to your breath.

We do this over and over and over. It strengthens our attention muscles in our brain.

What Did You Notice?

Write:

Was this easy to focus on your breath?

Where did you feel your breath?

When could you use this kind of breath throughout your day?

1.

2.

3.

Mindful Movement

Try paying attention on purpose to your movement! Balancing, walking, Standing....

When could you use this during your day?

Mindful Listening Can Be An Anchor OR a Place to Pay Attention on Purpose to

“We have two ears and one mouth so that we can listen twice as much as we speak.” Epictetus

Mindful Listening: Close your eyes and listen. What instruments do you hear?

Nine Dots

Below are nine dots arranged in a square matrix. Can you draw four straight lines, through all 9 dots, without lifting your pencil from the paper? Please try to complete the puzzle, to the best of your ability, without looking at the answer!

•	•	•
•	•	•
•	•	•

Bringing Awareness to Our Thoughts

What did you say to yourself as you tried to solve the puzzle?

What was your self talk? *I can't. It's impossible. I must be dumb. Everyone but me probably solved it.*

It's okay! There is not a good or bad or right or wrong here!

Write: Can you think of times in real life that you have had these same thoughts?

What We Can Learn About Ourselves If We Notice Our Thoughts- No Judging Please:)

WRITE: When I am approaching something hard- like homework, new music, sports:

Pick one: Yes No Sometimes

Was your self talk mostly kind or unkind? _____

Was it mostly helpful or unhelpful? _____

Was it mostly true or untrue? _____

When you try something new or hard what are you usually tempted to do?

Quit Keep trying Cheat Ask for help Other

Do Over!

Once we notice our negative self talk, what could you say differently?

Remember, mindfulness involves kindness, patience, curiosity and non judgment!

Autobiography in Five Chapters

<p>Chapter 1 I walk down the street There is a hole in the sidewalk I fall in I am lost...I am helpless It isn't my fault</p>	<p>Chapter 3 I walk down the same street There is a deep hole in the sidewalk I see it is there I still fall in...it is a habit...but My eyes are open</p>
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<p>It takes forever to find a way out.</p> <p>Chapter 2 I walk down the same street There is a deep hole in the sidewalk I pretend I don't see it I fall in again I can't believe I am in the same place. But it isn't my fault. It still takes a long time to get out.</p>	<p>I know where I am. It is my fault. I get out immediately.</p> <p>Chapter 4 I walk down the same street. There is a hole in the sidewalk. I walk around it.</p> <p>Chapter 5 I walk down another street.</p>
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What Does This Poem Mean?

<p>Is there really a hole? What do the holes represent in real life? What problems do you have that seem to happen over and over again?</p> <ol style="list-style-type: none"> 1. 2. 3.
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What Other Kids Say About Their Holes/Problems

<p><u>SIBLING HOLES</u></p> <ul style="list-style-type: none"> • Mean teasing • Frequent fights <p><u>HOMEWORK AND CHORES HOLES</u></p> <ul style="list-style-type: none"> • Procrastination • Disorganization • Attacks of unkind mind 	<p><u>FRIENDSHIP HOLES</u></p> <ul style="list-style-type: none"> • Feeling excluded or jealous • Going along with something to be cool • Not saying what you mean • Being mean 	<p><u>PARENT HOLES</u></p> <ul style="list-style-type: none"> • Not listening • Not being listened to • Disagreements about responsibilities and privileges. <p><u>RISK HOLES</u></p> <ul style="list-style-type: none"> • Drinking, using drugs • Driving unsafely • Stealing • fighting
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**So, How Can Mindfulness Help You With Your Problems?
How Could This Kind Of Paying Attention Change Things?**

<p>WRITE Mindfulness is paying attention on purpose to your physical sensations and thoughts?</p> <p>Pay attention to your thoughts with patience, kindness, and curiosity and non judgment.</p>
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Plant the Seeds of Kindness for Yourself and a Loved One: Sending Kind Wishes

May you/ I be happy and peaceful
May you/ I be healthy and strong
May you/ I be safe inside and out
May you/ I live with ease and joy.

WRITE: When Could you Do This Throughout Your Day?

Practice Tonight: Pick One or Two to Try!

- Five Finger Breathing
- Use your anchor breath throughout the day
- Listen to music mindfully to calm yourself
- Diamond Breath- breathe in to top, breathe out to bottom
- Notice thoughts- don't have to believe them. Let them go. Breathe.
- Replace negative critical thoughts with kindness