

# MODULE 7.8

## MINDFULNESS for Educators



### TAKE IT DEEPER:

## Mindful Breathing Activity 1 of 2

Objective: To practice mindfulness through deep breathing and reflection, helping to reduce stress and increase focus.

Instructions:

1. Find a Quiet Space: Choose a quiet place where you won't be disturbed for the next 5–10 minutes.
2. Get Comfortable: Sit in a comfortable chair with your feet flat on the ground, or on a cushion if you prefer to sit on the floor. Keep your back straight and hands resting on your lap.

Step 1: Mindful Breathing

1. Close or Lower Your Eyes: Gently close or soften (lower) your eyes.
2. Inhale + Exhale Slowly: Take a deep breath in through your nose. Exhale slowly through your mouth.
3. Focus on Your Natural Breath: Continue to breathe slowly and focus on the sensation of your breath entering and leaving your body through your nose and mouth.
4. Notice Distractions: If your mind wanders, gently bring your attention back to your breath without judgment.

Continue this breathing exercise for 5 minutes.

Step 2: Reflection

After completing the mindful breathing exercise, take a few moments to reflect on the following questions. Write your responses in the spaces provided.

1. How Do You Feel?

Describe any changes in your physical sensations or emotional state after the breathing exercise.

2. Notice Any Thoughts

What thoughts came up during the exercise? How did you handle them?



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### TAKE IT DEEPER:

## Mindful Breathing Activity 2 of 2

#### Step 3: Setting an Intention

Set a small intention for how you will practice mindfulness in your teaching today. Write it down here:

#### Optional: Gratitude Practice

Take a moment to write down three things you are grateful for today.

#### Conclusion

Remember that mindfulness is a practice and it takes time to develop. Try to incorporate this simple breathing exercise into your daily routine and notice any positive changes it brings to your personal or teaching life.

Feel free to use this worksheet daily or whenever you need a moment of mindfulness in your day.

