

# Mindful Memo

Week 8– September 27<sup>th</sup>-October 1<sup>st</sup> - RCMA Wimauma Community Academy



## Making the Most of the Mindful Minute

As we know, effective July 1<sup>st</sup> 2021, a moment of silence is now required by law to be provided to all students. This week's challenge is to make the most of this moment during the announcements.

Discuss expectations. Frankly, this moment may not be important to you. It may also not be important to some scholars in your room. But I guarantee someone in your room NEEDS this moment, and greatly appreciates it. It's up to us as teachers to ensure we create a quiet environment, free from distractions. Set the expectation within your class that scholars are not talking, typing, writing, etc., during this time.

Provide Guidance. Many of our scholars don't know how to truly take a mindful moment. Offer the following guidance, and make a "mindful body" part of your routine.

Sit up straight, but not rigid, with feet flat on the floor. Hands can be clasped together or resting on the lap.

Deep breaths. Teach scholars to breathe in through their nose, hold their breath for a few seconds, and then release through their mouths. This is a research-based technique to calm and energize the brain.

Eyes closed or anchored. Eyes should be closed if scholars feel comfortable, or they may gaze at a fixed point on the floor or wall.

Model expectations. Scholars will follow your lead. If you're checking emails, texting, or talking during this moment, they will too. Use this time to take a pause yourself. Not only will you benefit from a "reset," but you'll show scholars this time is important.

"If you win the rat race,  
you're still a rat."

- Lily Tomlin