

Mindfulness and Literacy

Crafting Literacy Units of Study for All Students

Strategies for unit planning

Using the template below, consider the third-grade developmental stages and what mindfulness practices might be applicable given the unit content and student readiness.

1. Find a partner or small group
2. Add an Essential Question connected to mindfulness and the unit content
3. Add a Suggested Student Understanding connected to the mindfulness Essential Question you drafted

You do	
<p>Unit: Social Studies and ELA</p> <p>Theme/topic: Time, Continuity, and Change</p> <p>Essential question:</p> <ul style="list-style-type: none"> • What can the past teach us about life today? <p>Suggested student understandings:</p> <ul style="list-style-type: none"> • By studying the past, we learn how and why things in the modern world came to be. The lessons we learn about the past can help us live our lives today. 	
Feedback from peer	
Glows	Grows
<p>Action step: Based on the feedback above, what will you adjust when approaching unit planning at your school?</p>	

Strategies for lesson planning

Using the template below, consider the third-grade developmental stages and what mindfulness practices might be applicable given the lesson content and student readiness.

1. Find a partner or small group
2. Add a sentence to the Lesson Summary that reflects the mindfulness content from the Unit Plan that students will practice during this lesson
3. Add a Daily Lesson Question that reflects the mindfulness content students will practice during this lesson

Lesson objective(s)	SWBAT
Lesson summary	
Daily lesson question	
Materials	

Learning Centers

Choose a topic you'd like to explore further.

LEARNING CENTER 1

Explore Mindfulness Strategies

With a partner, explore mindfulness strategies that you can incorporate into your school community.

- Materials: Padlet®

LEARNING CENTER 2

Creating a Classroom Culture of Mindfulness

With a partner, explore tools and resources to create a classroom culture of mindfulness.

- Materials: Laptop or tablet, headphones, handout, Padlet

LEARNING CENTER 3

Mindfulness Literature for the Classroom

With a partner, explore culturally responsive texts for adults and students to promote mindfulness in your classroom or school setting.

- Materials: Laptop or tablet, headphones, handout, Padlet

LEARNING CENTER 1

Explore Mindfulness Strategies

Directions

1. Find a partner
2. Access this Padlet site: https://padlet.com/maxine_welcome/19ddbpf50mwh
3. Explore the mindfulness resources linked on the Padlet
4. Choose two to three strategies (*if time permits, complete more*)
5. Read the description for the activity
6. With your partner, practice the strategy as if you were a student

Think about

- How does the strategy impact your body and mind?
- What impact might this strategy have on students?
- What would you need to do in order to incorporate these strategies into your classroom or school community?

Creating a Classroom Culture of Mindfulness

Directions

1. Access this Padlet site: https://padlet.com/maxine_welcome/19ddbpf50mwh
2. Select the **Edutopia® Mindfulness resource** linked on the Padlet and scroll down the page to view the video **Peace Corner: Creating Safe Space for Reflection (2:39)**
3. After viewing the video, use the organizer below to plan how to create and/or modify a calm-down area in your classroom(s)
4. If time permits, draft how you'll introduce this space and its purpose to your students

Creating a reflection space in the classroom

Where will you set up this area?	What furniture or seating options will you use?
What materials will you provide in this area to help students reflect?	What posters or anchor charts will you place in the area?

Draft a few sentences that you can use to introduce the reflection space and its purpose to your students.

LEARNING CENTER 3

Mindfulness Literature for the Classroom

Directions

1. Find a partner or small group
2. Access this Padlet site: https://padlet.com/maxine_welcome/19ddbpf50mwh
3. Select the **Edutopia® Mindfulness resource** linked on the Padlet and scroll down the page to view the video **Integrating SEL and Literacy** (4:46)
4. After viewing the video, consider and discuss the following questions

Guiding questions

1. This high school has a school-wide commitment to Advisory and has integrated it into their schedule. Would your school or grade level be able to do this? If not, how might you incorporate this into a class period or class day?
2. What was the impact of the text choice on the students' ability to connect to the content and social-emotional learning?
3. Select the **Responsive Reads resource** linked on the Padlet. What texts might you use in your classroom and/or school?
4. How might one of these texts integrate into your current curriculum?

Notes

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