WEEK 2: ANCHORS AND MINDFUL WALKING

sound body sound mind

Mindful March

A collaboration with

UCLA MINDFUL AWARENESS RESEARCH CENTER
Mindful Awareness is the moment-by-moment process of actively and openly observing one’s physical, mental, and emotional experiences. Mindful Awareness Practices (MAPs) are tools and exercises such as meditation, yoga, and tai-chi that develop greater mind-body awareness and promote mindfulness in daily life.

**WHY MINDFULNESS**

Mindful Awareness has scientific support as a means to reduce stress, improve attention, boost the immune system, reduce emotional reactivity, and promote a general sense of health and well-being.

**IN EACH ISSUE**

**CONCEPTS**
Introduction to mindfulness concepts to assist you with lesson implementation

**LESSON PLANS**
Two ready to instruct video lessons and plans in a plug and go format so you can easily send to students

**TEACHING TIPS**
Reflection questions and mindfulness practice activities for you and your students

**RESOURCES**
Supplementary resources to complete your well rounded mindfulness instruction
HOW TO USE THESE RESOURCES

• Each week we will provide you with two lessons that include their own guided videos and practice instructions. Find all past lessons here.

• There are sections titled "TEACHER INSTRUCTIONS" for you to copy and paste. These are specifically designed for you to easily assign through your learning management system to distribute to students.

• Each video has its own "LESSON PRACTICE INSTRUCTION." These are instructions for the mini practices that are discussed in the video. You can either copy and paste to send to students, or use it to better guide your own lesson instruction with students.

• Each video includes a mindfulness challenge based on the video's topic. These are written out in the "CHALLENGE" section.

• If you would like to expand on the lesson, there is an additional section titled "DIVE DEEPER." These are some prompts you can share with your students to facilitate more curiosity and discussion about the lesson.

• Each week there will be a series of reflection questions that you can assign as classwork or homework.

• Please note: these lessons were specifically designed for middle school and high school students. They may be modified for other classrooms based on instructor discretion.
WEEK 2: ANCHORS AND MINDFUL STANDING & WALKING

WEEK 2 TOPICS

Anchors

Body scan

Mindful standing and walking

WEEK 2 OBJECTIVES

• Students should be able to identify different anchors they can use including their body, senses, and movement

• Students should know how to practice a body scan

• Students should be able to walk mindfully

• Students should know the benefits of slowing down on purpose
CONCEPT OVERVIEWS

ANCHORS
We talk to students about how we can anchor our attention to different aspects of the present moment including body sensations and our five senses. Anchoring allows students to return to the present moment when thoughts drift toward the past or the future, driven by difficult emotions.

BODY SCAN
Through the body scan practice, we teach students how to be aware of internal body sensations such as pressure and tingling with curiosity and openness. We start by inviting students to squeeze and release their muscles before starting the body scan which helps relax their bodies.

MINDFUL STANDING & WALKING
Students can also practice mindfulness while standing and walking. We let them know that slowing down on purpose can help them regulate their emotions when they feel distressed or rushed.
WEEK 2: ANCHORS AND MINDFUL WALKING

ANCHORS & BODY

LESSON 3 VIDEO

TEACHER INSTRUCTIONS

COPY AND PASTE THE INFORMATION BELOW

Students, please participate with your attention by putting away anything else you may be working on so you can follow along. Make sure you have somewhere comfortable to sit. This week, we introduce you to the body scan which is a way of paying attention to the sensations we can feel happening in our bodies. We will be practicing with anchors. Anchors are aspects of our present-moment experience that we can bring our attention back to when it wanders off to thoughts about the past or the future. Let's watch the video and try it out!
WEEK 2: ANCHORS AND MINDFUL WALKING

ANCHORS & BODY

LESSON PRACTICE INSTRUCTIONS

Before we start the body scan, we squeeze and release our muscles to help them relax. You can start by squeezing and releasing your toes and hands. Then you can shrug your shoulders up toward your ears and squeeze your face muscles and take a deep breath. As you exhale, release all of the tension and notice how you feel. As you “scan” through your body, notice what you can feel in your feet—the pressure and warmth of your socks or shoes. Continue scanning throughout your body, noticing your legs, abdomen, and chest. Maybe you can feel your heartbeat or notice grumbling in your stomach. Continue to scan your arms and hands and then your back, neck, and face. Just stay curious about sensations that stand out to you.

CHALLENGE

Sit everyday for one minute and attend to the sensations in your body - what you feel.

DIVE DEEPER (OPTIONAL)

Invite students to share the sensations that they noticed during the body scan. To extend the activity, you can invite students to draw an outline of a body and draw the sensations they noticed using colors that represent the intensity of the sensations. Let students know that stopping to notice body sensations when they have big emotions like anger or fear can help the emotion to settle and allow them to come up with helpful thoughts in difficult moments.
TEACHER INSTRUCTIONS

COPY AND PASTE THE INFORMATION BELOW

When we move slowly on purpose, we help to slow down our busy minds and help to settle difficult emotions. Stress and difficult feelings like loneliness can make it hard for us to concentrate and sort through all of our thoughts about what to do. Slowing down lets us see our thoughts in slow motion. This helps us to make wise decisions with greater ease. Today we will be going over:

- Anchoring our attention as we stand.
- Anchoring our attention as we walk.
LESSON 4 PLAN

MINDFUL STANDING AND WALKING

LESSON PRACTICE INSTRUCTIONS

Start in a standing position and, if it’s comfortable, close your eyes so you can feel your feet making contact with the ground. Slowly start to shift your weight side to side, noticing sensations in your feet and legs. Now you can try mindful walking. With your eyes open, take a breath and as you exhale, take a step forward. Continue linking your breath to your movement, taking a step as you exhale. When you’ve taken four or five steps, pause, take a breath, and turn around. You can set a timer to practice mindful walking for one to three minutes, or you can choose a cue to practice such as when you walk from your room to the kitchen or from the car to the front door.

CHALLENGE

For one minute everyday, try mindful walking or mindful standing. This can be done formally or informally.

DIVE DEEPER (OPTIONAL)

As an activity before or during a lesson, ask student to do one thing they do everyday but in slow motion. This could be tying their shoe, sitting and standing, drinking a glass of water, or eating something. Invite students to get curious about what they notice when they slow things down. With mindful eating, invite students to notice the textures, flavors, and sensations that they may never have noticed before.
WEEK 2: ANCHORS AND WALKING MEDITATION

LESSON PLAN

TEACHING TIPS

PRACTICE REMINDERS

- Body scans be practiced seated or lying down.

- If students say that they cannot feel any sensations when practicing body scans you can ask them to make fists with their hands and squeeze and release their fists, noticing what they feel such as heat, tightness, and relaxation when they release. Also, remind them that even though they might not notice sensations today, it is a relaxing activity that can help them fall asleep.

- Some students may say that they felt self-conscious or awkward. Remind them that this is normal and something to just notice while they continue to practice curiosity.

- When we have big emotions like worry, it’s easy to get lost in distressing thoughts about how things might turn out or imagine the worst that could happen. Paying attention to the body sensations that we feel when big emotions arise helps the emotions to pass more quickly so we can think clearly and make decisions that we feel good about.

REFLECTION QUESTIONS

1. What sensations did you notice during the body scan?
2. Why do we use anchors?
3. When do you think it would be helpful to move slowly on purpose?
ADDITIONAL RESOURCES

GUIDED MEDITATION

A 20 minute walking, guided meditation from our mindfulness experts at UCLA MARC

ARTICLE

Mindful Eating: The Art of Presence While You Eat

TIKTOK

This short video goes over the concept of "thought surfing" and how practice it