

**The beginning of the school year** – when teachers are establishing relationships, building trust with new students, and creating systems and structures in the classroom – is a time when teachers can *intentionally* choose to hold back on introducing formal curriculum and instruction around mindfulness.

During this time of transition, which can be full of excitement and also overwhelm, *everyone – teachers and students alike* – can benefit from simple pauses and extra breaths throughout the day. By introducing short and extended pauses, we're simply practicing and building a healthy habit that will support mindfulness lessons to follow later in the year.

## Mindful Breathing

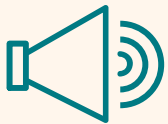
Here are a few simple ways to add pauses and breaths throughout the day – *especially* at transition points.



### School Mascot

A great way to start the year (and build some school pride!) is to teach your students a mascot breath. Whether you're the Parkside Penguins or the Lakeshore Lions, you can create a "mascot breath." Maybe your penguin breath has flapping wings, or your lion breath has a shaking mane.

*"Okay, Parkside Penguins, thank you for getting yourselves into a great line, and for waiting quietly! You look ready to head out for recess. Before you go out, let's do one big Penguin Breath together."*



### Call and Response

Add a breath to your attention-getter. Many teachers use an attention-getter to bring the classroom back to attention and quiet, such as ringing a chime, using the quiet coyote, or using a call and response. Try adding a breath into the quiet space *after* you have students' attention.

*"1, 2, 3, eyes on me!" "1, 2, eyes on you!"*

*"Great – and now let's take a big Penguin Breath all together ... and let it out ... and now we quietly let all of our Penguin Breaths disappear into the air. Now we're ready to learn."*



### We Will Rock You!

For older students, you can adapt your attention-getter using chimes or playing the opening notes of a popular song. Try tapping a rhythm on your desk or podium; students can mirror your patterns until the whole class ends up creating the drum part to *We Will Rock You!* Once you have your class's attention and the room is quiet, hold that quiet for a bit longer by adding in a breath (or a few). Older students are especially in need of these quiet moments.

*"Nice. Before we move on, let's take two deep breaths together."*

*Breathing in ... hold ... and let it out..."*

**Building capacities for awareness, attention, connection and compassion are essential skills for educators and students of the 21st century.** Our research-backed professional development trainings are based on our work in schools and over a decade of experience training educators. Mindful Schools courses empower educators to develop and deepen their mindfulness practice, provide access to K-12 curriculum, and give adaptable strategies to spark positive change in their work with youth.

**Educators, start your journey.**

## Foundational Courses



### Mindfulness Fundamentals

Learn how to develop your personal mindfulness practice and your ability to be fully open, aware, and active in the present moment. Practice alongside fellow educators. 6-week online course.

*Register at [www.mindfulschools.org/MF](http://www.mindfulschools.org/MF)*

**Upcoming Fall Sessions:**



### Mindful Educator Essentials

Learn strategies to integrate and adapt mindfulness into your classroom using our research-backed Mindful Schools K-12 Curriculum. 6-week online course.

*Prerequisite: Mindfulness Fundamentals.*

*Register at [www.mindfulschools.org/MEE](http://www.mindfulschools.org/MEE)*

**Upcoming Fall Sessions:**



## Continued Learning

### Mindful Communication

Upcoming Session: Sep 13

Transform your communication patterns and explore how to cultivate trust, cooperation, and collaboration to build stronger relationships.

### Working with Difficult Emotions

Upcoming Session: Oct 11

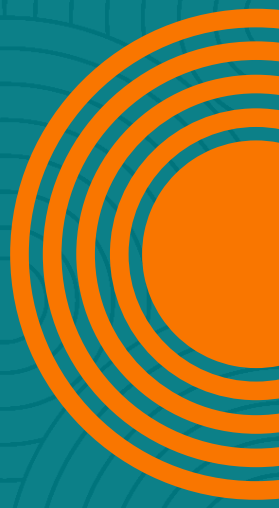
Learn practices to regulate your emotions and create greater emotional freedom. Based on the latest scientific research.

### Certification Program

Apply This Fall

Invest in yourself as an educator and change the future of education through our immersive, year-long Certification Program.

TAKE  
A DEEP  
BREATH.



TAKE



3 BREATHS.

1 ... 2 ... 3 ...

