

Physical Education Self Defense Class *Meditation & Mindfulness*

Targeted Goals from Stage 1:

- Identify stress-management strategies (e.g., mental imagery, relaxation techniques, deep breathing, aerobic exercise, meditation) to reduce stress.⁴⁵ (S3.H14.L1)
- Employs effective self-management skills to analyze barriers and modify physical activity patterns appropriately, as needed.⁴⁷ (S4.H1.L1)

Skills: Flexibility, Focus, Breathing, Strength

Expectation: Exploration, participation and design

Description of Task (s):	Resources and Materials: (Links to these resources are posted in Google Classroom)	Daily Checks (Return to Google Classroom or snapshots from a cell phone)
<p>Monday</p> <p>Beginner Breathing Awareness</p> <p>Objective: To introduce students to meditation/breathing as a coping strategy for stress and to guide them through a meditation session.</p> <p>Students will be able to demonstrate breathing awareness through a guided breathing relaxation session.</p> <p>Choose 2 links to explore- or research and find your own!</p>	<p>Mindful Breathing Visual YouTube Video</p> <p>Mindful Breathing YouTube Video:</p> <p>Counting Breaths YouTube Video</p> <p>Meditation Music YouTube Video</p>	<p>Meditation Google Classroom Reflection (daily)</p> <p>Meditation Daily Reflection</p> <p>Was focusing on breathing difficult or easy for you?</p> <p>What are some challenges to this type of meditation?</p>
<p>Tuesday:</p> <p>Mindfulness Meditation</p> <p>Objective: To introduce students to guided meditation as a coping strategy for stress and</p>	<p>10 Minute guided meditation on YouTube:</p>	<p>Meditation Google Classroom Reflection (daily)</p> <p>What would you want to be different?</p>

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<p>to practice through a guided meditation session.</p> <p>Click on the link and give it a try</p>		<p>What are some challenges to this type of meditation?</p>
<p>Wednesday: Choice of Meditation</p> <p>Objective: To allow students to choose meditation as a coping strategy for stress and to guide them through a meditation session.</p> <p>Choose One that Best Suits You</p>	<p>Progressive Muscle Relaxation on YouTube</p> <p>Body Scan on YouTube</p> <p>Guided Present on YouTube</p> <p>Chakra Meditation on YouTube:</p>	<p>Meditation Google Classroom Reflection (daily)</p> <p>Which meditation did you choose?</p> <p>Where did you feel this most in your body? Where did you notice tension in the body? Did it change?</p>
<p>Thursday: Search and Explore a type of meditation that best suits your needs, as well as length of time. (minimum 10 minutes) You may use an app on your phone, a simple google search (YouTube has a ton), etc.</p>		<p>Meditation Google Classroom Reflection (daily)</p> <p>Why did you choose this type and length of meditation?</p> <p>How did you feel after the meditation?</p> <p>Would you use this meditation again? Why or why not?</p>
<p>Friday: Choose a meditation that suits your needs OR try 1 or more of the mindfulness activities provided.</p> <p>Please complete the Google Form Reflection Slip</p>	<p>Mindfulness Activities to try:</p> <p>Mindful Walking/Counting Sounds:</p> <p>Mindful Walking/Rainbow Walk:</p> <p>Quick Sanity Breaks</p> <p>Build Your Best Day:</p> <p>Silent and Sound (optional) Video Resources</p>	<p>Meditation Google Form Exit Slip</p> <p>MeditationExit Slip/ Reflection</p>

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	for MIndfulness, Meditation, Yoga	

Week criteria for success (attach student checklists or rubrics):Meditation Daily Reflection

Meditation Exit Slip/Reflection

Supportive resources and tutorials for the week (plans for re-teaching):

Mindful Walking/Counting Sounds: www.mindfulteachers.org

Mindful Walking/Rainbow Walk: www.mindfulteachers.org

Quick Sanity Breaks: www.mindfulteachers.org

Build Your Best

Silent and Sound (optional) Video Resources for MIndfulness, Meditation, Yoga: www.mindfulteachers.org