

Grade 9-12

Distance Learning Module 7: Week of: May 18<sup>th</sup> – May 22<sup>nd</sup>

## Grade 11 Physical Education

## *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.<sup>45</sup> (S3.H14.L1)
- Employs effective self-management skills to analyze barriers and modify physical activity patterns appropriately, as needed.<sup>47</sup> (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)
Monday Beginner Breathing Awareness Objective: To introduce students to meditation/breathing as a coping strategy for stress and to guide them through a meditation session. Students will be able to demonstrate breathing awareness through a guided breathing relaxation session.  Choose 2 links to explore- or research and find your own!	Mindful Breathing Visual YouTube Video  Mindful Breathing YouTube Video:  Counting Breaths YouTube Video  Meditation Music YouTube Video	Meditation Google Classroom Reflection (daily)  Meditation Daily Reflection Was focusing on breathing difficult or easy for you?  What are some challenges to this type of meditation?
Tuesday: Mindfulness Meditation Objective: To introduce students to guided meditation as a coping strategy for stress and	10 Minute guided meditation on YouTube:	Meditation Google Classroom Reflection (daily)  What would you want to be different?

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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](http://www.mindfulteachers.org)

Mindful Walking/Rainbow Walk: [www.mindfulteachers.org](http://www.mindfulteachers.org)

Quick Sanity Breaks: [www.mindfulteachers.org](http://www.mindfulteachers.org)

Build Your Best

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