

The Mindful Student is a K - 8 school-based mindfulness program that can be used to promote proactive discipline within the classroom. It is designed to assist students with building the skills needed for self-awareness, self-regulation, and self-discipline through the use of research-based tools and strategies. The Mindful Student comes in a grade-level set that includes 20 developmentally appropriate mindfulness lesson cards aligned to the C.A.R.E.S. social and emotional competencies and standards. Each Mindful Student lesson is also aligned to one of the seven Fly Five mindfulness principles.

“The Mindful Student cards in Fly Five are brief, yet get students to have an awareness of themselves, emotions, body, and mind. It serves them well before we continue on with our day.”

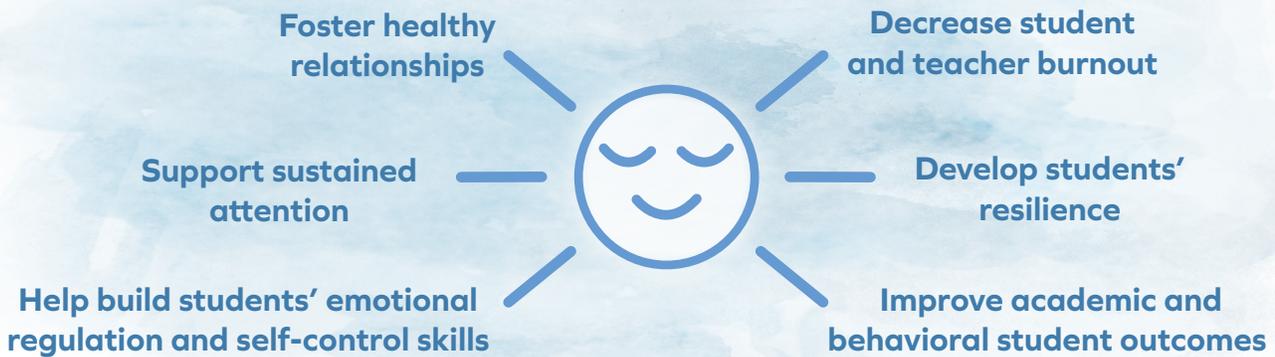
— Ina Pannell-Saint Surin, *Fly Five Ambassador and 5th grade teacher*



Receive the **2.5-hour** asynchronous Mindfulness Mini-Course with a purchase of **The Mindful Student!**

Benefits of Mindfulness

Research shows that a consistent mindfulness practice can:



Flexibility in Implementation

The Mindful Student can be used in various classroom contexts and settings. Each Mindful Student activity is intended to be short and hands-on, taking only 5 to 10 minutes to complete. Below are five examples of when the Mindful Student can be implemented throughout the day.

As a daily proactive discipline strategy to foster self-control skills

For a behavioral or emotional reset

At the beginning of any academic lesson

As a daily mindfulness routine

Before or after transitions such as lunch





The Mindfulness Principles

Each mindfulness activity is aligned to a set of seven actionable, mindfulness principles that set the goal and purpose of the mindfulness lesson

Put it in neutral



In the moment



Take it slow



Reality check



Reset experiences



Suspend judgment



Have faith



Mindfulness Strategies

Consider how the following strategies within the Mindful Student support the development of students' self-awareness and emotional regulation skills. These strategies will help students recognize, name, and manage intense emotions, maintain self-control in the moment, and set students up for academic success.

Body Scan

the intentional awareness (or scanning), identification, and allowance of internal bodily sensations

Visualization

to form a mental image during a mindfulness practice

Reflection

the thoughtful consideration of your sensory experiences, thoughts, or emotions

Sharing

the practice of openly communicating to peers about a mindfulness principle, concept, or activity

Mindful Movement

the practice of moving your body to promote awareness, relaxation, and focused attention

Breathwork

the ability to intentionally control your breathing, usually to self-regulate

Affirmation

a positive statement that provides emotional support or encouragement

Role-Play

the practice of actively using mindfulness strategies to engage in a variety of real-life situations

Writing

the act of mindful reflection through written words, journaling, sketching, or drawing

Visit www.flyfivesel.org/sel-curriculum/the-mindful-student/ or scan code to learn more >

