

Planning for The Mindful Student

01

TIMING



Consider when your schedule allows for a 5-10 minute mindfulness activity, as well as moments when students might benefit from a reset or refresh.

02

STUDENT GROUPING



Use whole-group instruction as a proactive strategy during transitions, while also identifying students who would benefit from small-group or individual instruction.

03

ROOM CONDITIONS



Use lighting, music, and seating arrangements to help students stay engaged and focused during the mindfulness activity.

04

MINDFULNESS ACTIVITY



Use The Mindful Student activity cards, Mini Mindfulness activity links, or a prompt from the Mindful Student Checklist to help students reset and refocus.