

MINDFUL MENTORING IN THE CLASSROOM



Having a consistent practice in **MINDFULNESS** has been proven to build emotional regulation and stability in children. As educators in the classroom, you are teaching far more than just academics. You are helping children learn to express and regulate their emotions. We all understand how uncomfortable our emotions can make us feel at times but there is a great benefit to learning and understanding that difficult emotions are survivable. Our goal should be to use our emotions as information rather than instruction. It is okay to acknowledge that I don't want to feel this way. Learning to regulate our bodies physical reactions amid difficult emotions is an invaluable tool for our student's future success.

How to soothe our emotions with our senses!

Be open! You can do this by acknowledging the emotion that is showing up and naming it (e.g., anger, fear, anxiety, etc.). Click **HERE** to download a copy of the feelings wheel to help students put words to what their feeling. It can be helpful to locate where in your body you are feeling the emotion (chest, head, hands, racing heart). Once you have acknowledged the feeling or feelings you are experiencing, bring your attention to one of your five senses; what you can see, hear, touch, taste, or smell. You may want to focus on just one of the senses or gently shift your attention to each sense in turn.

Benefits of mindfulness for trauma

Some children will act out their difficulties rather than share them in words. When words are unavailable, it helps to find other ways to demonstrate the connection between thoughts, feelings, and behaviors. Children who have experienced trauma tend to use the part of their brain that controls survival. So, it is important to meet the needs of the survival and emotional brain first. When a child feels safe and supported in their environment and their body, they are more capable of utilizing their "thinking" brain. Mindful practices help students' connect to the part of the brain where they can experience positive emotional and social experiences. Mindfulness can unlock their ability to imagine and dream! So be patient with yourself and your students as you look for progress not perfection in creating a safe space for them to explore and hopefully express their emotions healthily.

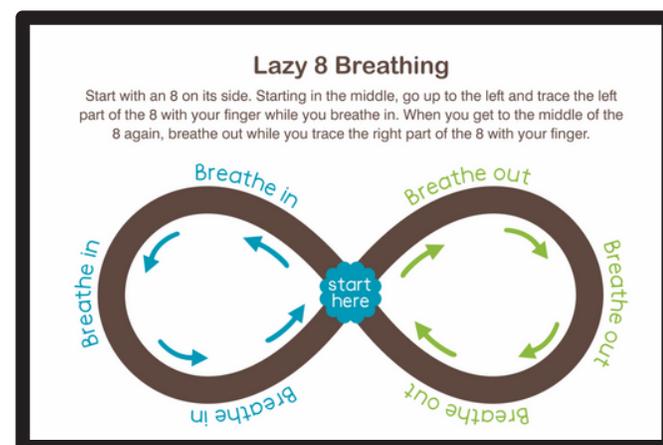


[Create a glitter jar! Glitter jars help students identify thoughts, feelings and urges and encourage mindful breathing.](#)

Try different breathing techniques!



Click on the cards to download the BHC mindful moment cards



Breathe along!

