

Focused Friday

When we take time to practice being mindful, focusing your awareness on the here and now, we train ourselves to embrace each moment of the day and not to worry about what tomorrow may bring. By engaging in mindful activities daily we are training our body and mind to focus on what we see, smell, hear, taste and feel.

By engaging in mindful activities, students will find it much easier to focus and actively engage in the classroom, less likely to bully others and those students who are bullied will be more resilient. They will be less likely to engage in high-risk behaviours as they will be calmer and less reactive. Mindfulness can reduce the risk of depression, help with anxiety and boost the immune system. These skills can also be applied to maturely navigate challenging peer or family interactions.

Practicing mindfulness will also benefit the students by:

- Reducing Stress: Improve ability to manage stress
- Increases Focus: Improves ability to pay attention, focus and concentrate
- Improves Emotion Regulation: By reducing impulsiveness and improving behaviour
- Increases Emotional Intelligence: Improves conflict resolution skills
- Increased Empathy and Respect: Increases empathy and understanding of others
- Increases Resilience: Increased capacity to overcome challenges
- Improves Physical Well-being: Increases engagement in Physical activity
- Improved Creativity and Collaboration: Improves expression of creative arts

Tips:

When thinking, ask yourself “Is this helpful/true?” If not, challenge yourself to find a positive/true alternative. Remember to speak kindly to yourself, everyone has good and bad days. Don’t be too hard on yourself!

Pause and make sure to take time for yourself during the day, to listen to music, take a few deep breaths, go for a mindful walk. There are lots of different apps and sites out there for mindful activities or breathing exercises.

Activities:

<https://learnathome.hcdsb.org/christian-meditation/>

<https://smho-smso.ca/wp-content/uploads/2020/03/Deep-Belly-Breathing-Coping-and-Stress-Management.pdf>

<https://smho-smso.ca/wp-content/uploads/2020/03/Organizing-Pause.pdf>

<https://smho-smso.ca/wp-content/uploads/2020/03/Emotion-Charades-Emotion-Identification.pdf>

<https://static1.squarespace.com/static/59292fd9893fc05fa7ba0d4b/t/5a9cb7f5f9619a44987b6070/1520220162411/Mindfulness-Walk-Worksheet.pdf>

https://docs.google.com/document/d/1wEeg7HhkcH-MSE5WD_wqLNEVNStxlyr5LMmPJLyE4I0/edit

[#HCDSBSelfcare](#)

[#HCDSBMentalHealthWeek](#)