

Mindfulness and Self-Regulation

1. Glitter Jar
2. Mindfulness means maintaining a moment-by-moment awareness of our thoughts, feelings, bodily sensations, and surrounding environment, through a gentle, nurturing lens.

▶ Jon Kabat-Zinn: What is Mindfulness? - "Paying attention." <https://youtu.be/xoLQ3qkh0w0>
<https://greatergood.berkeley.edu/topic/mindfulness/definition>

3. Why Do We Need This Especially Now?
 - a. We are living in times of constant mini traumas and secondary traumas, hearing about suffering in the world.
 - b. Increased screen activities and video games with children are affecting thinking and processing
 - c. Teaching about the prefrontal cortex and self-regulation can help us be more self aware, especially in times of stress or conflicts.

4. **Morning Classroom Routine - Yoga Sun Salutation and Tapping**

5. What are some examples of mindfulness exercises? [By Mayo Clinic Staff](#)
 - Pay attention.
 - Live in the moment.
 - Accept yourself.
 - Focus on your breathing.

6. Favorite Video:

☀ Just Breathe - "Just Breathe" by Julie Bayer Salzman & Josh Salzman (Wavecrest Films);
<https://youtu.be/RVA2N6tX2cg>

7. A Few Breathing Techniques:

- Rainbow Breath
- Counting Breath
- Balloon Breath
- Dandelion Breath
- Bell Breath

8. Prefrontal Cortex and Self-Regulation Picture and Graphic Organizer -

9. ☀ Self- Regulation - [What is Self-Regulation? - Your Therapy Source](#) — ☀ Definition - Self-regulation is the ability to monitor and manage your energy states, emotions, thoughts, and behaviors in ways that are acceptable and produce positive results such as well-being, loving relationships, and learning.

10. Other Very important sources of calm and self-regulation - Nature 🌲, Music 🎵, Art

11. More Resources:

Kids Explain Mindfulness: ▶ Kids explain mindfulness ; <https://youtu.be/awo8jUxlm0c>

Breathe With Me Video: - [Breathe With Me - Guided Breathing Meditation for Kids](#),
<https://youtu.be/2PYHmihv3wY>

Tapping with Kids: <https://youtu.be/R0NUNNhosPU> ▶ Tapping for Kids with Alison - What is Tapping?