



Grade 7 Lesson Plan

Mindfulness Breathing

Objectives/Goals

- Analyze the benefits of stress management and stress-reduction techniques.
- Explain the benefits of emotional flexibility, stress management, and stress-reduction techniques for emotional health.

Material

- Copies of the Star breathing exercise
- Copies of the BEEMS Mindful stress management prompts

Procedure

Step 1-Mindfulness

- Review lesson 1 content and skill
 - Practice the breathing exercise
- Mindfulness means paying full attention to something.
 - Example: Think of how you concentrate when trying to do something difficult. You position yourself just right, concentrate on what you are trying to do, tune out distracting sounds, and go for it!
 - The more you practice mindfulness, the better you get.
 - Benefits of practice
 - makes it easier to be mindful every day.
 - helps you feel calmer when stressed.
 - helps you focus when you have to do something difficult.
 - Improves attention
 - (<https://teenshealth.org/en/teens/mindfulness.html>)

Step 2- More Mindfulness exercises

- Star breathing
- Rainbow Breathing:
<https://www.bing.com/videos/search?q=rainbow+breathing+exercise&view=detail&mid=0CE542BDB14A3422C3380CE542BDB14A3422C338&FORM=VIRE>

Step 3-Mindful stress reduction techniques (7.1i, 7.2p)

- Review the BEEMS mindful coping strategies then distribute the prompts. Students read the prompts then use the BEEMS organizer to make suggestions on healthy ways of coping with stress
- Class activity: BEEMS graphic organizer:

- Teach the components of mindful stress management. Distribute the prompts and provide time for the students to respond on the graphic organizer
- Components
 - B-Balance school-work with activities you enjoy
 - E-Eat healthy foods
 - E- Exercise 60 minutes each day
 - M-Manage responsibilities by keeping a calendar or planning app to keep track of chores, practice, school-work
 - S- Sleep 10 hours of sleep each night.

Step 5- End of class assessment

- End of class review (Ask questions about all the content and skill taught in the lesson, including a demonstration of breathing.
- Exit ticket-Write down one benefit of mindfully trying to recognize and reduce stress?

Assessment Idea

- Formative: Star Breathing exercise
- Formative: Rainbow breathing
- Formative: Responding to the prompts through the BEEMS graphic organizer

References

- <https://store.copingskillsforkids.com/collections/free-printables>
- <https://teenshealth.org/en/teens/mindfulness.html>
- <https://kidshealth.org/en/kids/stress.html>
- <https://teenshealth.org/en/teens/stress-tips.html?WT.ac=ctg>
- <https://classroom.kidshealth.org/index.jsp?Grade=912&Section=problems>

Handout

- Star breathing
- BEEMS prompt and graphic organizers

Breathing Exercise - Star Breathing

Star Breathing

Start at any "Breathe in" side,
hold your breath at the point, then breathe out.
Keep going until you've gone around the whole star.



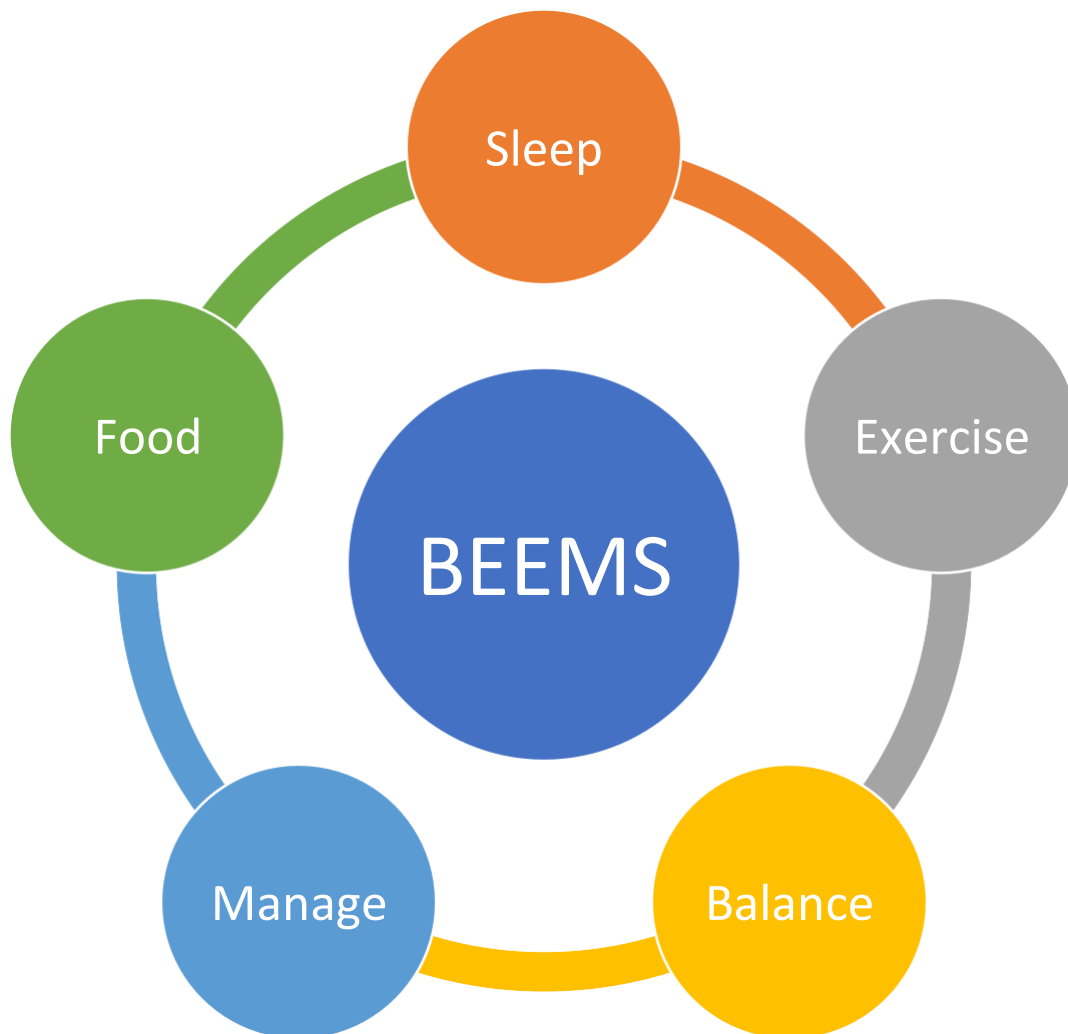
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Reflection: Explain the benefits of emotional flexibility, stress management, and stress-reduction techniques for emotional health. (7.2p)

#1 BEEMS graphic organizer-Mindfully Decreasing Stress Buildup

Directions: Read the prompt and help the peer be mindful and reduce their stress

Carson is stressed!!! He loves to fish on the weekends. It is very relaxing to him and calms him down. But during the week...he is not calm at all. He works hard and gets good grades but he is always stressed. He is often late for school because of his brothers, some of his peers are annoying to him, he eats well at school but prefers snack foods at home. Carson needs help! For each of the BEEMS Healthy Mindful circles, suggest ways to help Carson be more mindful and reduce his stress.



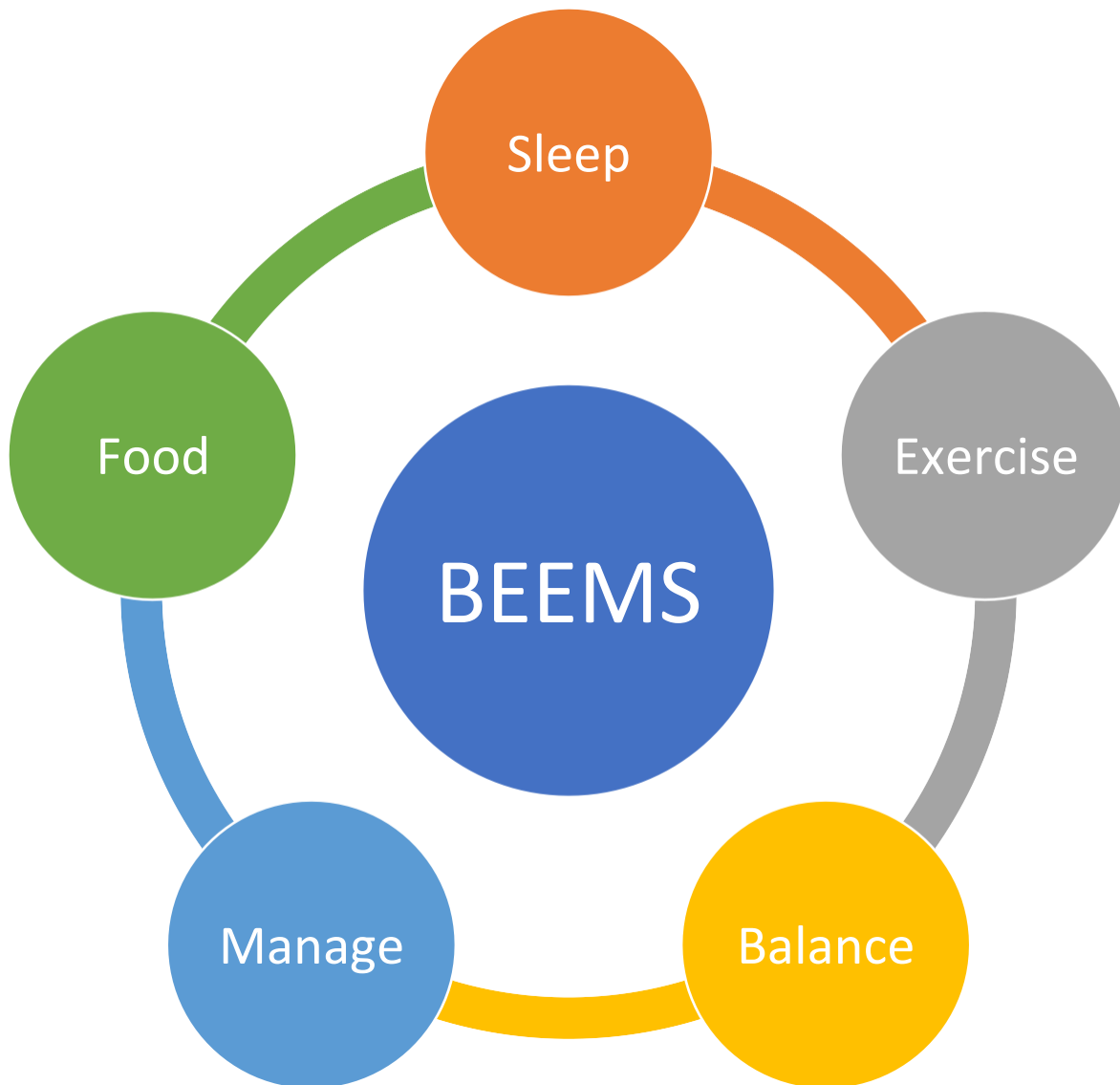
Reflection: Explain the benefits of emotional flexibility, stress management, and stress-reduction techniques for emotional health. (7.2p)

#2 BEEMS graphic organizer-Mindfully Decreasing Stress Buildup

Directions: Read the prompt and help the peer be mindful and reduce their stress.

Mary has a science fair project due at the end of the month. She is stressed because science is hard for her and the team partners are not doing any work. They always have an excuse. To make things worse, next trimester she starts basketball and she doesn't know how to play. She is afraid everyone will make fun of her. Sometimes she pretends to be sick so she doesn't have to go to school.

Mary needs help!!! For each of the BEEMS Healthy Mindful circles, suggest ways to help Mary be more mindful and reduce her stress.



Reflection: Explain the benefits of emotional flexibility, stress management, and stress-reduction techniques for emotional health. (7.2p)