



Mindfulness

During the Mindfulness mini-lessons, students are learning the benefits of mindfulness and being self-aware of thoughts, emotions, their body, and the environment. They will explore different strategies to determine which strategies will help them best in their daily life. The key message is that learning about emotions and strategies to appropriately manage them helps us make healthier choices.

Lesson Name: Self-Care, Movement, Music - Part 1

Unit Name: Mindfulness

Grade Level: 9-12

Lesson Length: 10 minutes

Before beginning, teachers should offer accommodations specifically mentioned in a student's IEP to support their ability to participate in the mini-lesson. A sample list of common accommodations and modifications to aid you in selecting appropriate supports for students can be found under "Additional Resources" [here](#).

Lesson Objective(s):

Students will be able to explain the importance of self-care for physical and mental health.

Students will try various physical activities and spend time reflecting on the activity.

Equipment Needed:

- [How am I feeling? Daily Check-In Poster](#)
- Self-Care and Music Reflection Page
- Projector/screen/speakers
- My Self-Care Playlist worksheet

Essential Question (related to objective):

How can I use movement as a self-care tool?

CASEL Core SEL Competency:

Self-awareness

- Integrating personal and social identities

Self-management

- Identifying and using stress management strategies

National Standards and Grade-Level Outcomes for K-12 Physical Education:

Standard 7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

- 7.12.2 Demonstrate a variety of healthy practices and behaviors that will maintain or improve the health of self and others.

Lesson Overview:

Teachers will revisit the definition of the term self-care and discuss music as a tool for managing emotions and self-care. Students will also spend time listening to different relaxing types of music and reflect on the music.

Definitions:

Self Care is taking care of your mental and physical health by

- Meeting your basic needs
- Doing things that make you happy to reduce stress

Reflection is taking time to think about

- Something you may have learned,
- Your feelings, or
- Your behavior

Activity Progression:

To start the mini-lesson, have students check in using the How am I feeling? Daily Check-In Poster.

Example script: “Before we get started let’s check in with ourselves. It’s healthy for us to take time to see how we are feeling. So, let’s look at our Daily Check-In Poster and see how we are feeling today, right now in class.

[Give students a few minutes to think about how they are feeling. They can share out if they would like or keep their response to themselves.]

If you would like to share how you are feeling right now you can or if not, that’s okay too. I’m feeling [insert a heart color] because [then a reason you are feeling this way].

A lot of times our feelings can change how we might act, so it’s helpful to be mindful of how we are feeling.”

Revisit the term self-care then begin a discussion around music as a self-care tool.

Example script: “We have spent some time talking about self-care and we learned that self-care is taking care of your mental and physical health by meeting your basic needs and by doing things that you enjoy to reduce stress.

Self-care includes basic needs like getting enough sleep, nutrition, and movement. And it also includes doing things you like. When we become overwhelmed, stressed or even sad, we may ignore our basic needs and it can affect our mental health. Last time we focused on the movement aspect of self-care by participating in a variety of activities, then reflecting on them to see if they can be something that you might want to do at home as a part of your own self-care. This time we are going to add a music element to it.

Have you ever listened to a song that made you happy or triggered a memory? Music can affect our emotions and we tend to listen to music that reflects our mood. It can uplift us, it can relax us, makes us feel sad or empower us. Music can be a powerful self-care tool and a tool we can use to help manage strong emotions.”

Ask students to find a space within the instructional area. Explain to them you are going to play calming music for students to listen to. Students can sit with their eyes closed or open, lay down or sit up. All students need to do is to just simply listen.

Choose one of the following or select a song of your choice:

- [Underwater ambiance music](#)
- [Blooming flowers timelapse](#)

After a couple of minutes, ask students how the music made them feel. If students are reluctant to share you may want to provide some examples and allow students to raise their hand or give a thumbs up if they agree.

Tell students they are going to take a “sound bath.” A sound bath is a way to relax by listening to music. The class will listen to nine songs listed below, then reflect on how the music made them feel. The class should listen to each song for at least one minute.

- [A Moment of Peace Meditation](#)
- [Echoes of Time.](#)
- [The Winding Path](#)
- [Classical Indian Music for Healing and Relaxing](#)
- [Angels of Venice](#)
- [Earth Drum](#)
- [Spa Relaxing Music](#)
- [Sleep Deeply](#)
- [Weightless](#)

Example script: “Now that you’ve tried a sound bath, I hope this is something you can add to your self-care toolbox. I encourage you to try listening to other types of relaxing music. Try listening for at least a minute; after a minute if you do not like the song move on to different one. Forcing yourself to listen to music you don’t like or that you find annoying will create tension and won’t relax you.”

At the end of class have students check in with themselves again.

Example script: “As you check in with yourself, did you notice a change from the beginning of class to the end of class? Was it because of a certain activity you participated in? I want you to ask yourself this question regularly in our class. One day, taking care of your physical and mental health will be 100% your responsibility and now is a great time to learn about the kinds of activities you may or may not like and how movement can play a role in your self-care.”

Modifications/Differentiation:

- Allow students to choose the activity areas prior to class.
- Have students spend the same amount of time at each area.
- Provide modifications at each area for students.

Checks for Understanding:

- Why is self-care important?
- How can movement be used as a self-care tool?

Self-Care and Music Reflection

Review each song listed below:

- [A Moment of Peace Meditation](#)
- [Echoes of Time.](#)
- [The Winding Path](#)
- [Classical Indian Music for Healing and Relaxing](#)
- [Angels of Venice](#)
- [Earth Drum](#)
- [Spa Relaxing Music](#)
- [Sleep Deeply](#)
- [Weightless](#)

1. Song Name: _____

Overall Rating:

From 1 star ("I didn't like this song.") to 5 stars ("I could see myself listening to this song regularly for self-care.")



Write your review

Consider how you felt during and after you listened to the music. What did you like about the music?

2. Song Name: _____

Overall Rating:

From 1 star ("I didn't like this song.") to 5 stars ("I could see myself listening to this song regularly for self-care.")



Write your review

Consider how you felt during and after you listened to the music. What did you like about the music?

3. Song Name: _____

Overall Rating:

From 1 star ("I didn't like this song.") to 5 stars ("I could see myself listening to this song regularly for self-care.")



Write your review

Consider how you felt during and after you listened to the music. What did you like about the music?

4. Song Name: _____

Overall Rating:

From 1 star ("I didn't like this song.") to 5 stars ("I could see myself listening to this song regularly for self-care.")



Write your review

Consider how you felt during and after you listened to the music. What did you like about the music?

5. Song Name: _____

Overall Rating:

From 1 star ("I didn't like this song.") to 5 stars ("I could see myself listening to this song regularly for self-care.")



Write your review

Consider how you felt during and after you listened to the music. What did you like about the music?

6. Song Name: _____

Overall Rating:

From 1 star ("I didn't like this song.") to 5 stars ("I could see myself listening to this song regularly for self-care.")



Write your review

Consider how you felt during and after you listened to the music. What did you like about the music?

7. Song Name: _____

Overall Rating:

From 1 star ("I didn't like this song.") to 5 stars ("I could see myself listening to this song regularly for self-care.")



Write your review

Consider how you felt during and after you listened to the music. What did you like about the music?

8. Song Name: _____

Overall Rating:

From 1 star ("I didn't like this song.") to 5 stars ("I could see myself listening to this song regularly for self-care.")



Write your review

Consider how you felt during and after you listened to the music. What did you like about the music?

9. Song Name: _____

Overall Rating:

From 1 star ("I didn't like this song.") to 5 stars ("I could see myself listening to this song regularly for self-care.")



Write your review

Consider how you felt during and after you listened to the music. What did you like about the music?

My Self-Care Playlist

Music can help us when we are feeling a variety of feelings. Create a playlist of songs you might listen to when you are feeling the moods below. Write the name of the song and the artist and why you chose the song.

Feeling/Mood	Song 1	Why did you pick this song?	Song 2	Why did you pick this song?
Happy Excited Feeling good				
Anxious Overwhelmed Nervous				
Angry Frustrated				
Sad Down Hurt				
Scared Worried Unsure				