

### Learning Activity 3\*

Mindful Parachute

Time (minutes)  
10

Organization  
Students gathered  
around the parachute.

#### Activity Progression:

Use the following parachute activities to help reinforce the day's lesson on mindfulness (replace with self-awareness if necessary). Go over the definition of mindfulness again.

**Breathe In, Breathe Out** – Have students lift the parachute to simulate breathing in and have students drop the parachute and step back to breathe out. “Focusing on our breathing is good to do while doing a Mindful Minute. We will learn more about how breathing can help us calm down next class.”

**Color Greetings** – Review some of the greetings from the warm-up. Have students lift the parachute. While the parachute is still up call out a color, have all the students holding that color come to the center and greet each person differently however they wish.

**Mindful Parachute** – Have students lift the parachute, step in to make a mushroom then pull the parachute down behind them sitting on it so everyone is underneath. Have students look around quietly to notice what they are seeing, hearing, and feeling. Have students share out what they notice.

**Popcorn Thoughts** – Students will pretend the parachute is someone's mind. Add a few small balls to the parachute and tell them they are someone's thoughts. Have students shake the parachute fast. Tell students this is how someone's mind can be when they feel mad, upset, or overwhelmed. Guide students to stay still for a few seconds and notice how the balls stop moving and everything is calm. This is similar to when we practice a Mindful Minute, it can help calm our mind and make us feel better.

#### Cues:

- Mindfulness (or Self-Awareness)
  - Paying full attention
  - Slowing down to notice what you're doing
  - Focused and relaxed

#### Modifications/Differentiation:

- Allow students who may feel uncomfortable in enclosed spaces to stand outside of the parachute and still share what they are noticing.
- Have a designated spot outside of the parachute for students to greet each other.
- Assign peer helpers to support students grasping the parachute or moving with the class in unison.

#### Checks for Understanding:

- Ask students to move as a team to show a calm mind. Students arms should be moving slowly.