

Hanover Township Public Schools

Mindfulness Curriculum

Grades K - 5

New Jersey Student Standards

Hanover Township Public Schools
Character Education Curriculum

Grade: K-5 Unit of Study: Mindfulness

<i>Unit of Study Essential Questions (Purpose of Unit of Study)</i>	<i>Key Learning Objectives (CCSS) (NJCCSS)</i>	<i>Student Accomplishments</i>	<i>Assessment (How student will demonstrate knowledge)</i>	<i>Resources and Sample Activities</i>	<i>Suggested Length of Study and Dates</i>
What is mindfulness?	9.1.4.A.1 9.1.4.A.2 9.1.4.A.5 9.1.4.B.1 9.1.4.C.1 9.1.4.D.2 9.1.4.F.1 9.1.4.F.3	Students will become more aware of the connection between mind and body. Students will understand the different ways to practice mindfulness.	Observation of student learning Class discussion Written assignments	read-aloud book handouts laptops online resources	yearlong mindful moments and character education lessons
What is the importance of mindfulness?	9.1.4.A.1 9.1.4.A.2 9.1.4.A.5 9.1.4.B.1 9.1.4.C.1 9.1.4.D.2 9.1.4.F.1 9.1.4.F.3	Students will learn basic insights and strategies that will help them become more mindful - present, focused, relaxed, & grateful. Students will participate in mindfulness exercises to be reflective and make practices more personal.	Observation of student learning Class discussion Written assignments	read-aloud book handouts laptops online resources	yearlong mindful moments and character education lessons
How can we use mindfulness to self-regulate?	9.1.4.A.1 9.1.4.A.2 9.1.4.A.5 9.1.4.B.1 9.1.4.C.1 9.1.4.D.2 9.1.4.F.1 9.1.4.F.3	Students will learn strategies to help increase self-regulation abilities and manage behaviors and feelings appropriately. Students will learn and apply skills to enhance their overall health and wellness.	Observation of student learning Class discussion Written assignments	read-aloud book handouts laptops online resources	yearlong mindful moments and character education lessons

Hanover Township Public Schools
Character Education Curriculum

Grade: K-5 Unit of Study: Mindfulness

The following activities and experiences for students are examples of the integration of specific skills and strategies which support student achievement for the unit.

Interdisciplinary Connections:	Language Arts Literacy Character Education Art Physical Education/Health Music
Integration of Technology:	Use of laptops for research Use of smartboard to project activities
Differentiated Instruction:	Multi-sensory activities that meet the various learning styles and abilities of students.

21st Century Themes

Global Awareness	Financial, Economic, Business, and Entrepreneurial Literacy	Civic Literacy	Health Literacy
X		X	X

21st Century Skills

Creativity and Innovation	Critical Thinking and Problem Solving	Communication and Collaboration	Information Literacy
X	X	X	X

Media Literacy	ICT Literacy	Life and Career Skills
		X

Hanover Township Public Schools
Character Education Curriculum

Grade: K-5 Unit of Study: Mindfulness

Mindfulness Activities

As an introduction to mindfulness, the teacher will read aloud the following book and engage the students in a discussion about mindfulness. This may take a few sessions to complete.

Grades K -1: Squirmy Learns to be Mindful by Joree Rose

After reading the story, the teacher will direct the students in a “Peaceful Butterfly” guided relaxation activity.

Grades 2 - 5: Listening to My Body by Gabi Garcia

This story can be found at the following YouTube link:

<https://www.youtube.com/watch?v=-B6Rik-TA-Q>

This is an interactive book, in which the teacher can direct the students in the mindfulness exercises found throughout the story.

Please see the attached mindfulness activities in the Table of Contents from the resource book Mindfulness: It’s Elementary by Joree Rose.