

# 6<sup>th</sup> Grade Health 9/11/18

- Essential Question: How can we practice mindfulness in our daily life?
- CW: Mindfulness
- HW: Syllabus due Friday

# Agenda

- Mindfulness

# Mindfulness



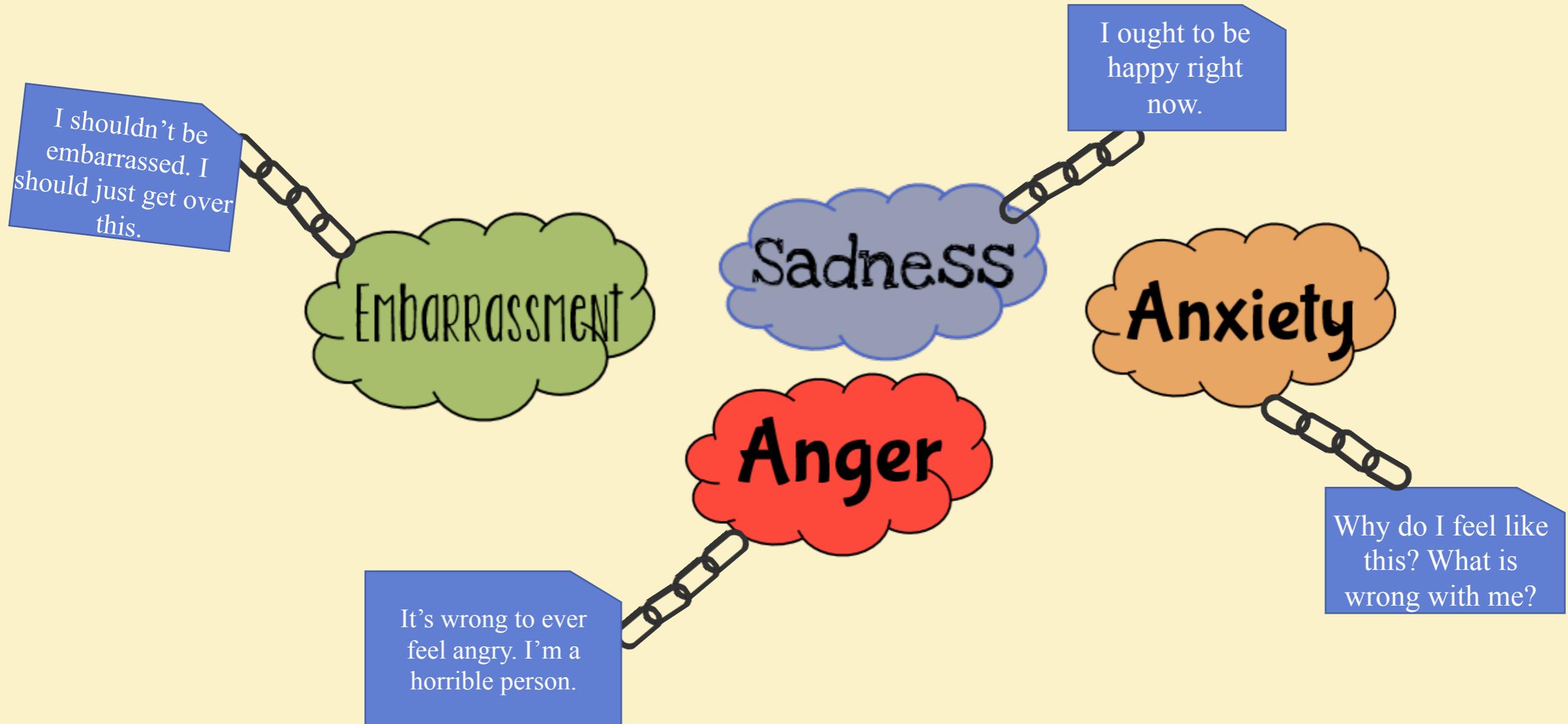
Interactive PowerPoint

In this lesson we'll learn the **first** part of practicing **mindfulness** daily.

The first part of mindfulness is learning to **accept** all emotions with **compassion**, even unpleasant ones.

We'll learn to let them stay, feel them, and **not judge** whether we ought to feel a certain way or not.

How often do you attach a judgment to things you feel?

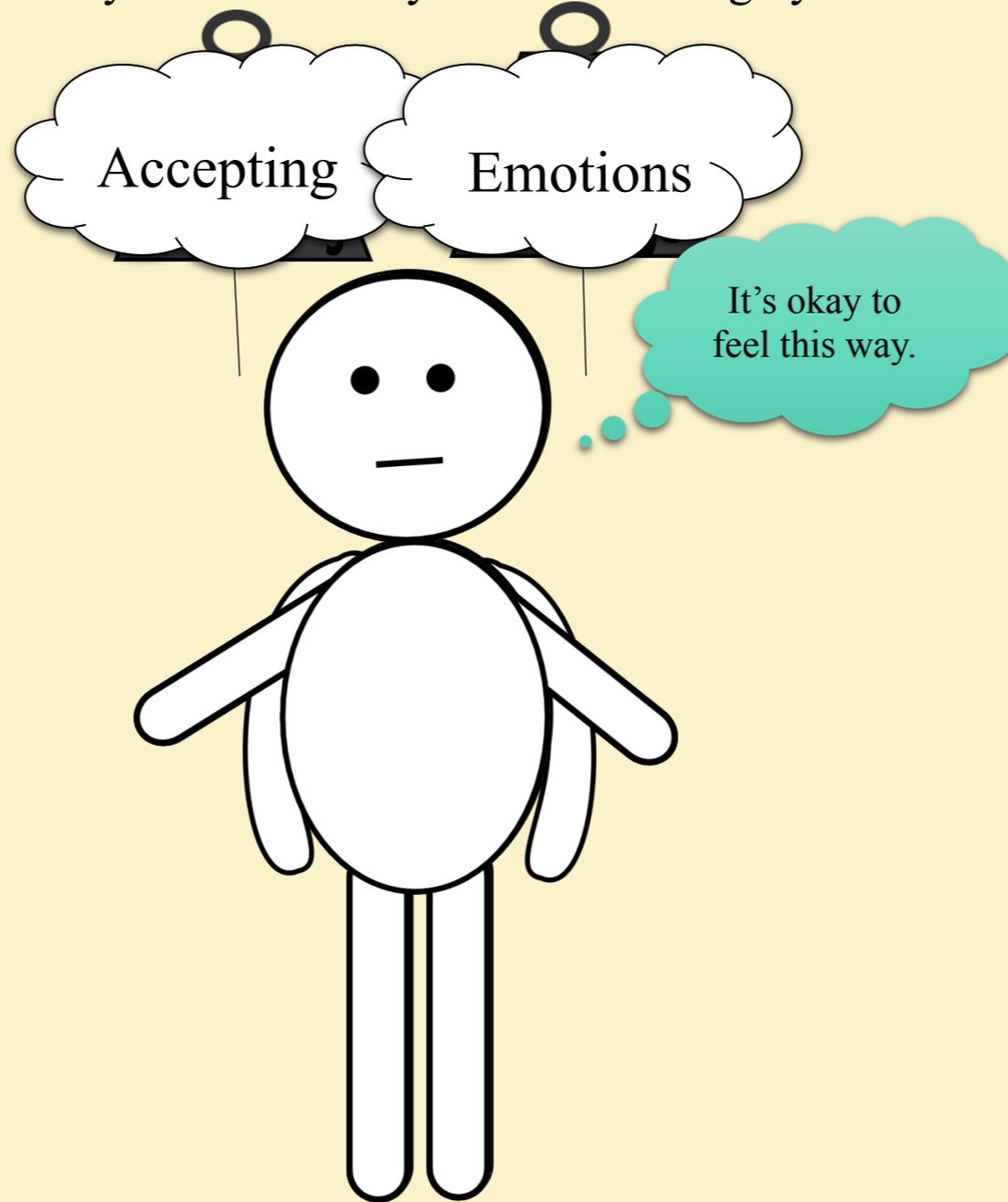


It's natural to do so, but in the end, it doesn't really matter whether you *think* you should feel a certain way.

You *do* feel that way.



**You can control your actions,** but often you can't control how you feel.  
Trying to always control how you feel can weigh you down.



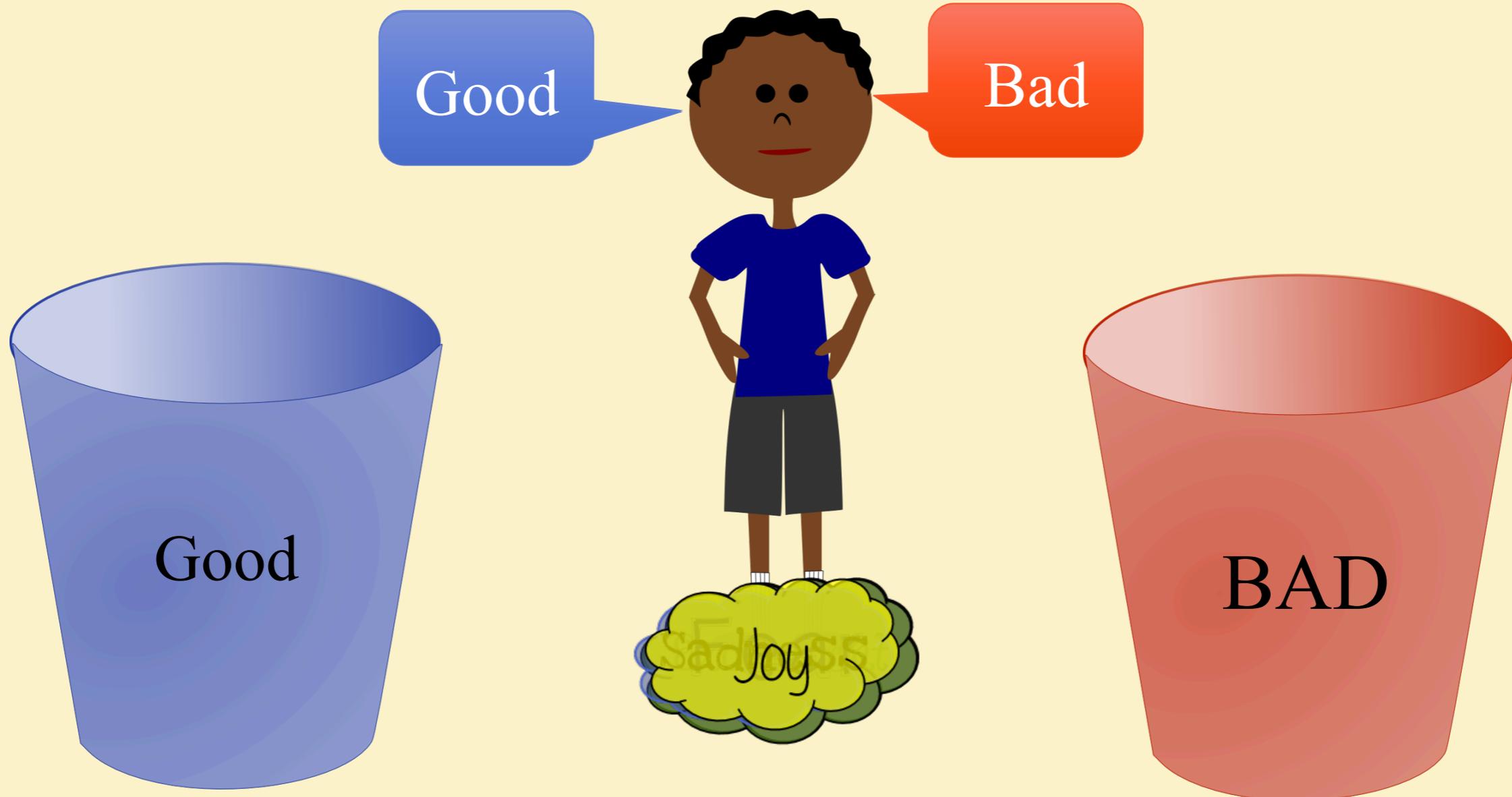
By accepting how you feel  
without judgement, it can  
take a huge burden off of  
your shoulders.

Learning to tell yourself it's okay to feel all emotions and get rid of the judgements attached to your emotions takes a lot of practice. That's because in many ways we're programmed to classify things.

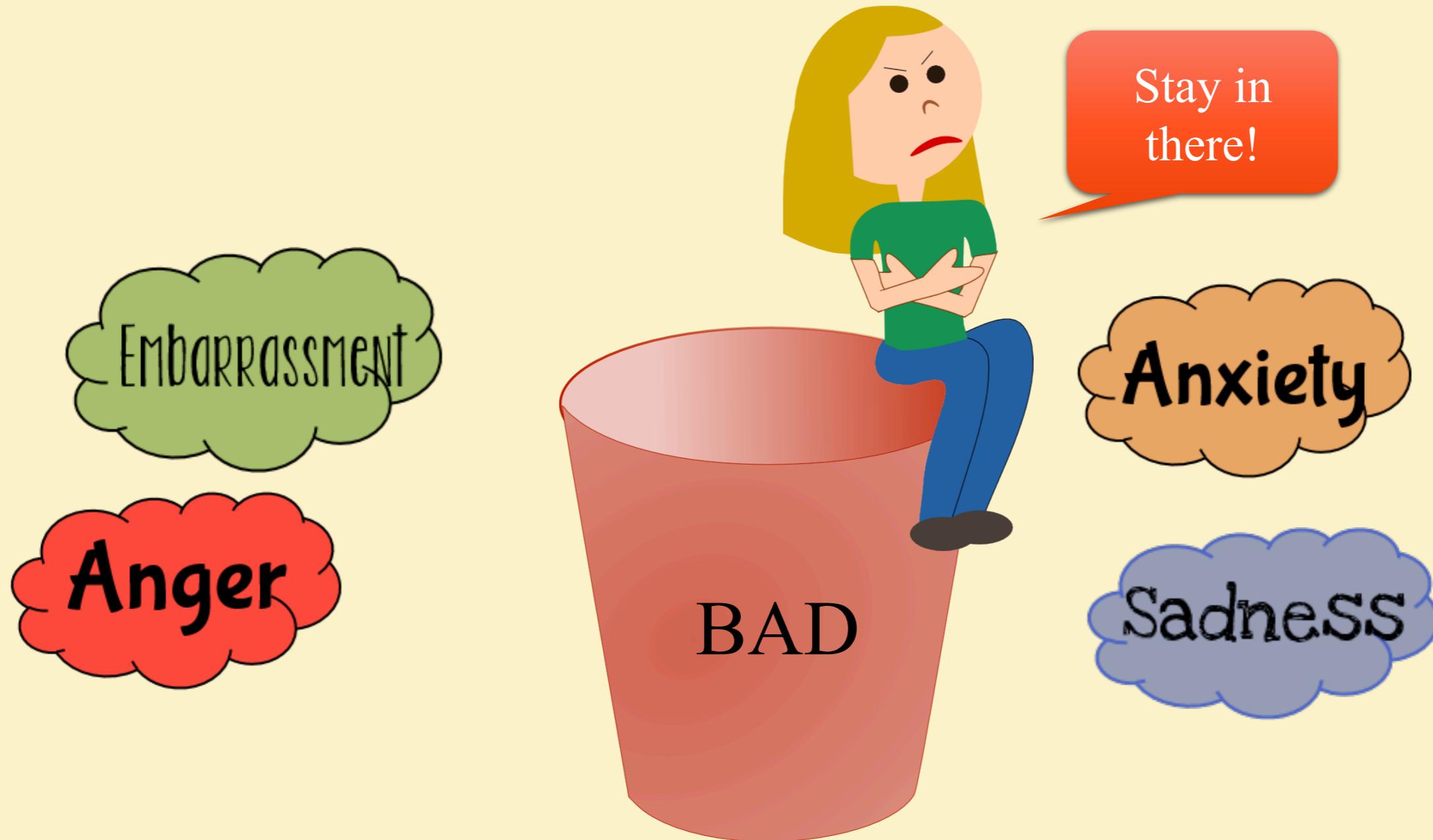
It can be useful to classify things as “good” and “bad.”



Since we often judge other things as good or bad, it's natural to also classify your emotions as good or bad.



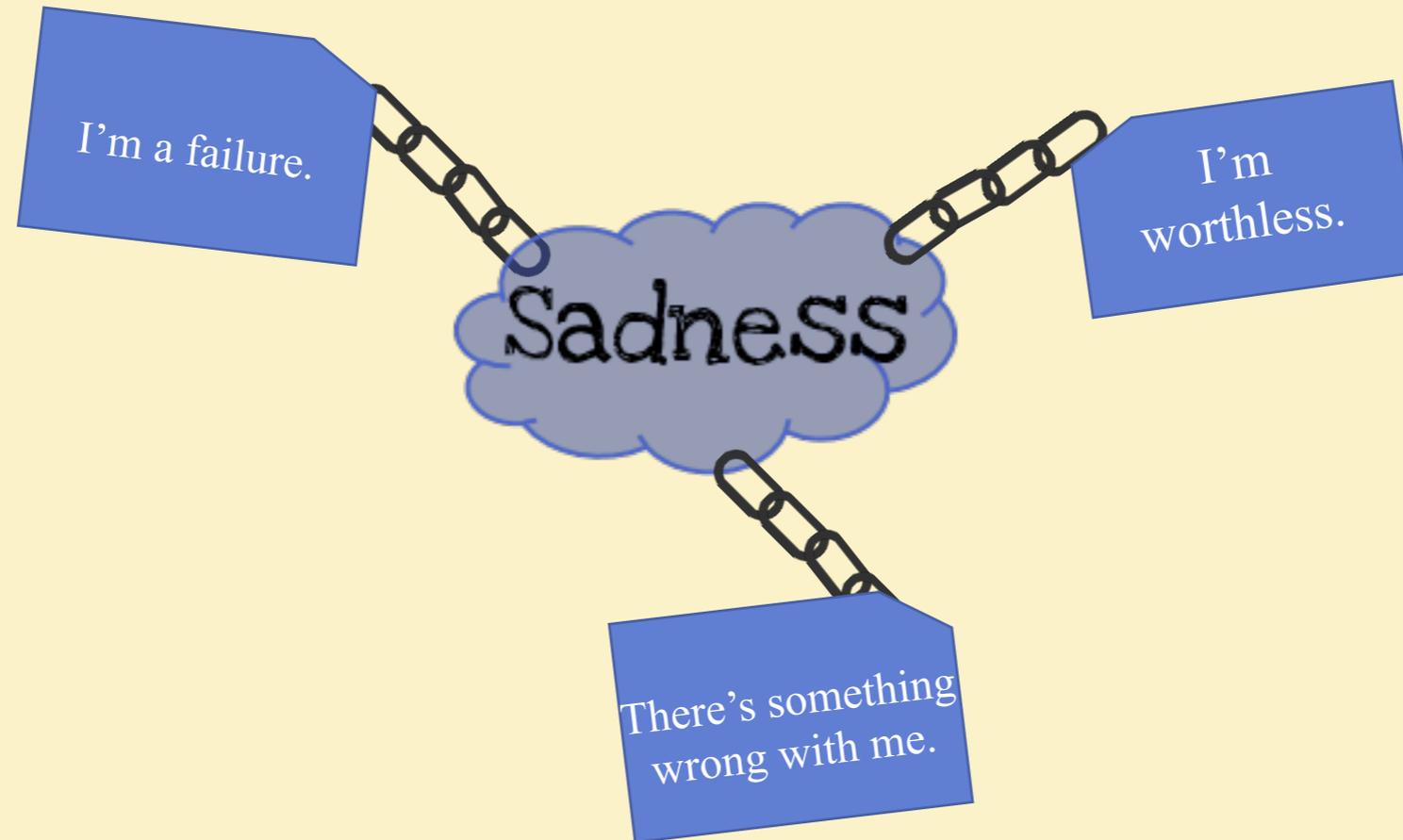
But remember, when we sort emotions into the “bad” bin, we often tell ourselves we aren’t allowed to feel that way. And whether we like it or not, it makes those emotions and thoughts persist.



But remember, when we sort emotions into the “bad” bin, we often tell ourselves we aren’t allowed to feel that way. And whether we like it or not, it makes those emotions and thoughts persist.



The longer the emotions persist, the more likely we are to then create harsh judgments about *ourselves* based on how we feel.

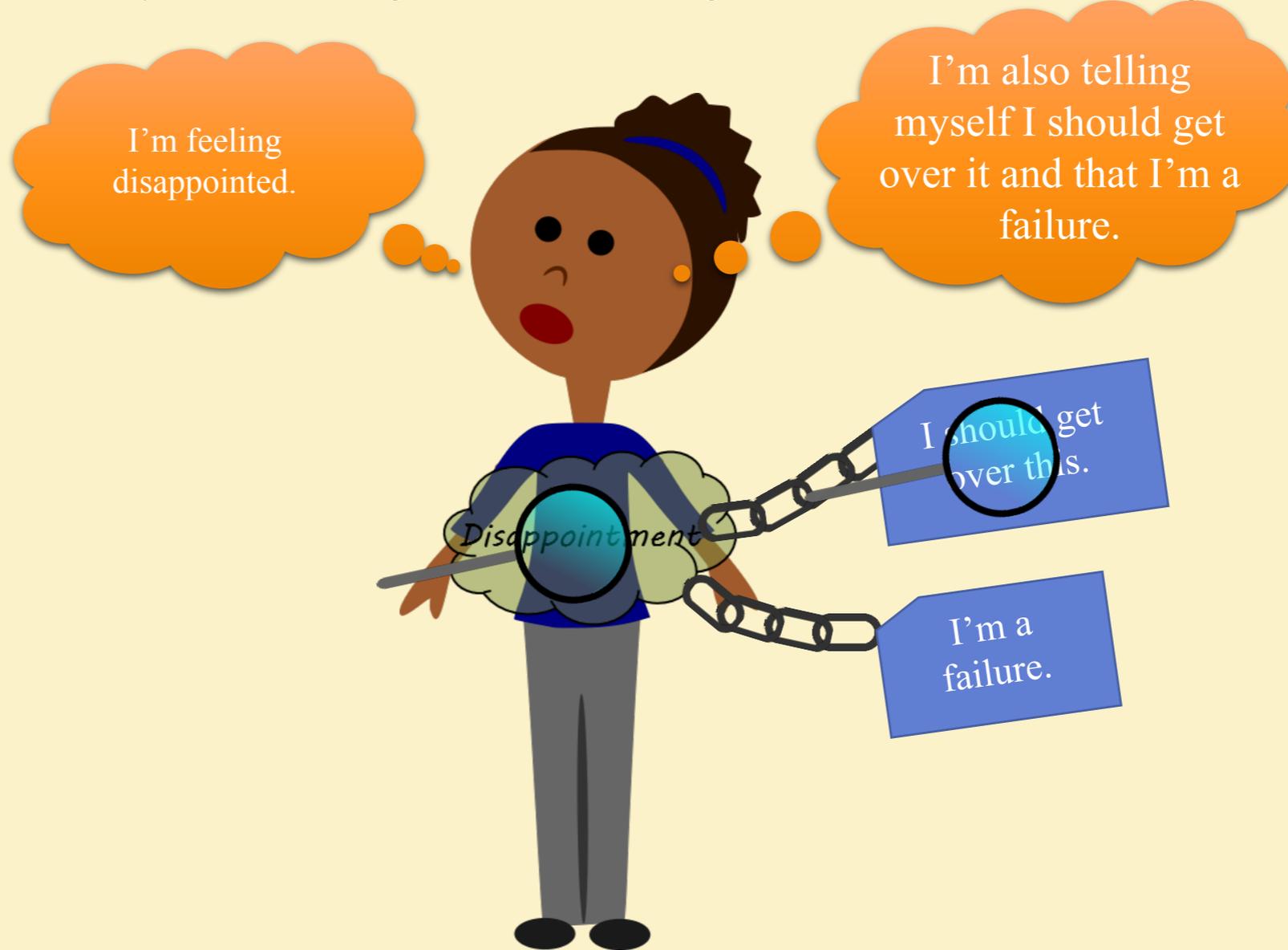


These judgments about ourselves can feel very real,  
since the emotion clouds your judgment.



But these thoughts often arise not because we're actually failures or worthless, but because we we're trying to control all of our emotions.

By practicing mindfulness, we learn to become more aware not only of our feelings, but of our thoughts attached to those feelings.



The more you practice, the better you'll become at accepting feelings instead of judging them.

The less you judge yourself and your thoughts, the sooner the unpleasant emotions leave.



How do we do this?

First, we need to recognize how our bodies  
and minds react to different emotions.

Sometimes we're so disconnected from our bodies that we don't even recognize when we're feeling a certain way.

Do you ever get so wrapped up in something you're watching or reading that you forget where you are?

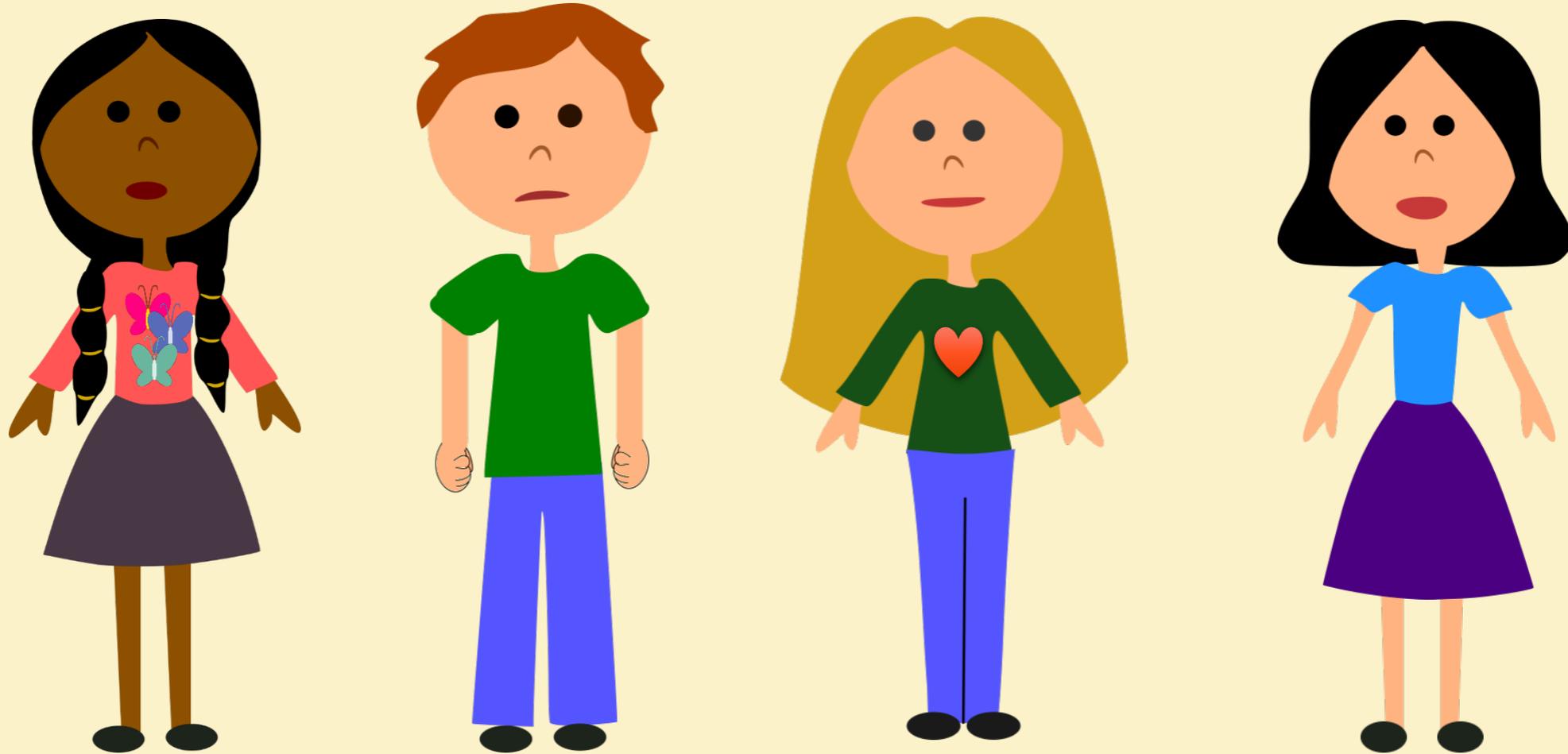


Have you ever gotten so involved in a show that you don't notice until it's over that you're really cold, or thirsty, or that your leg's fallen asleep?



Just like in these cases, it's easy to live in our heads and not recognize what's going on in our bodies.

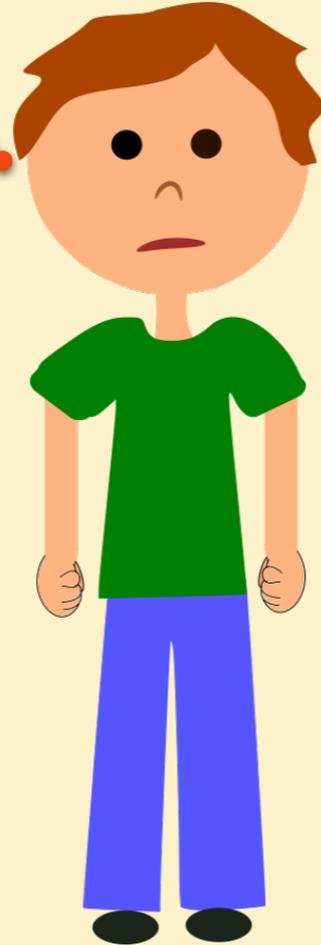
When you are stressed, worried, sad, or angry, your body gives you signals.



But if you're living all in your head and never paying attention to your body, you might miss these clues.

If you want to learn to accept your emotions, you need to get better at recognizing them.  
To do this, you need to tune in to your body and see how it reacts to different emotions.

My fists are clenched. I must be pretty stressed, even though I didn't realize it.



My heart is beating so fast. I must be more nervous for this presentation than I thought.



**Optional:** In order to practice recognizing our emotions, we'll experiment by acting out a scenario. This scenario requires **one volunteer** who is willing to put themselves in a situation where they will feel embarrassed. It's very important for the rest of the class to stay in their roles or the experiment won't work.

## Volunteer

**What you'll do:** Stand in front of the room and tell a story about one of the following: a vacation you went on, an embarrassing story, or a family tradition. You must keep talking until the timer runs out. If you run out of things to say, you must stay standing in front of the class while they stare at you.

**What to pay attention to:** Even though the class is only acting, you will likely feel nervous and embarrassed. Pay attention to how your body and mind reacts. Are you sweating? Shaking? What kind of thoughts do you have?

## Class

**What you'll do:** All other members of the class need to act bored. Do not laugh, do not smile, do not clap when the volunteer is done. You may stare, look bored, smirk, or roll your eyes.

**What to pay attention to:** Often watching someone feeling embarrassed can produce the same feelings in you. Pay attention to how you would feel in the same scenario.

If you have no volunteer, the teacher may stand in, or click here to move on.

Click to Begin

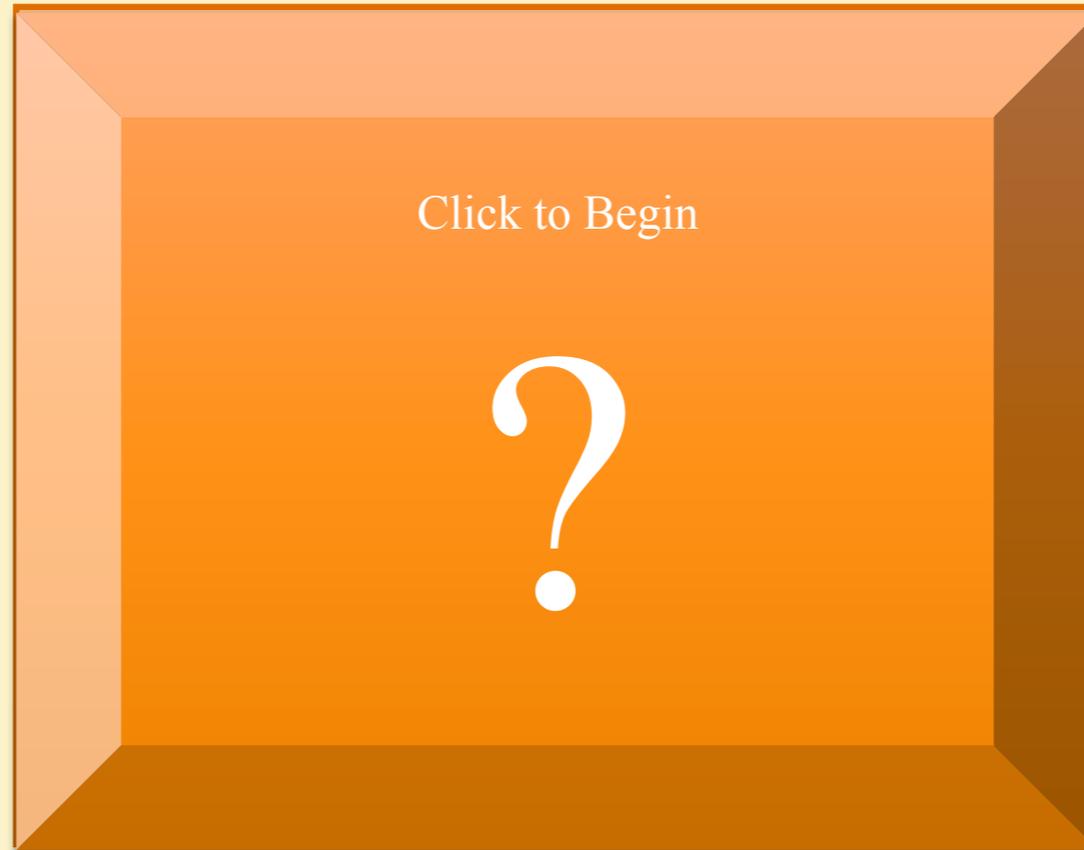
## Volunteer

- How did your body react to feeling embarrassed? Did you sweat? Did you shake? Did your heart pound fast?
- What kind of thoughts went through your head? Did you make any judgmental thoughts about yourself?

## Class

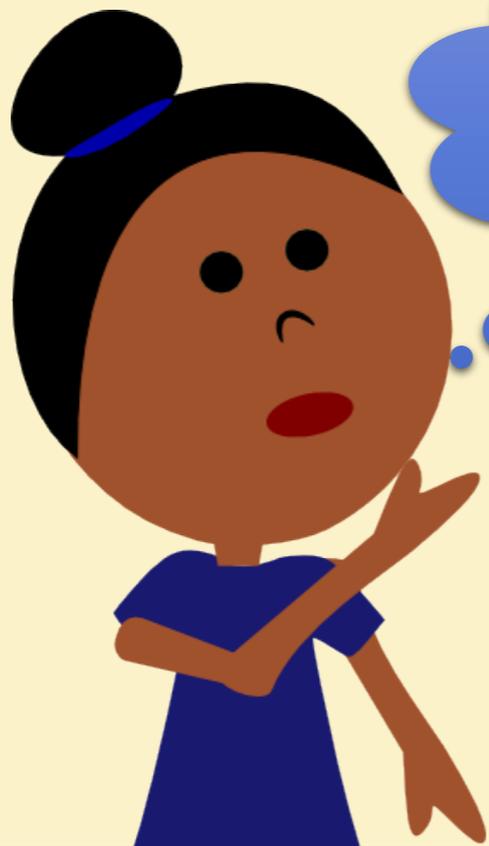
- Were you able to guess how you might react in the same situation? How does your body react when you're embarrassed or nervous? What thoughts do you have?

We'll do one more experiment to induce fear and help you recognize how this emotion affects your mind and body. Under the question mark below is the name of a preselected student in the class. This student will need to stand up in front of the class and sing "Mary Had a Little Lamb." Click the button to start the countdown to reveal the mystery student.



## What was the purpose of those two experiments?

Because the better you get at recognizing your emotions for what they are —**reactions in your body and mind that sometimes distort reality**— the better you'll be able to let them come and go without overreacting to them or pushing them out altogether.



This emotion is what's making me feel depressed and anxious, but that doesn't mean the world is a depressing, scary place.

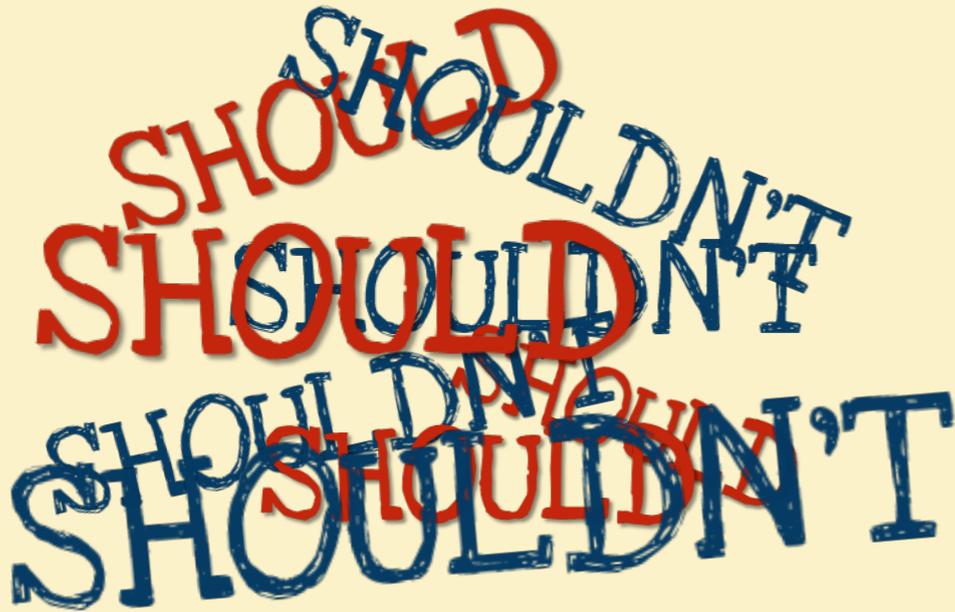
Once you recognize how your body and mind react to emotions, you can then start noticing which of your thoughts are judgmental thoughts and practice letting them go.



Here are some clues to help you recognize when your thoughts are likely unhelpful judgments:

### Clue #1:

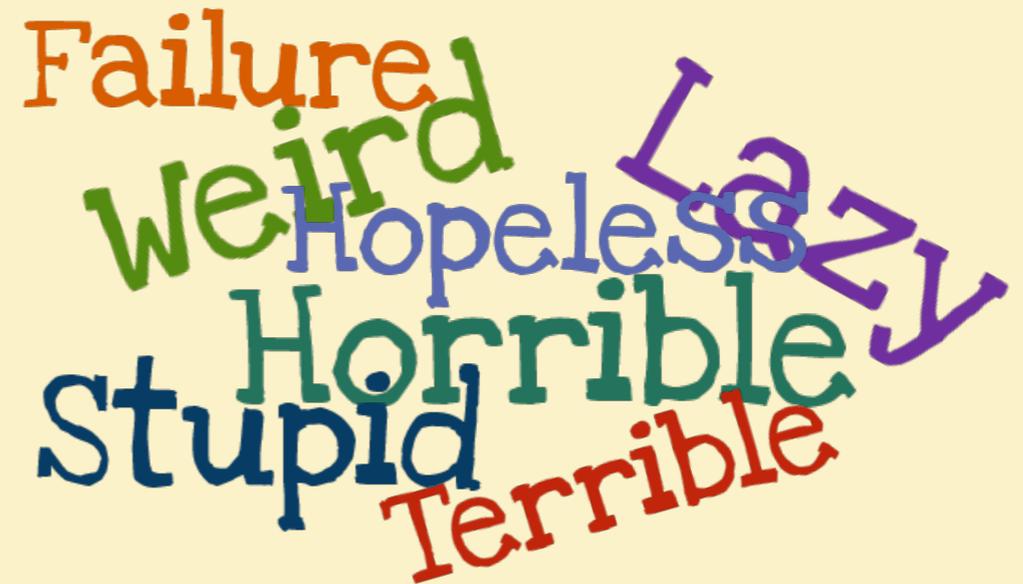
It uses the words should or shouldn't.



When you're judging your thoughts, you'll often tell yourself you **should** or **shouldn't** feel a certain way. This can be damaging because it often leads to suppressing many emotions.

### Clue #2:

It includes labels about yourself.



Thoughts that include harsh labels are also judgments. Because emotions cloud your judgment, these labels can feel accurate and real, even though they are distorted. Accepting these labels are damaging to your emotional health.

With practice, you can learn to let go of your judgmental thoughts about your emotions. Brainstorm some ideas of how you can help these judgments leave, then click below for some reminders that will help.



Adam studied all night for a test while his friend just watched movies. When they got the results back, his friend did much better than he did. These were his thoughts. Which of these thoughts is a judgment? Click the answer below.

I'm not smart, and he is.

Correct! A clue that this thought is a judgment is that he is labeling himself. Labels can often come when someone doesn't accept

I'm so disappointed.

Why did he do better than me?

