

# Mindfulness and Myself

ME



Empowered Mind and Body

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# WHAT

ARE WE LEARNING TODAY?

Discuss how positive self-talk (kind messages) affects how we perform/behave in different situations.



# WHY

ARE WE LEARNING IT?

Being empowered allows me to make healthier decisions.



# HOW

WILL I KNOW I HAVE LEARNED IT?

Through the student reflection, I can discuss how positive and negative messages along with self-talk impacts the scenario.

## INTRO ACTIVITY

Kind of a Warm Up

## FITNESS FOCUS

Kind vs Negative Message Cards

## LESSON FOCUS

Build a Structure:  
Flippity Match  
Google Slides Build

## MINDFUL MINUTE

1 Minute Mindfulness

# **INTRO**

## **ACTIVITY: KIND OF A WARM UP**

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For this activity you will be collecting kindness cards.

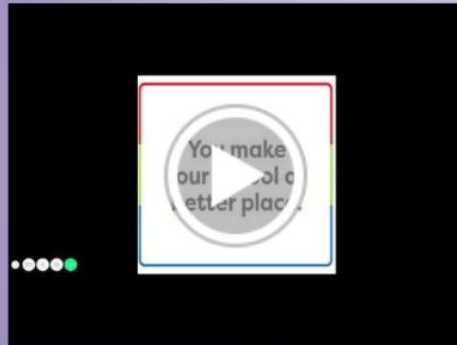
Follow along with the prompt.

When you hear “workout” begin jogging

When you hear take a break, stop jogging and write down the kindness card on the screen.



## Kind of a Warm Up





# **FITNESS FOCUS: KIND VS. NEGATIVE MESSAGE CARDS**



# KIND VS NEGATIVE MESSAGE

This activity is similar to our warm up EXCEPT I have added some negative messages.

Follow along with the prompt.

Mrs. Porter will “draw” the first card for you.

When you hear “3-2-1-GO!” you will do the exercise based on your card

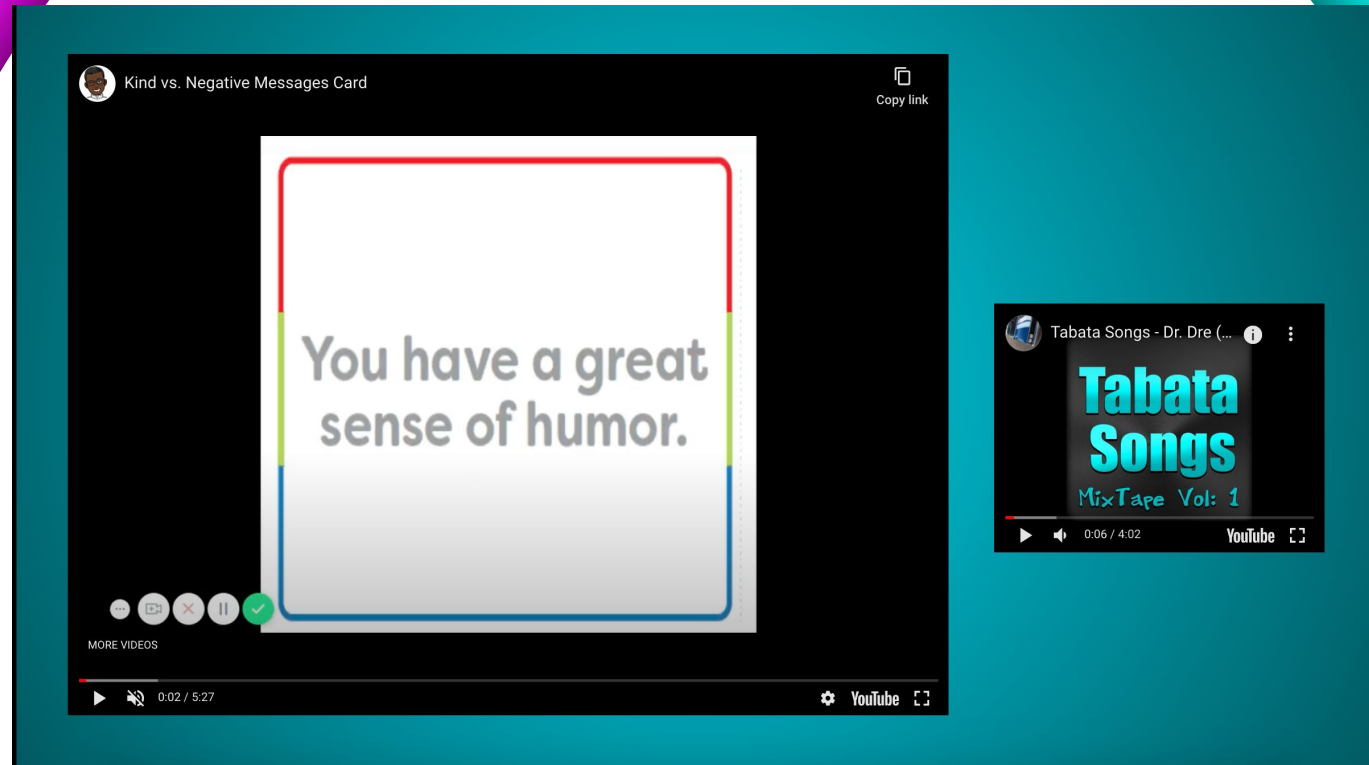
When you hear 3-2-1-STOP! Stop exercising and another card will be drawn.

**Kindness card = jumping jacks**

**Negative card = squats**

Continue until timer stops









# **LESSON FOCUS: BUILD A STRUCTURE**

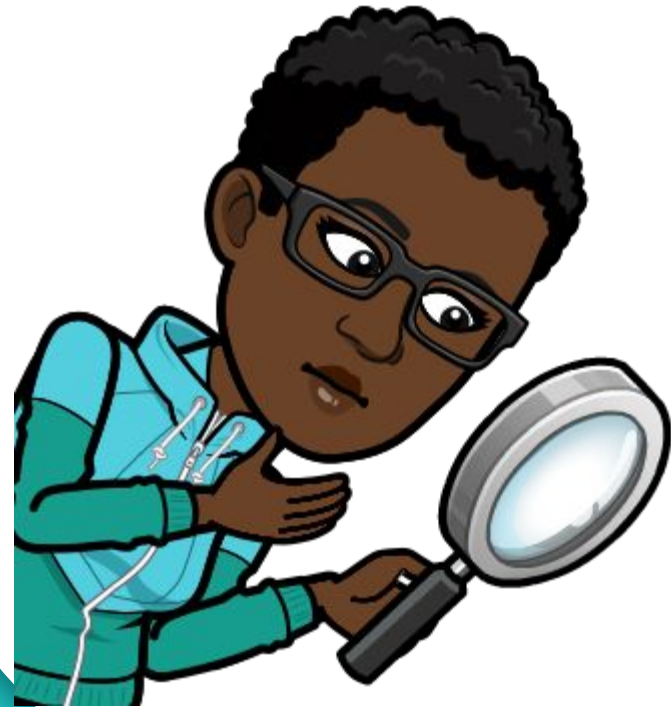
# Build a Structure

Before we get into our lesson, we have to gather the necessary equipment.

Your goal is to gather all the equipment you need as quickly as possible in a game of match.

BUT. . . if you mismatch cards, you owe me an exercise--SQUAT JUMPS X5 to be exact.

Mrs. Porter will give you 3 minutes to complete this activity.



# Matching Activity

**3 minute timer**

# Build a Structure

Now that you've gathered the equipment it's time for you to build your structure.

Mrs. Porter will provide a link to google slides.

Once you receive that link, find your slide (has your name on it) and begin building your structure.

After you build, find 3 classmates (someone you normally don't speak to) and give them a kind message.

Say something more than "Nice Job"

Really look at the structure and give them a



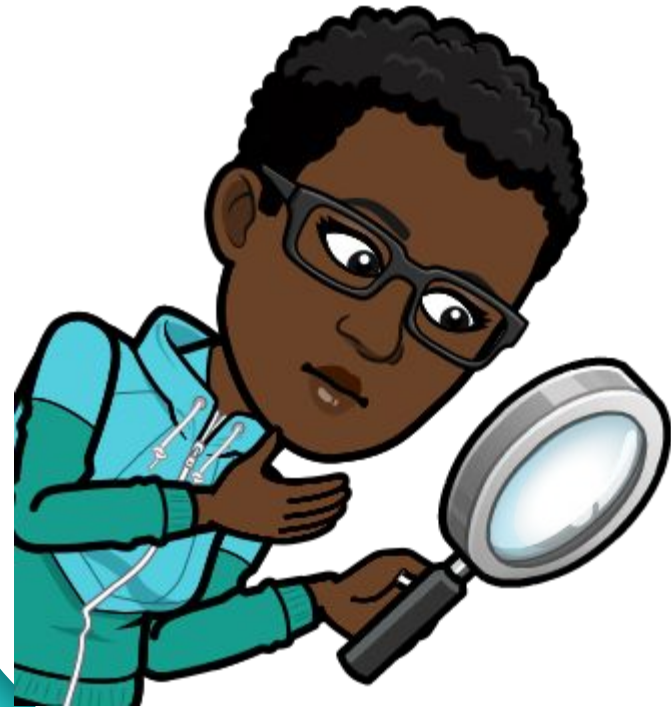
# Build a Structure

After you build, find 3 classmates (someone you normally don't speak to) and give them a kind message.

Say something more than "Nice Job"

Really look at the structure and give them a compliment.

Then go back and look at your structure and see what kind messages you recieved,





# Kind messages/compliments



Genuine

True

Specific

Grades 6-8



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# **MINDFUL MINUTE**

# A MINDFUL MINUTE

Current Mood

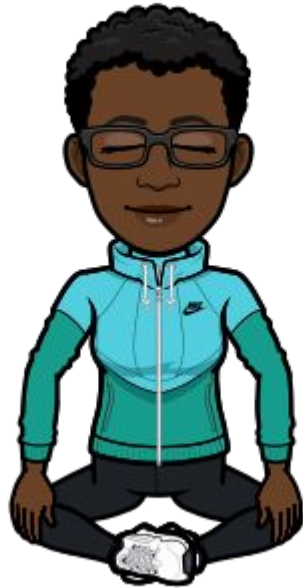


Empowerment is the process of becoming stronger and more confident.

Being mindful is when you pay full attention to your thoughts, emotions, body and environment.

Today we are going to learn one way to help us be more mindful.

# MINDFUL MINUTE



Sit quietly with your eyes closed (or lay down)

Using the video you will focus on your breathing for 60 seconds.

We have been discussing how mindfulness allows us to get back to pre-PE levels before transitioning to the next class.

