

# MINDFULNESS

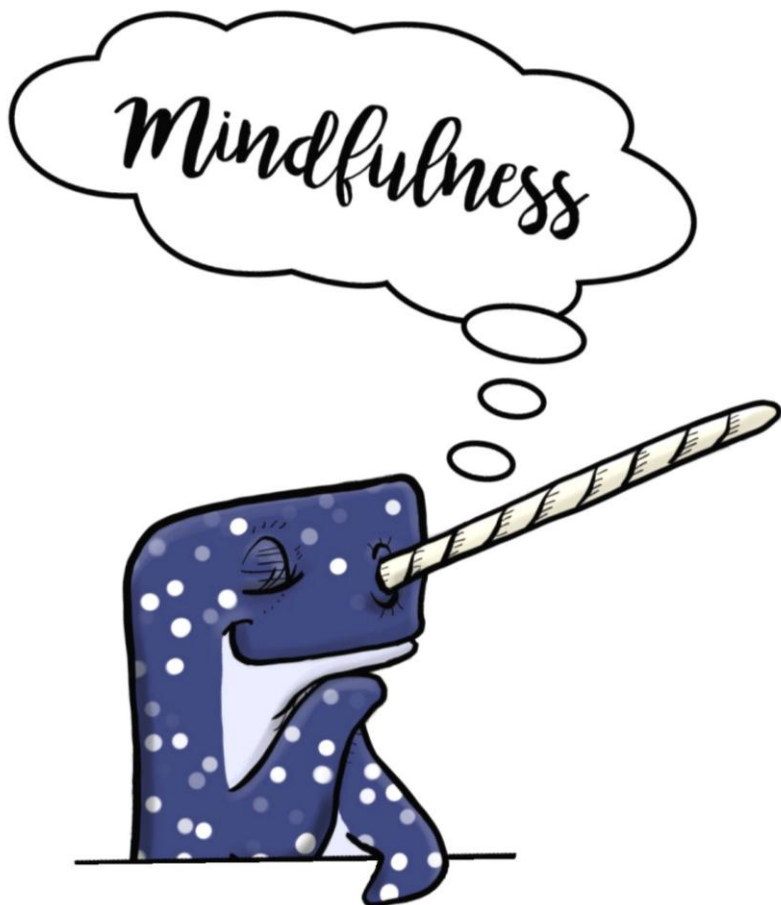
While reading the story 'Narwhal Makes A Sandwich', there are many special moments to stop and pause with students, engaging in a moment of Mindfulness.

## What is Mindfulness you ask?

We often live in a state of constant thought, ruminating about the past or future. How can we focus?! Mindfulness, then, is the practice of paying attention on purpose to what is happening **right now**.

The most impactful place to stop is on pages 15/16 [placed purposefully about half-way through the story], when Narwhal stops, closes his eyes, takes a deep breath to imagine what his sandwich will look like. This is a great place to have students model after Narwhal.

- First, ask them to stop and check in with their body (→ Are they sitting up nice and tall like Narwhal, or slouching down like a sloth?)
- Then, ask them, to close their eyes, take a big breath in and out of their belly. Paying close attention to feeling their breath rise and fall in their belly (→ Placing a hand on their belly may help them do this).
  - Remember to do this yourself as an adult... mindfulness is a great tool for us too!
- Take a few breaths together, and then ask them how they feel in their brains and bodies! All answers are okay and valuable, some kids may feel calm and others may feel uncomfortable, it's okay to feel all these feelings.
- Smile and continue reading 😊
- Sometimes we ask students to think about what their "GREATEST SANDWICH" would look like, this is a great spot to do so!



**Remember, Mindfulness is a practice. It's not about perfection or doing it 'right.'** Try building in some Mindful breaths into your day and see how it feels.

*We also recommend you check out the following:*

Mindful Schools [www.mindfulschools.com](http://www.mindfulschools.com) is an excellent resource for more information on working on Mindfulness with children.

We also know a spectacular local author, Tamara Hackett, who has a wonderful book called "Mindful ABCs". Please visit <http://www.tamarahackett.com/books/> for more information.