

MINDFUL MOVEMENTS

NEW YORK TO LA



mindfulness

[**mahy**nd-fuh l-nis]

"paying attention on purpose, in the present moment, and nonjudgmentally, to the unfolding of experience moment to moment"

-Jon Kabat Zinn



"Because you are alive,
everything is possible."

– **Thich Nhất Hạnh**

Mindful awareness can be
considered as a way of
being, more than
something that involves
our "doing" something.

-Dan Siegel

TABLE OF CONTENTS

TITLE	PAGE #
WHAT IS MINDFULNESS?	1
MINDFULNESS & THE BRAIN	2
MINDFULNESS RESEARCH	3-4
HOW CAN MINDFULNESS HELP	5
MY FANTASTIC ELASTIC BRAIN	6
MINDFUL AWARENESS	7
RESOURCES	8-11

WHAT IS MINDFULNESS?

“PAYING ATTENTION TO
SOMETHING,
IN A PARTICULAR WAY,
ON PURPOSE,
IN THE MOMENT,
NON-JUDGMENTALLY.”

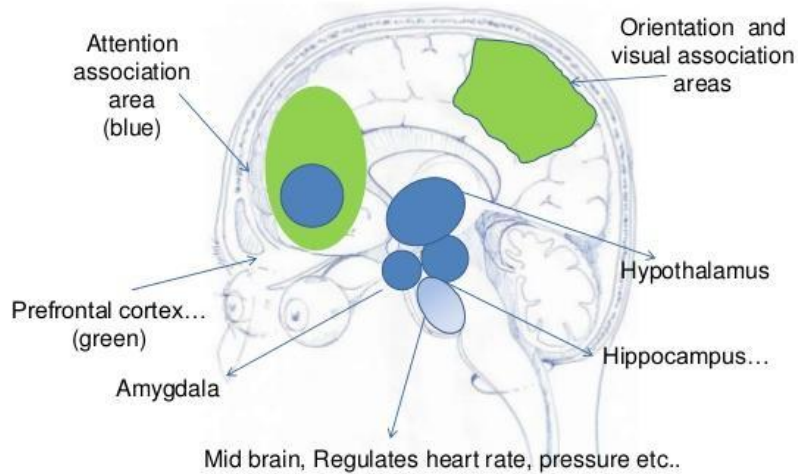
(KABAT-ZINN, 2003)



WITH THOUSANDS OF THOUGHTS THROUGHOUT YOUR DAY (AND THE EMOTIONS THEY EVOKE) WHIRLING AROUND IN YOUR MIND, IT IS EASY TO UNDERSTAND HOW THE MIND CAN GET CLUTTERED, OVERWHELMED, AND UNFOCUSED. A CALM CLEAR MIND CAN BE EASILY OVERWHELMED BY THE CONSTANT FLOW OF THOUGHTS, FEELINGS, AND SENSATIONS. THE IMAGE ABOVE ILLUSTRATES THE CONCEPT OF MINDFULNESS AS CLARITY OF MIND, CLEARING AWAY THE CLUTTER, SETTLING DOWN, CALMING.

MINDFULNESS AND THE BRAIN

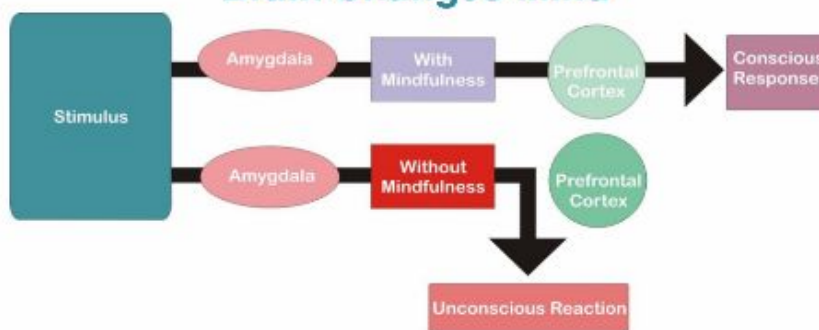
Effects on the brain itself.



24

Rocky Mountain Dharma, Copyright 2014

Mind Changes Brain, Brain Changes Mind



Mindfulness creates space, shifting brain activity from the reactive amygdala to the thoughtful prefrontal cortex.

MINDFULNESS RESEARCH...

PREFRONTAL CORTEX ACTIVATION, WHICH MAY REFLECT STRONGER PROCESSING OF DISTRACTING EVENT AND EMOTIONS RESPECTIVELY (HOLZEL ET.AL., 2007)

A CLINICAL STUDY FOUND THAT 8 WEEKS OF MINDFULNESS MEDITATION TRAINING LED TO AN INCREASED ABILITY TO ORIENT ONES ATTENTION TO THE PRESENT MOMENT, AS MEASURED BY A LABORATORY ATTENTION TEST (JHA, KROMPINGER, & BAIME, 2007)

A 2011 STUDY LED BY MASSACHUSETTS GENERAL HOSPITAL RESEARCHERS PUBLISHED IN PSYCHIATRY RESEARCH: NEUROIMAGING (JANUARY 30, 2011)

- INCREASED GREY-MATTER DENSITY IN THE HIPPOCAMPUS (LEARNING AND MEMORY, SELF-AWARENESS, COMPASSION, AND INTROSPECTION)
- PARTICIPANT REPORTED REDUCTION IN STRESS ALSO WERE CORRELATED WITH DECREASED GREY-MATTER DENSITY IN THE AMYGDALAE (IMPORTANT ROLE IN ANXIETY AND STRESS)



MINDFULNESS RESEARCH...

AS ADULTS THAT INTERACT WITH STUDENTS ON A REGULAR BASIS WE ALSO NEED TO BE AWARE OF WHAT WE BRING WITH US EVERYDAY TO OUR JOB. IT IS IMPORTANT TO THINK ABOUT OUR OWN TRIGGERS AND HOW THEY AFFECT OUR MINDS, BODIES AND THE INTERACTIONS WITH OTHERS.

WE ALL HAVE A DATA BASE OF STORED EMOTIONAL MEMORIES THAT INFLUENCE THE WAY WE THINK, FEEL AND BEHAVE. EXPERIENCES ASSOCIATED WITH STRONG NEGATIVE EMOTIONS CREATE PATTERNS OF NEURAL NETWORKS IN THE BRAIN THAT ARE STORED IN THE MEMORY. ELKMAN (2007) CALLED THESE INFLUENTIAL EMOTIONAL MEMORIES "SCRIPTS" OR CONDITIONED RESPONSES.

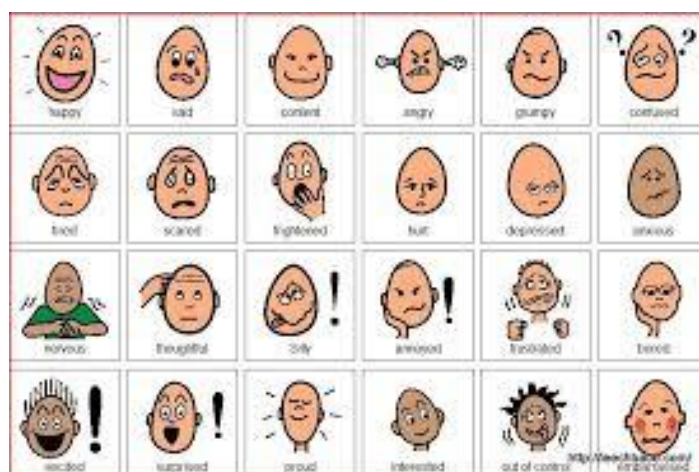
TODAY OUR SCRIPTS CAN CREATE PROBLEMS FOR US. THEY CAUSE US TO AUTOMATICALLY REACT TO SITUATIONS IN WAYS THAT MAY NOT BE APPROPRIATE. THIS IS BECAUSE SCRIPTS INTERFERE WITH OUR PERCEPTIONS OF REALITY.



MINDFULNESS RESEARCH...

WE CAN'T HELP BUT BRING A LIFETIME OF SCRIPTS INTO THE CLASSROOM WITH US. MANY OF THESE SCRIPTS ARE ROOTED IN THE WAY THAT WE WERE RAISED. AS CHILDREN WE LEARNED THAT OUR BEHAVIORS ARE VERY BAD AND DESERVE PUNISHMENT. WHEN WE SEE OUR STUDENTS ACTING IN THESE WAYS, THESE SCRIPTS COME TO THE FOREGROUND. WHEN THIS HAPPENS, OUR PERCEPTIONS ARE DISTORTED AND WE HAVE THE TENDENCY TO OVERREACT.

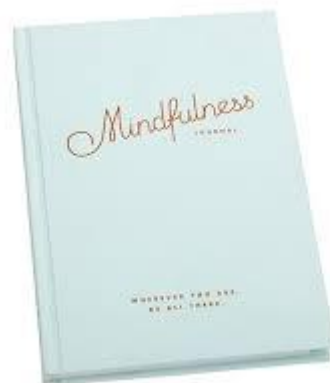
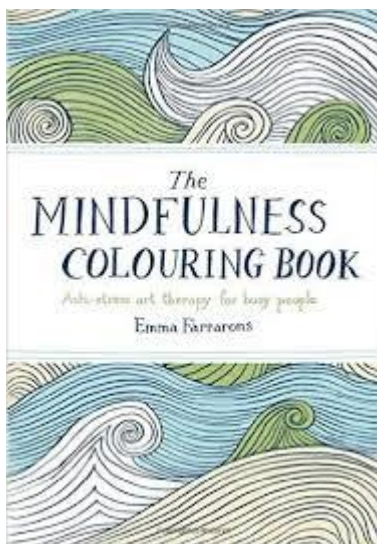
TAKE TIME TO THINK ABOUT A SCRIPT THAT YOU MAY HAVE. WHAT FEELING/EMOTIONS, SENSES ARE ATTACHED TO THAT SCRIPT. CAN YOU THINK OF A STUDENT OR SITUATION IN THE CLASSROOM THAT YOUR SCRIPT TRIGGERED THESE EMOTIONS?



HOW CAN MINDFULNESS HELP?

ATTENDING MINDFULLY TO WHAT IS HAPPENING CAN HELP YOU RECOGNIZE YOUR EMOTIONAL PATTERNS AND RESPOND TO THEM CONSCIOUSLY RATHER THAN BLINDLY REACTING (REMEMBER THE AMYGDALA) TO AN EMOTIONALLY CHARGED SITUATIONS. PRACTICING MINDFUL AWARENESS BUILDS YOUR CAPACITY TO RECOGNIZE YOUR SCRIPTS AND DISENGAGE FROM YOUR SCRIPTED EMOTIONAL TENDENCIES.

START TO JOURNAL THESE SITUATIONS THAT YOUR SCRIPT COMES INTO PLAY SO THAT YOU CAN START TO RECOGNIZE PATTERNS



MY FANTASTIC, ELASTIC BRAIN

(BRAIN VOCABULARY TERMS)

Amygdala



The security guard of the brain.

Acts as the security guard, panic button, watch dog, or fear center of the brain.

Along with the hippocampus it is part of the limbic system. It plays a key role in the processing of emotions and is central to survival, arousal, and autonomic responses. It is essentially the security guard of the brain and is designed to keep us safe. Mindfulness calms the activity of the amygdala and increases a feeling of calm and clarity

Prefrontal Cortex

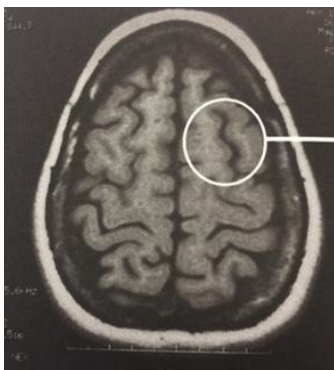


The Conductor of the Brain.

Planning, organizing, regulates attention, decision making, moderates behavior, personality expression, motivation, mood

Located in the frontal lobe of the brain. It controls the activities of the rest of the brain. The executive functions are performed here. Some of the difficulties that can occur if not functioning optimally: ADHD, depression, stress response, being overwhelmed, disorganization, poor planning, depressed mood, and emotional regulation

Insula



Sensing state of gut, heart, pain...etc
Body movement, self-recognition, vocalization and music, emotional awareness, risk, uncertainty, and anticipation, visual and auditory awareness of movement, time perception, attention, perceptual decision making, cognitive control and performance monitoring.

Studies have shown that meditators have increased thickness of the cerebral cortex and Insula, which leads to an increased accuracy in the subjective sense of the body with a negative emotional experience, as well as increased attention.

Interception includes the awareness of body states:
Simple way to understand the Insula: take your pulse...when your revved up your heart beats faster and makes it easier to find your pulse....now breath slowly...feel your body calm and try to find your pulse. Can you feel it? Is it slower? Is it harder to feel?

MINDFUL AWARENESS

DIRECTIONS: REFLECT ON AN EXPERIENCE AND ANSWER HONESTLY AND TO THE BEST OF YOUR ABILITY.

FACTS- WHAT HAPPENED IN THE SITUATION	PHYSICAL SENSATIONS FELT	THOUGHTS YOU HAD DURING SITUATION	NOTICE HOW YOU FEEL: <i>IDENTIFY EMOTIONS, WHAT TRIGGERED THE EVENT</i>

MINDFULNESS RESOURCES

LIST OF WEBSITES

WWW.MINDFULSCHOOLS.ORG/

WWW.CALMCLASSROOM.COM

WWW.THEHAWNFUNDATION.ORG/MINDUP/

WWW.MINDFULMOVEMENTSNY.COM

WWW.MINDFULMOVEMENTSNY2LA.COM

[HTTPS://WWW.RANDOMACTSOFKINDNESS.ORG](https://WWW.RANDOMACTSOFKINDNESS.ORG)

[HTTP://WWW.PROJECTHAPPINESS.ORG](http://WWW.PROJECTHAPPINESS.ORG)

WWW.GONOODLE.COM

WWW.RELAXKIDS.COM

MINDFULNESS RESOURCES

CHILDREN'S LITERATURE

ELEMENTARY SCHOOL

1. THE THREE QUESTIONS BY JOHN MUTH
2. MINDFUL MONKEY, HAPPY PANDA BY LAUREN ALDERFER
3. YOGA PRETZEL AND YOGA PLANET CARDS BY LEAH KALISH
4. MINDFUL MOVEMENTS BY THICH NHAT HAHN
5. GOOD NIGHT YOGA BY MARIAM GATES
6. THE FANTASTIC ELASTIC BRAIN BY JOANN DEAK
7. THE QUIET BOOK BY DEBORAH UNDERWOOD
8. A HANDFUL OF QUIET, HAPPINESS IN FOUR PEBBLES BY THICH NHAT HAHN
9. MEDITATION IS AN OPEN SKY: MINDFULNESS FOR KIDS BY WHITNEY STEWART
10. THE MAGIC BOX BY MARNET VIEGAS
11. WHAT DOES IT MEAN TO BE PRESENT? BY RANA DIORIO
12. THE LISTENING WALK BY PAUL SHOWERS AND ALIKI
13. THE LEMONADE HURRICANE BY LICIA MORELLI AND JENNIFER E. MORRIS
14. MY DADDY IS A PRETZEL BY BARON BAPTISTE AND SOPHIE FATUS
15. RELAX KIDS: THE WISHING STAR BY MARNETA VIEGAS
16. VISITING FEELINGS BY LAUREN RUBENSTEIN
17. HAVE YOU FILLED A BUCKET TODAY? BY CAROL MCCLOUD
18. LITTLE MONKEY CALMS DOWN BY MICHAEL DAHL
19. WHAT THE LADYBUG HEARD BY JULIA DONALDSON
20. ANH'S ANGER BY GAIL SILVER AND CHRISTIANE KRÖMER
21. WHEN SOPHIE GETS ANGRY, REALLY, REALLY ANGRY! BY MOLLY BANG
22. NO, DAVID! BY DAVID SHANNON
23. ZEN & BODHI'S SNOWY DAY BY GINA BATES BROWN AND SARAH JANE HINDER

MINDFULNESS RESOURCES

YOUNG ADULT LITERATURE

MIDDLE/HIGH SCHOOL

1. MINDFULNESS FOR TEEN ANGER MARK PURCELL & JASON MURPHY
2. THE AUTISM PLAYBOOK FOR TEENS BY IRENE MCHENRY AND CAROL MOOG
3. MINDFULNESS FOR TEEN ANXIETY BY CHRISTOPHER WILLARD
4. THE MINDFUL TEEN BY DZUNG VO
5. WHAT WORKS WITH TEENS BY BRITT RATHBONE AND JULIE BARON

ADULT LITERATURE

1. FULLY PRESENT BY SUSAN L. SMALLEY PHD AND DIANA WINSTON
2. SITTING STILL LIKE A FROG BY ELINE SNEL
3. A PEBBLE FOR YOUR POCKET BY THICH NHAT HANH
4. MINDFULNESS: SKILLS FOR KIDS AND TEENS BY DEBRA BURDICK
5. TEACH BREATHE LEARN BY MEENA SRINIVASAN
6. THE POWER OF NOW BY ECKHART TOLLE
7. THE WHOLE BRAIN CHILD BY DANIEL SIEGEL
8. A STILL QUIET PLACE: A MINDFULNESS WORKBOOK TO EASE STRESS AND DIFFICULT EMOTIONS BY AMY SALTZMAN MD
9. READY SET BREATHE: PRACTICING MINDFULNESS WITH YOUR CHILDREN FOR FEWER MELTDOWNS AND A MORE PEACEFUL FAMILY BY CARLA NAUMBURG
10. PEACE IS EVERY STEP BY THICH NHAT HANH
11. BREATHE THRU THIS BY ELINE SNEL
12. MINDFUL (*MAGAZINE*)
13. IMAGINATIONS 2 BY CAROLYN CLARKE
14. THE COURAGE TO TEACH BY PARKER J. PALMER
15. EVERYBODY PRESENT: MINDFULNESS IN EDUCATION BY NIKOLAJ AND DIDDE FLOR ROTNE

MINDFULNESS RESOURCES

INSPIRATIONAL VIDEOS/MOVIES TO TEACH MINDFULNESS & SEL

1. GRATITUDE → [HTTPS://WWW.TED.COM/TALKS/LOUIEöSCHWARTZBERGöNATUREöBEAUTYöGRATITUDE?LANGUAGE=EN](https://www.ted.com/talks/loUIEöSCHWARTZBERGöNATUREöBEAUTYöGRATITUDE?LANGUAGE=EN)
2. KINDNESS → [HTTPS://WWW.YOUTUBE.COM/WATCH?V=PT-HBL2TVTI](https://www.youtube.com/watch?v=PT-HBL2TVTI)
3. EARLY CHILDHOOD SELF-ACCEPTANCE & AFFIRMATIONS → [HTTPS://WWW.YOUTUBE.COM/WATCH?V=PKM4LOKXLH0](https://www.youtube.com/watch?v=PKM4LOKXLH0)
4. DEVELOPMENT OF THE BRAIN → [HTTPS://WWW.YOUTUBE.COM/WATCH?V=PzTöSBL31-S](https://www.youtube.com/watch?v=PzTöSBL31-S)
5. LEBRON JAMES'S MEDITATION DURING TIMEOUT AT NBA CHAMPIONSHIP GAME → [HTTPS://WWW.YOUTUBE.COM/WATCH?V=SCR70FRUQD4](https://www.youtube.com/watch?v=SCR70FRUQD4)
6. LEARN TO BREATHE (MINDFUL SCHOOLS)
7. THIS IS WATER → [HTTPS://WWW.YOUTUBE.COM/WATCH?V=8CROL-yDFMI](https://www.youtube.com/watch?v=8CROL-yDFMI)
8. THE COFFEE BEAN, THE CARROT & THE EGG → [HTTP://WWW.LITTLETHINGS.COM/GRANDMA-CARROT-EGGS-COFFEE/](http://www.littlethings.com/grandma-carrot-eggs-coffee/)

CERTIFICATIONS/CURRICULUM/PROGRAMS FOR EDUCATORS

1. BRAIN GYM
2. BRAIN DANCE
3. MOVE WITH ME YOGA ADVENTURES
4. MINDFUL SCHOOLS
5. OLWEUS
6. RESPONSIVE CLASSROOM