



Mindfulness

During the Mindfulness mini-lessons, students are learning the benefits of mindfulness and being self-aware of thoughts, emotions, their body and the environment. They will explore different strategies to determine which strategies will help them best in daily lives. The key message is learning about emotions and strategies to appropriately manage them helps us make healthier choices.

Lesson Name: Peace of Paper (Mindful Journaling, Part 2)

Unit Name: Mindfulness

Grade Level: 9-12

Lesson Length: 20 minutes

Before beginning, teachers should offer accommodations specifically mentioned in a student's IEP to support their ability to participate in the mini-lesson. A sample list of common accommodations and modifications to aid you in selecting appropriate supports for students can be found under "Additional Resources" [here](#).

Lesson Objective(s):

Students will be able to practice mindful journaling as a tool for maintaining or improving their health. Students will analyze their mindful journaling responses looking for any patterns to improve health.

Essential Question (related to objective):

What can I learn about myself through mindful journaling?

Equipment Needed:

- [How am I feeling? Daily Check-In poster](#)
- 7 Mindful Journaling sheets per student
- 2 pieces of construction paper per student
- Multiple staplers
- Colored pencils, markers or crayons

CASEL Core SEL Competency:

Self-awareness

- Identifying one's emotions
- Linking feelings values and thoughts

Self-management

- Identifying and using stress management strategies

National Standards and Grade-Level Outcomes for K-12 Physical Education:

Standard 4: The physically literate individual exhibits responsible personal and social behavior that respects self and others.

- No specific grade-level outcome identified.

National Health Education Standards & Performance Indicators:

Standard 7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

- 7.12.2 Demonstrate a variety of healthy practices and behaviors that will maintain or improve the health of self and others.

Lesson Overview:

Teachers will challenge students to practice mindful journaling for a week (or more). Students will journal daily for at least seven days and then begin to look at their responses to see if they can notice any patterns.

Based on the needs of the community, teachers can replace the word mindfulness with self-awareness throughout the mini-lesson.

Mini-Lesson Name: **Peace of Paper (Mindful Journaling Part 2)** Unit Name: **Mindfulness** Grade Level: **9-12**

Definitions:

Peace of Paper

- Writing down on a piece of paper what you're currently feeling and examine why you're feeling that way.
- Being completely honest and remember to show yourself kindness; it's okay to feel whatever you're feeling (positive or negative).
- Writing thoughts down is a great way to be reflective and bring peace of mind.

Mindful Journaling

- Putting the thoughts and feelings in your head onto paper.
- Writing regularly about yourself, your thoughts/feelings, and your day.

Reflection is taking time to think about

- Something you may have learned,
- Your feelings, or
- Your behavior

Activity Progression:

To start the mini-lesson, have students check in using the How am I feeling? Daily Check-In Poster.

Example script: "Before we get started let's check in with ourselves. It's healthy for us to take time to see how we are feeling. So, let's look at our Daily Check-In Poster and see how we are feeling today, right now in class."

[Give students a few minutes to think about how they are feeling. They can share out if they would like or keep their response to themselves.]

If you would like to share how you are feeling right now you can or if not, that's okay too! I'm feeling [insert a heart color] because [then a reason you are feeling this way].

A lot of times our feelings can change how we might act, so it's helpful to be mindful of how we are feeling."

Review mindful journaling and Peace of Paper

Peace of Paper and mindful journaling are the same concept. Here is how to distinguish between the two within health. moves. minds.: Peace of Paper is used more infrequently while mindful journaling is done regularly. Teachers may choose not to separate the two skills/terms and may use the term Peace of Paper as a synonym for mindful journaling.

Example script: "Last time we were together we tried out mindful journaling or Peace of Paper. Turn to a neighbor quickly and share one benefit of mindful journaling. [Listen for student responses.] I heard some good responses in your pairs. We talked about how mindful journaling can help us articulate our feelings better, how it's a good way to release what's in our head, and how it's even an opportunity to reflect."

Review the definition of reflection.

Example script: "When you reflect you are taking time to think about something you may have learned, your feelings, or your behavior. After you have journaled about something, you can even look back at what you wrote and reflect on those feelings. Maybe there's a pattern you notice allowing you to learn more about yourself."

Review some of the tips for mindful journaling and remind students that the more they practice something the easier it becomes and the more likely they will see the benefits.

- **Try to write regularly.**
 - There are benefits to journaling even if you don't write every day, but the more consistent you are the more likely you are to see the positive benefits of journaling
- **Write or draw whatever feels right to you.**
 - There's no right or wrong way to journal. In fact you can even draw! The idea is to just write what you're feeling and to express or share what you experience. Some people even like bullet journaling in which you essentially jot down quick notes instead of writing long sentences. But whatever your preference, do what works for you!

- **Make it easy.**
 - o You can journal on your phone, or maybe keep a small notebook in your book bag or locker. Keep your journal on your nightstand. Maybe there's a journaling app online.
- **Build it into your routine.**
 - o Maybe try journaling in the morning right after you wake up or before bed as a part of your nighttime routine. Maybe this is something you do after you get home from school or after you eat dinner.

Explain to students you are going to challenge them to do mindful journaling for an entire week, even on the weekends. Students should use the Daily Mindful Journaling sheet. Students can also keep a personal journal where they can write more than what's on the journaling sheet.

Give each student seven Daily Mindful Journaling sheets, two pieces of construction paper and crayons/ markers/colored pencils. Students will make their own journal to keep for the week. The construction paper will be the front and back cover with the seven journaling sheets in the middle. Students can design the front and back covers however they wish. Encourage students to write positive "I am" statements, favorite quote, draw a picture, or glue pictures.

After the seven days, have students look through their journal sheets. Guide students on what to look for:

- Do you notice any patterns with weather and your mood?
- Do you notice any patterns with your overall rating for the day? (Example: When I rated my day lower than 5, I usually didn't do anything for my mind that day.)
- Do you notice any patterns about the kinds of things that make you feel happier or make you upset?

Example script: "As we look through our journals we are analyzing and reflecting. Is there anything you learned about your behavior or about yourself? Seven days isn't a really long time to learn a lot, so if you didn't notice something it's okay. I would encourage all of us to continue journaling and check back in to reflect. It's so important for us to learn about ourselves because this can help us with making healthier decisions."

At the end of class have students check in with themselves again.

Modifications/Differentiation:

- Allow students to draw in addition to writing.
- Allow students to write their thoughts as bullet points/short phrases.
- Allow students to keep their own journal.
- Provide time in class for students to journal.
- Allow students to use the Color by Mood sheet instead.

Checks for Understanding:

- How did daily mindful journaling make you feel?
- Is mindful journaling a practice you could implement regularly?
- How can you use mindful journaling to learn more about yourself?



Daily Mindful Journaling Sheet (Teacher Version)

In blue italics you will find instructions for each section to explain to students. Students should aim to fill out each section, even if they don't have anything to write. If they choose to leave a section blank one day they should try to not leave it blank the next day. If they are struggling to find something to write, they can fill out the sections they can then put it aside and come back to it later.

Today's Date 		Today's Weather <i>Circle the day's weather. If you like you can add the daily temperature.</i> 	
My favorite part of today was... <i>In this section, write a highlight of your day.</i>	My least favorite part of today was... <i>In this section, write a part of your day that could have been better.</i>	Something I'm thinking or feeling right now in this moment... <i>In this section you can write about anything you want.</i>	
And it made me feel... <i>Then take time to acknowledge how it made you feel.</i>	And it made me feel... <i>Then take time to acknowledge how it made you feel.</i>		
Right now, in this moment I'm grateful for... <i>Here write something you are grateful for at the moment you're journaling.</i>		Something I did to take care of my mind: <i>In this section, write something you did for your emotional or mental wellness. This could be a self-care activity or one of the mindfulness skills we have been practicing like a Kindful or Mindful Minute.</i>	
		Something I did to take care of my body: <i>In this section, write something you did for your physical health. This could be some kind of physical activity or something nutrition related.</i>	

Overall today was...
In this section, color in or mark your rating for the day. 10 would be a really great day and 1 would be a day you're ready to be over with.

I'm ready for this day to be over.



Best day ever!



Daily Mindful Journaling Sheet

Fill in the sheet about your day. Try to fill out each section. If you are having trouble finding what to write take a break and try again later.

Today's Date		Today's Weather	
My favorite part of today was...	My least favorite part of today was...	Something I'm thinking or feeling right now in this moment...	
And it made me feel...	And it made me feel...		
Right now, in this moment I'm grateful for...		Something I did to take care of my mind:	
		Something I did to take care of my body:	

Overall today was...

I'm ready for this day to be over.

1
 2
 3
 4
 5
 6
 7
 8
 9
 10

Best day ever!