

St. Mark School  
February 1, 2018  
Mindfulness

“We don’t see things as they are, we see them as we are.” -Anais Nin

### **Appreciations**

Thank you Elizabeth for letting us borrow a toy for TK.

Thank you Theresa for responding to a need and holding space for 8th grade.

### **Questioning Assumptions**

Questioning our assumptions helps us open our mind and hearts, understand other people’s perspectives, and develop empathy. Students learn about their limiting beliefs, biases, and develop greater self-esteem and empathy for others.

Today we are going to learn how to watch our thoughts in everyday life. Everyone has assumptions that can block us from understanding other people and things. For example, we might have tried a type of food, decided we didn’t like it, and decided to never try it again, even though our taste buds can change and it might become our favorite food!

Put on your mindfulness bodies, take few mindful breaths, bring your focus and attention to your thoughts. Notice what thoughts are popping up...

Open your eyes

Watch the objects I hold up

Notice what thoughts and assumptions pop into your head

What did you notice in your mind when you were looking at it?

What did you notice in your emotions?

Do you like it or dislike it?

Do you feel excited, tense, happy, or any other feelings?

TK

Ball

“Happy because I like the color blue, happy because I like the color pink”

Train

“There’s a superhero inside, there are flowers inside”

Bagged salad

“Cabbage, rotten salad”

K

Ball

“Big blob of different colors, kind of like a balloon, I want to kick it”

Bagged salad

“It makes me hungry, it looks like a rainbow salad”

1st

Ball

“I want to play with it, cool...epic, a ball that predicts the future, it looks like the ball we have in class, it looks like the Milky Way”

Bagged salad

“Gross, dirt, dried up, good, I had it for lunch yesterday”

2nd

Ball

“Where did you get it, what if you didn’t have it, is it for your dog, handball”

Bagged salad

“I want to eat it, it’s delicious, yuck, gardening”

3rd

Basketball

“When I was hit in the eye with a basketball, where did she get it from, I am on a basketball team...I feel glad, I can draw a basketball...I feel happy”

iPhone

“Phone...fun, I can draw an iPhone, wondering what I do on my phone, someone in class...this person likes iPhones...he talks about them a lot”

4th

Basketball

“My brother playing his basketball game...I feel happy, wondering why it has lines, wondering why it has bumps, I play basketball...excited”

iPhone

“My cousin has different phone cases, I wanted to be back in bed playing video games on my phone, YouTube, wish I had a phone, that you were using it 10 minutes ago”

5th

Basketball

“Anxious...because I want to play, I like how the ball feels when it rolls off my hand”

iPhone

“I don’t like phones...would you rather be at home on your phone for an hour or with your friends, excited...I want to make my own game, nervous...it makes me think the world is going to be controlled by electronics”

6th

Basketball

“I thought of the first time I played basketball...I felt nervous and excited”

iPhone

“I was thinking I wonder what kind of wall paper she has and what kind of phone case she has”

8th

Open sharing of what we are feeling in the present moment.

Today we practiced watching our thoughts by questioning our assumptions. I invite you to take a fresh look at the people and things around you and question your thoughts assumptions about them.

Next week we will help students integrate their mindfulness practice into their daily lives by teaching these practices to each other.

With gratitude,  
Cary