

St. Mark School
January 25, 2018
Mindfulness

“You open your heart knowing that there’s a chance it may be broken one day and in opening your heart, you experience a love and joy that you never dreamed possible.” -Bob Marley

Appreciations

Thank you Frank for sharing the conversation you had with 8th grade about mindfulness.
Thank you Toni for sharing your interest in teacher training in mindfulness in education.

Rose and Thorn

Fostering relationships and social environments in which we can be authentic helps us be ourselves and let go of stress. With this lesson, we learn to communicate authentically and listen mindfully. Listening mindfully means that we pay close attention and reflect back what we heard. This can create a true sense of connection and trust in a classroom.

Today we are going to practice mindfulness of our emotions

Let’s put on our mindfulness bodies and take a few mindful breaths

Let’s begin by checking in to see what is happening in our hearts

Check the emotional weather patterns in your body, observing if you feel happy, sad, stressed, angry, excited, or a mixture of feelings

We will be sharing what is happening in our lives with each other

We do this by telling one rose and one thorn

You can share one thing that has happened recently that you feel good about and one thing you don’t feel good about

You can always pass or choose to share just a rose or a thorn

One person reflects back what they heard...repeating the rose and the thorn

TK

“Rose...Sea World with my mom, Thorn...bit by my hamster”

“Rose...get to go to my cousin’s house in FL, Thorn...ran and fell and scraped my knee”

“Rose...my brother gave me hugs”

“Rose...my brother hugged me, Thorn...I fell down”

“Rose...I got a guinea pig, Thorn...my hamster bit me”

K

“Rose...I went to the dentist and got a teddy bear”

“Rose...sister hugging me, Thorn...tripped on a rock on my scooter and fell down”

“Rose...pushing my brother on a swing, Thorn...when he throws mud at me”

“Rose...walk my dog, Thorn...when I play with him and he walks away”

“Rose...dad sleeping with me, Thorn...smack my head on the table”

“Rose...watch my iPad, Thorn...when I don’t feel good”

1st

“Rose...yesterday I had dinner with a friend

“Rose...I was filmed on camera and I might be on TV

“Rose...playing rugby with my best friend, Thorn...he’s going to be on a different team”

2nd

“Rose...having a sleepover, Thorn...my little brother pushes me off the bed at night”

“Rose...having a sleepover after my birthday party”

“Thorn...my dad left and is not coming back until Saturday, Rose...I get to hang out with my family over the weekend”

3rd

“Rose...Universal Studios, Thorn...sprained ankle”

“Rose...Little Mermaid Musical”

“Rose...birthday sleepover”

“Rose...LaBrea tar pits, Thorn...I’m hungry”

4th

“Rose...practice for the musical”

“Rose...first musical practice”

“Rose...got to spend the night with this class and the 3rd grade class, Thorn...someone is not actually my friend”

“Rose...got to walk to Islands with my mom and had a giant brownie, Thorn...my brother was annoying me”

“Rose...got a new iPad, Thorn...my sister deleted a bunch of apps

5th

“Rose...my aunt is having a baby in NY on the 27th, Thorn...I don’t get to go”

“Rose...I get to go to Universal Studios for the first time, Thorn...my mom and dad aren’t going”

“Rose...proud of how our basketball team is doing”

6th

“Rose...got together with 2 of my good friends, Thorn...the Patriots are going to the Super Bowl

“Rose...I get to go to my cousin’s birthday party in San Francisco”

“Rose...I got a new bike for my birthday and I get to ride to my favorite store, Thorn...we are moving”

8th

“Rose...feel good about the sports I’m playing...tennis, lacrosse”

“Rose...feel good about math fixing my grade, Thorn...my great grandma is not doing well she is hallucinating”

“Rose...feel closer to the people in my class, Thorn...too many things going on at once tired”

How does it feel to share? What is it like to listen? How does it feel to have your words repeated back to you?

Find a person at home or at school to share a rose and a thorn with...share with your family around the dinner table.

Next week, we will practice mindfulness by questioning our assumptions.

With gratitude,
Cary