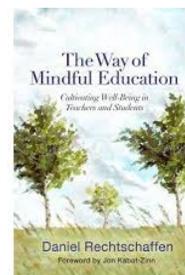


**St. Mark School**  
**March 23, 2017**  
**Mindfulness**



"The way we choose to see the world creates the world we see." -Barry Neil Kaufman

**Appreciations**

Thank you Mary Ann for inviting me to the staff luncheon!

Thank you teachers for sharing how your students are initiating these practices at school!

**Mindful Seeing**

One of the best anchor points for children to strengthen their attention muscles is using their eyes for mindful seeing. Children practice mindful seeing by focusing their eyes on a single spot. When they get distracted and their eyes move, it becomes clear that they have been distracted. The practice is noticing when they get distracted and bringing their focus back to the spot.

Another way we can strengthen our attention muscles is by mindful seeing. We practice mindful seeing by focusing our eyes on a single spot. If your eyes get distracted and start looking around the room, bring your attention, your focus, back to that spot.

We started by playing a mindful seeing game. I brought a glitter jar and placed it in the center of the circle. I invited the children to put on their mindfulness bodies (sitting tall while feeling relaxed) and bring their focus to the glitter jar. If your eyes get distracted and start looking around the room, bring your eyes back to the glitter jar. (TK-6th)

What did you notice?

TK

"Glittery, gluey, it looked a little funny, white, slow, it looked weird"

K

"Glitter falling, falling slowly, glass turned yellow, silver and gold, when you moved the jar into the sun I saw the glitter, the sun heated the gold"

1st

"Sparkly, it looks like a disco ball, the glitter was spinning, the glitter dropped down, crystals"

2nd

"I was looking at a friend, I looked at the jar the whole time"

3rd

"The glitter was moving in circles, the glitter was moving down, my eyes felt droopy, I saw constellations in the glitter, I saw a word in the glitter...hope"

4th

"It was hard to keep my eyes on the glitter jar because people were moving, I felt sleepy, I kept my focus on the jar, my mind was only thinking about the jar, the glitter moved from fast to slow, I was feeling anxious like I wanted to get on with it...but then it was relaxing"

5th

"When I stare at one object...my mind is clear, everything else was gray, it looked like snow falling...it was relaxing, the jar went from yellow to clear, it reminded me of Yoga...focusing on a single pointed focus to help you balance"

6th

"I was able to look straight at it, I could see my friends through the jar, it was hard to focus with people moving, I wanted it to hurry up"

Was it easy or hard?

"Easy, hard"

When your eyes got distracted, were you able to bring your eyes back to the glitter jar?

"Yes"

Now let's play another mindful seeing game. Let's put on our mindful detective eyes and look around the room and see if you can spot something you've never seen before. Look up, look down, look in the corners...see if you can see something you've never seen before. When you see it, hold it in your mind and put your thumb up. (1st-5th)

What did you see?

1st

"P3, P9, glitter jar, plug, hanging puff ball, dust, sticker"

2nd

"A tiny speck of glitter on the carpet, Miss Ebner's bowl, headband, DVD player, closet, book, black organizer, Target bag"

3rd

"Poster, eraser, the thing hanging behind the poster, spider web"

4th

"Pattern in the carpet, equator on the rug, wire coming out of the ceiling, picture behind Mary"

5th

"Christina, burnt tiles, a cap, little cat, holes in the tiles"

Isn't that amazing that when we put on our mindful detective eyes that we see things we've never seen before? We see the world around us in a whole new way.

Next week, we are going to practice watching our thoughts.

With gratitude,

Cary

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