

St. Mark School  
January 18, 2018  
Mindfulness

“Be yourself; everyone else is already taken.” — Oscar Wilde

### **Appreciations**

Thank you Mary Ann for inviting me to the staff retreat.

Thank you Evita for our conversation about writing workshop.

### **Mindful Communication**

Mindful listening is when we let go of our own ideas to truly hear another person's perspective. We often have impressions of people we like and don't like. When we learn to see beyond our judgements it allows us to be more friendly and positive. The other part of mindful communication is mindful speaking. This means being mindful of what's going on inside and being brave enough to share it with others. When we speak our truth and truly listen, true friendship and relationship occurs.

### **Present Moment Conversation**

Often times when we talk to someone, we talk about something that has already happened or something that is going to happen. Today we are going to talk about what is happening in the present moment. What we are experiencing right now in our bodies. We can share what we are experiencing using our five senses, sensations, and emotions.

Let's put our mindfulness bodies on and take a few anchor breaths.

Let's begin by practicing mindful listening. Open up your ears and listen to all the sounds around you. Listen to sounds far, near, and right beside you.

Now scan through your bodies from the tips of your toes to the top of your head. Notice any sensations you are experiencing...cold, hot, tingling, sore, pain...

Now check into your emotions. Notice any emotions you are experiencing...happy, sad, worried, excited, nervous...

Now notice all three...what you hear, sensations, emotions...

Slowly open your eyes, wiggle your fingers, wiggle your toes, and bring some movement back to your body.

Turn and talk to your partner and mindfully communicate something you see or hear in the present moment

TK

“In the present moment...I see the playhouse, I see the TV, I see the planets, I see the poster, I hear music

K

“In the present moment...I hear whistling, I hear you talking, I hear birds singing”

Turn and talk to your partner and mindfully communicate something you hear or feel in the present moment...

1st

"In the present moment...I heard a bucket...yawning, I feel calm, I noticed my belly my heart beating fast scared feeling, I heard a siren wind yawns, I feel calm and happy, I feel a tingling in my stomach, I feel different emotions...mad and sad thinking about the past...but when I think about the present moment I feel normal"

2nd

"In the present moment...I thought of an elephant standing on a small boat, I was thinking about my dog, I feel annoyed by the desk, I see my friend sleeping"

3rd

"In the present moment...I feel tired...I felt awake at the beginning and tired at the end, I hear thumping, I hear the heater, I hear laughing, I see pretty pictures in my head, I see a space adventure in my head"

4th

"In the present moment...I feel tapping on my head, I feel tingles in my foot, I hear the heater...annoying, I feel energetic and relaxed, I noticed I wanted to move, I feel tired and exhausted"

5th

"In the present moment...I feel hot wanted to move, I hear fidgeting...kids yelling, sensations felt like raindrops...pressure, emotions...body tired mind engaged, I failed...my mind was all over the place" \*\*\*you didn't fail...the practice is noticing when your mind wanders and bringing it back

6th

"In the present moment...I feel mad...my crush, sore...I got the flu shot and played last night, tired and sad...my dog is not doing well, sad...my uncle is not doing well"

8th

"In the present moment...I feel stressed out, I feel worried about the test, I feel tired"

Today we practiced mindful communication by having a present moment conversation. We talked about what was happening in the present moment using our five senses, sensations, and emotions. We also practiced mindful listening. We discovered that sometimes it's hard to hold our thoughts and listen to another person talk.

Next week we will practice mindful listening by reflecting back what we have heard.

With gratitude,  
Cary