

DAY 1 This mindfulness workshop is for whole class activity ( high school and above).

The slide is titled "Learning Objective" and is for "Week 5". It features three learning objectives and a theme section. The first objective is "Learning Objective 1" with a pink header, stating: "We will giving yourselves a break and take the moment to give thanks for our hard work." The second is "Learning Objective 2" with a teal header, stating: "We will also be giving thanks to our classmates and learning how we can have a better relationship." The third is "Learning Objective 3" with a purple header, stating: "We will be understanding our work/life balance and how we can incorporate more selfcare." Below these is a "Theme" section with a yellow header, listing: "Self-Awareness, Social-Awareness, Self Management, Responsible Decision Making". The slide includes navigation icons (back, forward, list, grid) and window controls (minimize, maximize, close) in the top left. A vertical watermark "SLIDESMANIA.COM" is on the left side.

Learning Objective

Week 5

Learning Objective 1

We will giving yourselves a break and take the moment to give thanks for our hard work.

Learning Objective 2

We will also be giving thanks to our classmates and learning how we can have a better relationship.

Learning Objective 3

We will be understanding our work/life balance and how we can incorporate more selfcare.

Theme

Self-Awareness, Social-Awareness, Self Management, Responsible Decision Making

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DAY 1

Connection and Key Points

**After this lesson, we will learn more about:**

- Sharing gratitude to ourselves and others
- Incorporating Self Care to our schedule
- Be mindful for our classmates feeling and apologizing
- Taking the moment to reset our body and appreciate all of the hard work its done.

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DAY 1

Workshop 1

## Letter to self

Today, we will be writing a letter to ourselves to express gratitude.

In your letter, I want you to include:

- At least 3 things you're grateful for your self
- At least 3 things you are not grateful for your self
- Ways in turning the ungrateful things to grateful

Your letter should include at least 3 paragraphs & describing each message.

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DAY 1

Ms. Kathleen Example

- 3 things I am grateful
  1. Staying positive and not letting negative comment affect you
  2. Another day here
  3. My family and students
- 3 things I am not grateful
  1. Not giving yourself a break
  2. Not being able to support families in need
  3. Not taking my health serious
- How can we change?
  1. I would give myself 5 mins before and after school to debrief and practice breathing
  2. One day of the month I will go and hand out sandwiches to the homeless people.
  3. Go to the gym 3-4 times a week and regular check up with the doctor

**Keep in mind ...**

This letter to self will be kept confidential between us and we will not share this with other students

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DAY 1

Workshop 1 - Continue

Now I want you to reflect on your letter

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DAY 1 When you are reading your letter, express how are your currently feeling? - what emotions bring up? Are you proud or disappointed at yourself?

- Write 1 -2 paragraphs

Don't let the ungrateful things overtake your mental health. I want us to take accountability of things that is hurting our body that you are unaware of.

We will work on self management and self care throughout the school year and I am here if anyone y'all need to talk.


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Day 1

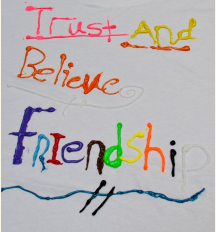
**SELF COMPASSION**


**Think Positive, Be Positive**  
**Be Positive, Become Positive**  
**Positivity Begets Positivity**  
 Surround yourself with positive  
 people and positivity will course  
 through your veins.

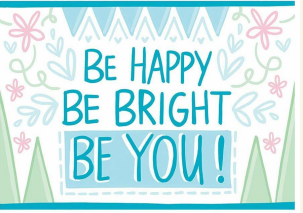




love  
yourself  
MORE.







**You bring  
endless joy and  
warmth.**

Lesson 1.1

Lesson 1.2

Lesson 1.3

Materials

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Activities

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Day 1 - all together in class, we will say some self worth and self love messages.



Workshop 2

## Letter to ...

For our next workshop we will be writing a letter to the person to the our left and right.

- I want everyone to write at least 1-3 meaningful things you are grateful for them
- I also want to write 1-3 that you things that they do that hurt your feelings
- What can they do or say to avoid the hurtful things

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## DAY 2

We will gather in a circle (prearrange by me)

We will write at least 3 paragraphs - 1 for grateful, 1 ungrateful and 1 to change

We will start with the person to our right for 15 mins

Then we will do to the person to our left for 15 mins

I will walk around and collect your papers

Ms. Kathleen Letter to Friend

3 things I am grateful for

1. Dealing with me
2. Always having my back
3. Your love for helping others

3 things that hurt me

1. When you don't respond back
2. Time management
3. Bad words

A way we can avoid it

1. Let me know if your are busy and to reach back out later
2. Text me when you are running late or if you need any help
3. Let use "filler words" or tell that person " that's not right/nice"

**Keep in mind ...**

We are not bullying out friends, but inform them of the hurtful action they are unaware of

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DAY 2

Workshop 2 - Continue

## We listen, Understand and Resolve

We are gonna go around and share the letter of our classmates.

Please note, **We are not going to judge, hate, bully, or do any negative words or actions.**

What we are going to do is appreciate their feelings, accept their message and apologize.

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### DAY 3

Now we are going to share.

We are going to say the three things we are grateful for the person and three things that they do that hurt us. When we describe the three hurtful things, please explain why it is hurtful, so that the whole class can be aware and avoid this for the future.

As the receiver, I want you to take a note of what they are saying, feeling an reaction. Understand the actions that you were unaware of and remember to not repeat it.

For example: STUDENT 1: I am grateful for your energy, sportsmanship, and readiness. I do want to let you knw that I get hurt whenever you talk during my lesson or your classmates. I feel like you're disrespecting us, in the future, can you please raise your hand or wait until independent work to talk to the person next to you.

For Example

**Student 1:** Three things I am grateful of you is  
**Student 2:** Thank you for sharing.

**Student 1:** Three things that you did that hurt my feelings is  
**Student 2:** I apologize for hurting your feelings.

**Student 1:** We can avoid this by  
**Student 2:** Thank you for sharing, I will .....

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DAY 3



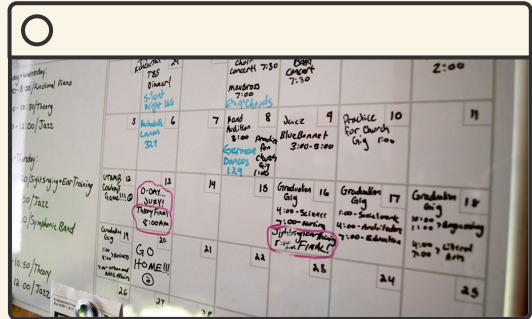
## Workshop 3



### Mind and Body Management

For this workshop, we will be planning out our daily schedule for the next couple of weeks and months.

The reason why we are planning for our future because we don't take the time for us to relax and reflect.



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Lesson 1.1



Lesson 1.2



Lesson 1.3



Materials



Videos



Activities

DAY 4

Workshop 3 - Continue

## Mind and Body workshop

For your planning, I want you to include:

- Morning/night routine
- School schedule
- After school Activities
  - Sports
  - Club
- Work Schedule
- Events
  - Party
  - Concert
  - Workshop
- Homework

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DAY 4




Workshop 3 - Final


## Reflection

Now tell me, how often do you do self care?

Now I want you to spend the next 10 minutes to see if we can eliminate or reschedule some activities to incorporate self care.



Doc Sheet Website A Website B Slides



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DAY 4 - 5



Overview

## Understanding ourselves and our body needs

From giving thank to yourself, others and our body, I want you to write down how you are currently feeling.

- How did the activity make you feel?
- Did it help you realize how overwork your body is?
- What do you want to be different?

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DAY 5 - Practice breathing and relaxing our bodies



We were able to listen and understand flaws and perfection of ourselves. From our point of view to our classmates. All they want from us is to be a better person. We go through our lives holding back other people hurtful messages and actions that they are unaware of. Now I want us to speak it. I want you to tell the person how you feel and work together in avoiding the same mistake twice. Once we are able to do this, we can start healing ourselves.

It is important for us to take the time to heal and recover. How can we be grateful to our body if all

we do is overwork ourselves?

Now I would like us to start incorporating selfcare into our daily lives, where its 5 mins a day or 1 hour every saturday etc. We need to reset our body.