



Choice Board Lesson Plans



Week 2: Building Strong & Safe Foundations: Collective Identity

Division: SECONDARY

Category:

Comm & Team Building --- Physical Activation --- Social Emotional Skill Development

Lesson Title:

5-Minute Guided Meditation for the Classroom

Learning Goal:

As students, we will practice a 5-minute meditation that may help us to settle into the classroom by grounding our attention inward to help us prepare our bodies and minds for learning.

Student Pre-Reflection:

Before you begin, think about...

- How am I feeling?
- What does it mean to ground my attention inward? What does it look like or feel like?
- Do a body scan from head to toe.
- I notice that my energy level is...

Learning Task/Activity:

- Please empower the students to listen to their body. If any movement causes discomfort, students should stop or modify the activity.
- Sitting comfortably in your seat, watch the video (5:13) to participate in this 5-minute guided meditation.

Video: [5-Minute Meditation Video](#)

Ideas for Follow up / Discussion:

- How do you feel after this meditation?
- Notice your energy level. Observe if you notice any change in your energy and level of attention/concentration when you return to learning.

Further Resources:

N/A

Learning Connections

We develop social-emotional learning skills throughout our lives. SEL has been shown to support student emotional wellness, when offered in the context of a caring, inclusive, equity-minded classroom setting. When student identity is affirmed, and skills are introduced in a developmentally appropriate and sequenced manner, students can select and adopt social-emotional strategies that build on their strengths. Both elementary and secondary curriculum contain expectations for social-emotional learning. Here is an outline of the six skill categories of social-emotional learning. The highlighted skills will be the focus of this lesson:

Students will learn skills to:

- **identify and manage emotions**
- **recognize sources of stress and cope with challenges**
- **maintain positive motivation and perseverance**
- build relationships and communicate effectively
- **develop self-awareness and sense of identity**
- think critically and creatively

So, they can:

- **express their feelings and understand the feelings of others**
- **develop personal resilience**
- **foster a sense of optimism and hope**
- support healthy relationships and respect diversity
- **develop a sense of identity and belonging**
- make informed decisions and solve problems

The resources in this series contain links to sources external to HWDSB such as YouTube and TedTalk. The written content also relies on information gathered from external sources such as School Mental Health-ASSIST, Ophea and others.

Your feedback is appreciated, please follow the link: <https://ca.research.net/r/educatorfeedback>



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