

MINDFULNESS HIGH-FIVE

Hello Teacher,

The Mindful High-Five is a skill that helps your students practice focusing on something very closely. AND in doing so they learn that they can take in new information. You will practice this today by being MINDFUL with something you see every day, your hand!

Remember, this is a fun way to practice a skill we all need to lean into at times, pausing and noticing an object, person, or environment very closely so we can take in new information.

**As your classroom practices this skill it is important to remind them they can use this skill at any time, and especially when they are having
BIG FEELINGS!**

This can remind our brain to slow down and take in new information that can be hard to take in when our feelings are BIG.



THANK YOU AND ENJOY LEARNING,
Mindful Wellness Classroom



MINDFULNESS HIGH FIVE



THE HIGH-FIVE IS A MINDFULNESS SKILL, DESIGNED TO HELP CHILDREN PAY MORE ATTENTION TO THEIR EVERYDAY LIFE. THIS SKILL TEACHES US THAT WHEN WE *SLOW DOWN* AND FOCUS, WE CAN TAKE IN NEW INFORMATION.

GIVING SOMEONE A MINDFUL HIGH-FIVE IS SLOWING DOWN IN OUR RELATIONSHIPS AND FINDING NEW THINGS WE NEVER NOTICED BEFORE. THIS IS ESPECIALLY HELPFUL WHEN WE FEEL OVERWHELMED OR NEED TO PRACTICE LISTENING OR OBSERVING.

LEARNING OBJECTIVES

1. Your classroom will practice focusing on something they see everyday.
2. After practicing noticing, everyone will draw and then share the details they noticed that they never had noticed before (shapes, lines, designs in the hand).
3. Practicing a Mindful High-Five with others, means *slow down* and practice being curious about NEW information - even with people and places we see everyday!

MATERIALS

1. Pencils & Coloring Materials
2. PDF: Mindful High-Five
3. Time or Watch

INTRODUCTION

1. Have students in a comfortable space.
2. Tell everyone that today we are going to practice being Mindful (*focus on being intensely aware of what we are sensing in the moment*). Tell everyone that one way to be Mindful is to practice focusing on something very closely.
3. Tell everyone that when we focus our awareness on something, we can often notice things that we haven't noticed before!



INSTRUCTION & INTEGRATED MODELING

1. Tell everyone to take their right hand and turn it palm down to the floor.
2. Then ask everyone to share aloud everything they have ever noticed about their right hand's palm. *Allow plenty of time for sharing, interaction, curiosity, and questions while having the children continue to keep their hand palm down. There are no wrong answers here, if children can't think of anything about their palm that is okay - simply tell them that is even more reason we are practicing curiosity and mindfulness today!*
2. Tell everyone they are now going to take another look at their hand, but this time they will look at it **mindfully**, and **focus** closely on their hand for two minutes quietly. *Set a timer for two minutes.*
3. After the two minutes, invite everyone to share aloud what they noticed about their hand. *Prompting questions may include: Who noticed something new about their hand? Did anyone see a pattern in their hand? Are you surprised to find something new on your body that you see every day?*
4. Tell everyone to raise their palm for an air high-five because they just practiced being Mindful through focusing with their eyes!
5. Explain that being mindful about our palm for *only* two minutes allowed our eyes and brains to take in new information. We can practice being curious and mindful with people (relationships) and places.
- 6. Sometimes when we are overwhelmed or have BIG FEELINGS we can pause and practice being curious about not only what is happening around us, but also what we notice is happening with other people. If we do this, we allow our brain to take in new HELPFUL information.**
7. The next time you have BIG FEELINGS, ask a teacher or classmate to practice a Mindful High Five by being curious about others and the space around you. You may notice new things that will help you feel better and *slow down* your big feelings.

CREATIVE INTEGRATION

1. Provide PDF: Mindfulness High-Five Coloring Sheet.
2. Instruct everyone to trace their hand, and draw or color the new details they discovered on their hand.
3. BONUS: Practice noticing lines, shapes, and designs on each other's hands as well!
4. Teacher also participates in coloring/drawing with children.

REVIEW & SKILL PRACTICE

1. Focusing on something very closely allows us to see things we haven't noticed before! Just like with our own hand, we learned new details about something we see every day!
 2. We can practice this skill whenever we want to learn more details about an object, person, situation, or environment. Even the things we see every day, always have more details for us to learn if we only practice being mindful!
 3. Remember, **you can use this skill at any time, especially when you are having BIG FEELINGS! This can remind our brain to *slow down* and take in new information that can be hard to take in when our feelings are BIG.**
3. Invite the classroom to practice the *Mindfulness High-Five* during the week, and let them know you will be looking for times for the entire class to practice together. *Some ideas would be to practice a Mindfulness High-Five moment with other objects in the classroom. Directing children to do this before learning or transitions can assist with smoother and calmer listening and transitions. As you become more familiar with the skill, you can start using the skill when students struggle with BIG FEELINGS, to remind our brain to slow down and take in new information that can be hard to take in when our feelings are big.*



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QUICK SKILL SHEET

"MINDFULNESS HIGH-FIVE"



1. Tell everyone we are going to practice being Mindful today!
2. Mindfulness means: *focusing on something very closely with our senses in the moment - right now!*
3. When we focus our awareness on something really closely, we often notice things that we haven't noticed before!



1. Take your right hand and turn it palm down to the floor.
2. Have everyone share aloud everything they ever noticed about their palm.
3. Tell everyone we are not going to look at our hands mindfully and focus closely on their hand for two minutes quietly.



1. Invite sharing aloud about what they noticed about their hand. *Who noticed something new? Did anyone see a pattern, shape, or design you never noticed before?*
2. Complete the drawing portion of the activity, encouraging creativity and inviting others to also notice new things about your hand!



BONUS QUESTIONS:

1. Can you think of a time you had BIG FEELINGS and practicing a mindful high-five would have been helpful?
2. Where and when do you think practicing a mindful high-five would be most helpful for you?

This skill can remind our brain to *slow down* and take in new information that can be hard to take in when our feelings are BIG.

NAME: _____

HIGH FIVE



TRACE HAND



ADD DETAILS



SHARE OUT

