



Adolescent Curriculum

Mindfulness Essentials	Mindfulness Essentials: Students develop skills in concentration, focused attention, centering, and calming. Awareness of what's happening in our minds, emotions, and bodies builds concentration and self-regulation skills. Mindfulness practices are continued in Emotional Awareness and Inquiry through "Mindfulness Connection" lessons.		
	<u>4 Essential Mindfulness Lessons</u>		
	1	Introduction to The Thinking Project	
	2	Box Breathing	
	4	Mindful Posture	
Emotional Awareness	Emotional Awareness: Students develop skills in naming and understanding emotions. As students develop emotional awareness, they also build the skills to understand how their thinking influences their feelings and actions.		
		<u>Main Lessons</u>	<u>Mindfulness Connections</u>
	5	Exploring Emotions	Noticing Emotions
	6	How Do I Feel? Wheel	Mindfulness of Emotions
	7	Emotions and Body Sensations	Body Scan
	8	Body Sensations	Mindfulness of Emotions, Body Scan
	9	Emotional Intensity	Reaction v Response
10	Brain Science	Mindfulness of Sound	
Inquiry	Inquiry: Student develop and practice skills in identifying and questioning stressful thoughts to discover new perspectives and possibilities.		
		<u>Main Lessons</u>	<u>Mindfulness Connections</u>
		Perspective Taking	
	11	How Powerful Are Thoughts?	Noticing Thoughts
	12	Ladder of Inference	Past, Present, Future
	13	Iceberg	N/A
	14	Negativity Bias	N/A
	15	Think → Feel → Act/The Ladder of Prejudice	Pleasant/Unpleasant
	16	What Changes Without the Thought?	Brain Dump + a New Perspective
		Inquiry	
	17	Identify a Time When You Had a Stressful Thought	Counting Breaths
	18	Inquiry: Who Annoys You?	N/A
	19	Boomerangs	N/A
	20	Inquiry: Arguments	N/A
	21	Solutions	N/A
22	Inquiry: It's Not Fair	N/A	
23	How Could This Be a Good Thing?		
24	Inquiry: Forgiveness	N/A	
25	Turnarounds		

Our organization utilizes Mindful Schools curriculum in our mindfulness programming
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