



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>5 Essential Mindfulness Lessons</u>			
	1	Introduction to The Thinking Project		
	2	Box Breathing		
	3	Zen Doodling		
	4	Brain Dump		
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 Lesson</u>	<u>Mindfulness Connection</u>	
	6	Exploring Emotions	Noticing Emotions	
	7	How Do I Feel? Wheel	Mindfulness of Emotions	
	8	Emotions and Body Sensations	Body Scan	
	9	Body Sensations	Mindfulness of Emotions, Body Scan	
	10	Emotional Intensity	Reaction v Response	
	11	Brain Science	Mindfulness of Sound	
	12	Reaction v Response	Reaction v Response	
	13	Fight, Flight, Freeze, Please	Counting Breaths	
	Inquiry	Inquiry: Student develop and practice skills in identifying and questioning stressful thoughts to discover new perspectives and possibilities.		
			<u>Main Lesson</u>	<u>Mindfulness Connection</u>
			Pre-Inquiry	
14		How Powerful Are Thoughts? Perception v Reality	Noticing Thoughts	
15		Ladder of Inference	Past, Present, Future	
16		Perspective Taking		
17		Negativity Bias		
18		One-Perspective Stories	Pleasant/Unpleasant	
19		Identify a Time When You Had a Stressful Thought		
		Inquiry Questions 1 and 2		
20		Can I Absolutely Know That My Stressful Thought is True?		
		Inquiry Question 3		
21		Think → Feel → Act		
22		What Happens: How Do I React When I Believe My Stressful Thought?		
		Inquiry Question 4		
23		What Changes Without the Thought?		
24		Who Would I Be Without the Thought?		
		The Turnarounds		
25		Boomerangs		
26		Turnaround to Myself		
27	Turnaround to the Other			
28	How Could This Be a Good Thing?			
29	Turnaround to the Opposite			