

Mindfulness March

overview

Theme

Be in the moment.

Initiative

To be mindful is to be in the present moment. Mindfulness is about observing your feelings and thoughts **without judgment**, and trying not to stress about the future. Mindfulness is a good addition to the gratitude practices we worked on last month.

Practice mindfulness this month. Really focus on being in the present, being aware of what is happening around you in the moment. Focus on making great choices about your driving and phone habits.

driving activity

National Day of Unplugging

Objective

Students will take part in the National Day of Unplugging.

Objective

Sundown to sundown March 3-4, 2023 is the 14th National Day of Unplugging. From the NDU website,

“National Day of Unplugging is an awareness campaign that promotes a 24-hour respite from technology annually observed the first weekend in March. For more than a decade, schools, religious institutions and businesses have used our resources to inspire healthy life/tech balance within their communities. Participation is open to anyone who wishes to elevate human connection over digital engagement.”

Introduction

- Prepare for NDU.
- Talk about why unplugging from your phone is so important.
- Discuss ways students can realistically unplug (print off directions for places they plan on going that day, tell friends and family ahead of time that they will be away from their phones, etc).
- Unplug with a group and plan a day of phone-free activities.
- Make a list of valid reasons why they might need to use their phones during NDU.

Activity

Participate in National Day of Unplugging!

- Have students write down some thoughts during NDU:
- How does unplugging feel?
- Did they feel like they needed their phone during this time?
- Was 24 hours phone-free a realistic goal?
- Next time you meet iwth students, talk about their experiences on NDU.

wellness activity

Mindful Driving

Objective

Students will practice mindfulness during their drive to school.

Overview

Driving to school, especially during traffic, can be frustrating and monotonous. It's natural to want to tune it out with music or podcasts. But commutes are also a great time to practice mindfulness – the practice of living in the moment and being fully aware of your environment. Being mindful means being less distracted, which means safer driving.

Introduction

- Discuss what mindfulness is with students.
- If you have time, lead them through a short mindfulness meditation to show them how nice practicing mindfulness can be.
- Have them choose which mindfulness driving activity they will be testing.

Activity

Practice a mindfulness driving technique for a week.

- Ask students to record some of their thoughts.
- Students can obviously practice mindfulness whenever they want, but for this activity they should focus on a particular time of day – driving to school is a good one.