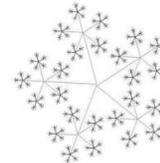
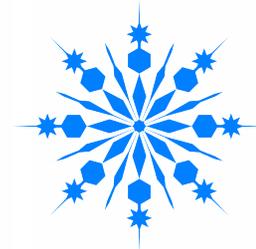
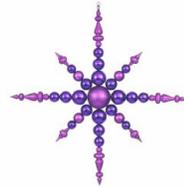




12 Days of Mindfulness

Social Emotional Learning for the Holidays





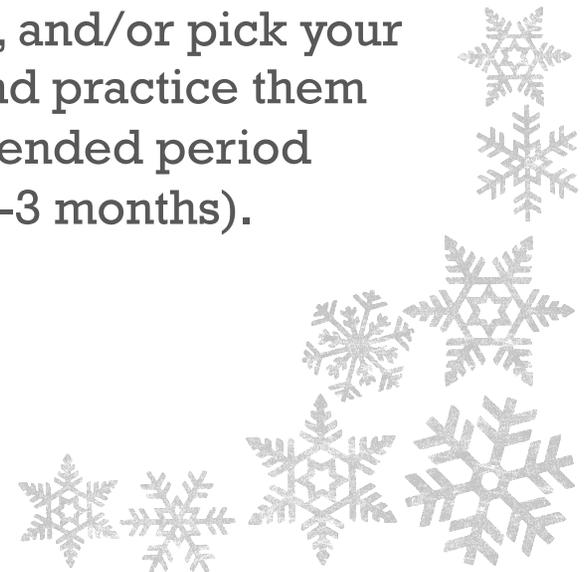
12 Days of Mindfulness

Introduction

The holidays can be a very special time of the year filled with ample opportunities to exercise love, generosity, and other social emotional competencies that epitomize the beauty of the human spirit. At the same time they can also be quite stressful.

In either case it's a good time to bring mindfulness into your home, classroom, or service offering in order to support children who are particularly sensitive to the opportunities as well as stress that the holidays can bring.

The following curriculum offers 12 holiday themed mindfulness practices that help focus attention, regulate emotions, and promote prosocial behaviors. Explore several at once, one each day for 12 days, and/or pick your favorites and practice them over an extended period time (e.g. 2-3 months).

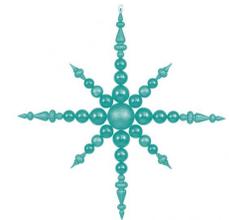




12 Days of Mindfulness

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12 Days of Mindfulness

Freeze Tag and Warm Wishes: Overview

Description: Participants engage in a game of Freeze Tag that also exercise compassion and generosity.

Goals: This activity targets social awareness related to adult/peer interactions and group participation while also encouraging compassion and generosity.

Format: This activity requires at least 5-6 participants and 12-14 is ideal. It also requires a large open space (e.g. outdoors, large classroom, or a gym).

Timeframe: Explaining the activity takes 1-2 minutes and playing it can go on as long as there is student interest. This is another very popular game amongst children and can often engage participants for up to 20+ minutes.



12 Days of Mindfulness

Freeze Tag and Warm Wishes: Instructions

This game works like freeze tag: 1 or 2 members who are “it” try to tag other members and once tagged the individuals must stand motionless, frozen.

The goal of the “it” group members are to freeze all other group members. If they are successful in freezing everyone the game ends and new “it” group members are chosen.

Non-frozen group members, who are not “it” can unfreeze other group members by 1) tagging them and 2) making a ‘warm’ compassionate wish for some positive future outcome to befall their frozen peers. For example one may wish that their peer enjoys a favorite food for dinner, success on an upcoming test, etc.

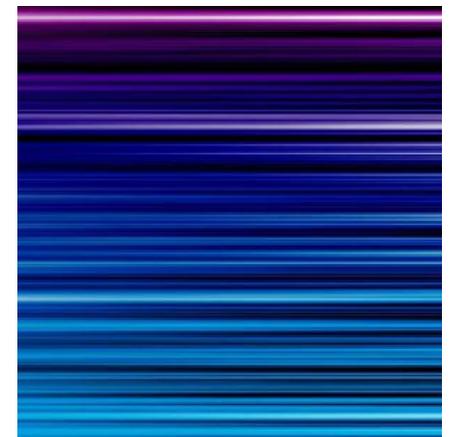
Encourage children to wish for things that their peers would really want.



12 Days of Mindfulness



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Have a mindful holiday season and for more information and resources check out
www.mindfultyouthproject.org.