

Mindset Agenda (Room 203)

First Break Out 1:15-1:35

Three HS teen leaders for each Break Out _____

All other teens are in room spread throughout the middle school students.

1:10 Teens fill water cups for first break out

1:15 – 1:20 pm

HS Student in hallway _____ Asking MS students to take their shoes off if they want to and leave in the hallway, and keep their folders.

HS Student at door _____ “Welcome. Please stand quietly behind a towel.”

HS Student in room will do below _____

- “We are going to do a short activity to set the tone.” Read “FORWARD BEND/RAG DOLL” short mindfulness. Then ask MS students to “Sit down now please on your towel.”
- “Who has heard of Mindfulness?” “What is Mindfulness?”
“Mindfulness is the basic human ability to be fully present, aware of where we are and what we’re doing, and not overly reactive or overwhelmed by what’s going on around us.”
- HS Student _____ Hand out our Mindfulness One Pager
- “Can one of you volunteer to read the quote at the top of the page.”
- “Teens have many stressors in their life. Elicit responses from middle school students.” i.e. school, practice, grades, friends, parents
- “When your mind and body are filled with stress, your brain is overstimulated. Mindfulness offers many health benefits and a natural reward to your body. On the one pager you are going to see many benefits to your health physically and mentally and amplify your performance. Please put this hand out in your folder and turn around and lay down on your towel.”

1:20-1:30 pm

HS Student will do below _____

Read “LONG BODY SCAN” “Please open your eyes and sit up slowly”

1:30-1:35 pm

- “Please take out Personal Performance Log. Please fill out Sunday and reflect on the experience you just had.”
- “Think how integrating this into your daily life will help you perform better. Please continue filling this out the next week. We loved having you in Mind Set.”
- Send to Sleep Break Out Session at 1:40

Mindset Agenda (Room 203)

Second Break Out 1:40-2:00

Three HS teen leaders for each Break Out _____

All other teens are in room spread throughout the middle school students.

1:35 Teens fill water cups for second break out

1:40 - 1:45 pm

HS Student in hallway _____ Asking MS students to take their shoes off if they want to and leave in the hallway, and keep their folders.

HS Student at door _____ “Welcome. Please stand quietly behind a towel.”

HS Student in room will do below _____

- “We are going to do a short activity to set the tone.” Read “FORWARD BEND/RAG DOLL” short mindfulness. Then ask MS students to “Sit down now please on your towel.”
- “Who has heard of Mindfulness?” “What is Mindfulness?”
“Mindfulness is the basic human ability to be fully present, aware of where we are and what we’re doing, and not overly reactive or overwhelmed by what’s going on around us.”
- HS Student _____ Hand out our Mindfulness One Pager
- “Can one of you volunteer to read the quote at the top of the page.”
- “Teens have many stressors in their life. Elicit responses from middle school students.” i.e. school, practice, grades, friends, parents
- “When your mind and body are filled with stress, your brain is overstimulated. Mindfulness offers many health benefits and a natural reward to your body. On the one pager you are going to see many benefits to your health physically and mentally and amplify your performance. Please put this hand out in your folder and turn around and lay down on your towel.”

1:45 – 1:55 pm

HS Student will do below _____

Read “LONG BODY SCAN” “Please open your eyes and sit up slowly”

1:55 – 2:00 pm

- “Please take out Personal Performance Log. Please fill out Sunday and reflect on the experience you just had.”
- “Think how integrating this into your daily life will help you perform better. Please continue filling this out the next week. We loved having you in Mind Set.”
- Send to Sleep Break Out Session at 2:05