



## Mindfulness: A Resilience Practice

### Video Assignment

### *Notice Five Things with Children*

#### Objective

To lead young children in a mindfulness practice that can be a tool for self-calming and improved focus

#### Instructions

##### Plan

1. Review the steps to the mindfulness practice *Notice Five Things*. You should have tried it during a module learning activity. The steps are also on the *Mindfulness Practices* handout.
2. Plan a time to lead children in the activity and to film the experience.

##### Film

1. When you set up the video recording equipment, consider lighting, audio, timing, physical safety, positioning of yourself and children, and the visibility of the activity. Make sure that you are coordinating with program policies about filming in the classroom and that you have written permission from children's parents to film them.
2. Film yourself giving the lesson to a small group of children. The finished video should be about 5 minutes long.

##### Reflect

1. Watch the video at a later time.
2. Write a one-page reflection about your teaching experience and your observation of the lesson on video. In addition to a thesis, or a statement that says what you will talk about, an introduction, and a summary, include answers to these questions in your reflection:
  - Did the lesson go as you expected?
  - Were the children engaged? How did you know?
  - What went well?
  - What would you do differently next time?
  - What do you see as the benefit for children in your class?
  - How did this lesson with children affect your experience of mindfulness practices?
  - How did you feel after leading it?

Reference the learning you gained from the module, and describe implications for your work as a teacher.

3. See the rubric below to guide your work.

## Rubric

	Exemplary	Proficient	Developing	Needs Improvement
Do	The assignment is complete and on time. The video quality is high, lesson is audible, environment is well lit, and action takes place within the frame. Participant covers all of the elements in the assignment.	The assignment is complete and on time. The video quality is high, lesson is audible, the environment is well lit, and action takes place within the frame. Participant covers most of the elements in the assignment.	The assignment is complete and on time. Video quality may not be great. Participant covers less than half of the elements in the assignment.	The assignment is incomplete or may be late. Participant covers few of the elements in the assignment or veers from the assignment.
Instructor's Comments				
Reflect	The assignment is complete and on time. Participant provides an introduction and thesis statement, i.e., tells the reader what to expect from the paper. Participant describes learning from the experience, connects experience to concepts in the module, and draws implications for work as a teacher. Participant provides a summary and includes reference to specific	The assignment is complete and on time. Participant provides an introduction and thesis statement, i.e., tells the reader what to expect from the paper. Participant describes learning from the experience and discusses implications for work as a teacher. Participant provides a summary and includes reference to specific examples from the lesson. There are few, if any, spelling or grammar errors. Paper is at least one page.	The assignment is complete and on time. Participant includes more than half of expected elements: introduction, thesis statement, major learning, implications, summary, and examples. There may be some grammar and spelling errors.	The assignment is incomplete or may be late. Participant includes less than half of expected elements: introduction, thesis statement, major learning, implications, summary, and examples. There are grammar and spelling errors. Paper is not appropriate length.



	examples from the lesson. There are no spelling or grammar errors. Paper is at least one page.			
Instructor's Comments				