

Social and Emotional Learning (SEL)

Mindfulness: Martian Mind

Overview:

Mindfulness is an important part of Self-Care. Mindfulness provides your child with a way to nurture a sense of quiet inner peace, improve their ability to learn, and promote deeper and more meaningful relationships. Studies show that the practice of mindfulness helps children focus better, leading to increased learning, improved mental health and well-being, and better decision-making and social skills.

Objectives:

Child will practice mindfulness by changing the way they look at something.

Child Goals:

I can look at something in a new way.

Vocabulary:

Calm
Focus
Imagine
Mindfulness

Learn- 5 minutes

Mindfulness is the awareness and the acceptance in the moment. Being mindful quiets the brain and helps a person to feel calmer. You can practice mindfulness by pausing and looking at an object with new eyes, pretending you're a Martian seeing it for the first time. This is called using your Martian Mind.

- Use all of your senses to think about it:
 - How does it look?
 - How does it smell?
 - How does it feel?
 - How does it taste?
 - What does it sound like?

Discussion Questions:

- What is mindfulness?
- How can mindfulness help when you are feeling stressed, anxious, or overwhelmed?
- What is a Martian Mind and how does it help you to be mindful?

Practice-10 minutes

The *Martian Mind* Activity provides an opportunity for your child to practice mindfulness by focusing on an object.

Have your child select an object from around the room and place the object on the table.

Use the Martian Mind resource to guide them in looking at the object in a new way. Invite your child to examine their object using their 'Martian Mind'.

Play some quiet, instrumental, background music that helps your child to relax. Give your child a few minutes to focus on the object, noting its shape, color, texture, and possible use. Ask your child to share their thoughts about their objects. How did they feel before doing the Martian Mind Activity? How did they feel after? Did they enjoy using their Martian Mind to practice mindfulness and focus on an object?

Resource



Deeper Dive – 5 to 10 minutes

The *Martian Mind on Mars* Activity challenges your child to focus on images of Mars and imagine what it might be like to be on Mars.

Provide your child with a set of On Mars Cards.
Play some quiet, instrumental, background music that helps your child to relax.
Invite your child to quiet their minds and focus on their images of Mars. Ask them to imagine what it would look like, what it might feel like, and how it might sound.
After a few minutes, allow your child to share their thoughts with you. You can look at your own image of Mars and discuss similarities and differences in what you imagine.

Resource



On Mars Cards (page 1 of 2)



On Mars Cards (page 2 of 2)

Tip: Practice Mindfulness with your child when they are feeling overwhelmed by reminding them to use their Martian Mind to look at an object in a new way. This will help your child to practice techniques that can calm them down in times of stress.