

Westside Well-Being
 Adult Resilience Curriculum (ARC)—Module 4: Mindfulness

Preparation

Organize into your teams , if you are completing ARC as a team or with your school <p style="text-align: center;">OR</p> Get comfortable wherever you are	<input type="checkbox"/>
Reflect on content from the previous module <ul style="list-style-type: none"> If you are completing modules in order, the previous module was on Values Review discussion questions with yourself, your team, or your practice partner 	<input type="checkbox"/>
Download the following resources: <ul style="list-style-type: none"> Dropping an anchor Mindful breathing Soles of the Feet Washing a plate Module 4 PostSession Discussion questions Well-being individual action planning Module 4 Resources 	<input type="checkbox"/>
Put aside distractions temporarily and set an intention to yourself by answering the question, “Why are you participating in the module?”	<input type="checkbox"/>

Module 4: Mindfulness

Watch the Module 4: Mindfulness video (30:45)	<input type="checkbox"/>
By yourself, with your practice partner, or with your team, complete the knowledge check questions including the Discussion questions handout.	<input type="checkbox"/>
Select at least 1 of the mindfulness activities to help introduce yourself to the concept or return to the practice if you are already familiar	<input type="checkbox"/>
Complete the individual action plan by setting goals for the following: <ul style="list-style-type: none"> Continuing dedicated mindfulness practices to build the skill (e.g., use Soles of the Feet 1x a week) Incorporating active mindfulness into your day (e.g., practicing while sweeping, playing with your pet, getting a tattoo, etc.) to better align with your values Being mindful while working with students and families <p>Tip: The action planning worksheet is simple and yet backed by research because it helps us be aware of honest with our biggest barriers. The more specific the barrier, the more success.</p>	<input type="checkbox"/>
Complete the Westside Module 4 Feedback Form	<input type="checkbox"/>