

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

Organize into your teams , if you are completing ARC as a team or with your school  OR  Get comfortable wherever you are  Reflect on content from the previous module  If you are completing modules in order, the previous module was on Values  Review discussion questions with yourself, your team, or your practice partner  Download the following resources:  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  Put aside distractions temporarily and set an intention to yourself by answering the question, "Why are you participating in the module?"  Module 4: Mindfulness  Watch the Module 4: Mindfulness video (30:45)  By yourself, with your practice partner, or with your team, complete the knowledge check questions including the Discussion questions handout.  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  Complete the individual action plan by setting goals for the following:  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	<b>Preparation</b>		
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	with your pet, getting a tattoo, etc.) to better align with your values		
Being mindful while working with students and families  The action of the least include the standard by the least the lea			
<b>Tip:</b> 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.  Complete the Westside Module 4 Feedback Form			



