

Adult Resilience Curriculum (ARC) for Educators —Module 4: Mindfulness

Preparation

People (1 team, or 1 practice partner):

Organize into your teams , if you are completing ARC as a team or with your school

OR

Get comfortable wherever you are (home, classroom, etc.)

Review:

Reflect on content from the previous module

- If you are completing modules in order, the previous module was on **Values**
- Review Mod 3 [discussion questions](#) with yourself, your team, or your practice partner to guide the review.

Materials (10 items):

[Access](#) the following resources:

- Module 4 Slides, OR
- Module 4 Video
- Module 4 Activities
 - Soles of the Feet
 - Dropping an Anchor
 - Mindful Breathing
 - Mindful Chore
- Module 4 Knowledge Check questions
- ARC-Digital-Wellbeing Action Planning-Every Module
- Module 4 Resources Folder

Prepare:

Put aside distractions temporarily and set an intention to yourself by answering the question, “Why are you participating in the module?”

Module 4: Mindfulness

Knowledge:

- If you are completing Module 4 as a team with a trainer:
 - Attend to the training experience as delivered by your trainer
- If you are completing as a team, with your Practice Partner, or on your own:
 - Watch the Module 4 Video (put in time stamp)

Knowledge Check:

By yourself, with your Practice Partner, or with your team, complete the knowledge check questions included in the Module 4 Knowledge Check questions handout.

Immediate Application:

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. The MHTTC team recommends selecting the Mindful Chore activity as it helps teach active mindfulness in day-to-day life.

NOTE: If you are completing Module 4 as a team led by a trainer, your trainer may have already selected an activity for you to complete.

Action Planning:

Complete the individual action plan by setting goals for one or more of the following:

- Implementing one of the prescribed mindful practices as a regular life practice

- Applying mindfulness to every day activities to help keep your attention on the present moment
- Integrating mindfulness and values clarification during work as a regular reflective process

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.

Post-session

Ongoing Practice & Experience:

Implement your action plan with your team or Practice Partner

Reflection:

As you implement your action plan, connect **at least once** with your Practice Partner to discuss the benefits you are experience or not experiencing, and any barriers and solutions to those barriers for maintaining the practice

Activity Guide

	Activity	Key Points	Estimated Time to Complete	Tips for Delivery*
Module 4: Mindfulness	 Mindful Breathing	A traditional practice that involves taking a breath in, holding it, and then doing a controlled exhalation.	2-3 minutes	
	 Dropping an Anchor	Used to “anchor” oneself in the moment during a difficult time.	10 minutes to do; 5 minutes to discuss	In session, we recommend people think about a time they were annoyed or frustrated rather than a more significant, painful time. In time, people may use the strategy during more frustrating times.
	 Mindful Chore	Used as a way to practice dropping into a mindful state when in the middle of action that also requires attention.	5-7 minutes	This is recommended for use outside of session, unless you are providing training virtually with attendees at home or in their classroom. If in an organization’s home location, you could have them clean off countertops, push in chairs, etc.
	 Soles of Feet	Used as a way to quickly reorient our attention from something negative in the immediate environment to a focal point that is largely neutral—the soles of the feet.	3 minutes	
	Other	There are a number of Mindfulness activities available. You can replace any of these activities with other ones. For example, for an audience that was focused on practicing gratitude when this module was being delivered, we added a “Mindful Gratitude” activity for them to consider trying.		

*An overall tip to consider when leading these activities is to slow your pace of speaking. Our pace of speaking in conversation and when presenting tends to be more rapid. With mindfulness activities, you want to be sure you are stopping for your own breaths and that you are creating a “slower” environment that allows the person to be focused on the words you are saying as a guide.

*Because these activities are all scripted, you could also break the audience up into small groups (2-4 people) and have them choose one or two to do together.