

Mindful Monday

Christina Ruggiero, RP
April 25, 2022



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The MHTTC Network uses affirming, respectful and recovery-oriented language in all activities. That language is:

STRENGTHS-BASED
AND HOPEFUL

INCLUSIVE AND
ACCEPTING OF
DIVERSE CULTURES,
GENDERS,
PERSPECTIVES,
AND EXPERIENCES

HEALING-CENTERED AND
TRAUMA-RESPONSIVE

INVITING TO INDIVIDUALS
PARTICIPATING IN THEIR
OWN JOURNEYS

PERSON-FIRST AND
FREE OF LABELS

NON-JUDGMENTAL AND
AVOIDING ASSUMPTIONS

RESPECTFUL, CLEAR
AND UNDERSTANDABLE

CONSISTENT WITH
OUR ACTIONS,
POLICIES, AND PRODUCTS

Land Acknowledgement Statement

Today, the University of North Dakota rests on the ancestral lands of the Pembina and Red Lake Bands of Ojibwe and the Dakota Oyate - presently existing as composite parts of the Red Lake, Turtle Mountain, White Earth Bands, and the Dakota Tribes of Minnesota and North Dakota. We acknowledge the people who resided here for generations and recognize that the spirit of the Ojibwe and Oyate people permeates this land. As a university community, we will continue to build upon our relations with the First Nations of the State of North Dakota - the Mandan, Hidatsa, and Arikara Nation, Sisseton-Wahpeton Oyate Nation, Spirit Lake Nation, Standing Rock Sioux Tribe, and Turtle Mountain Band of Chippewa Indians.

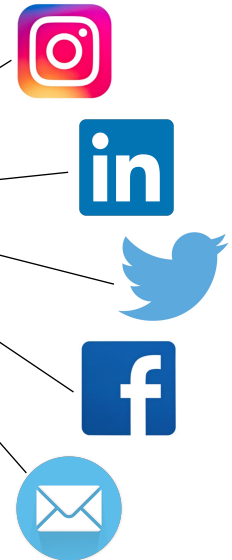


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Week 4 Mindfulness for children

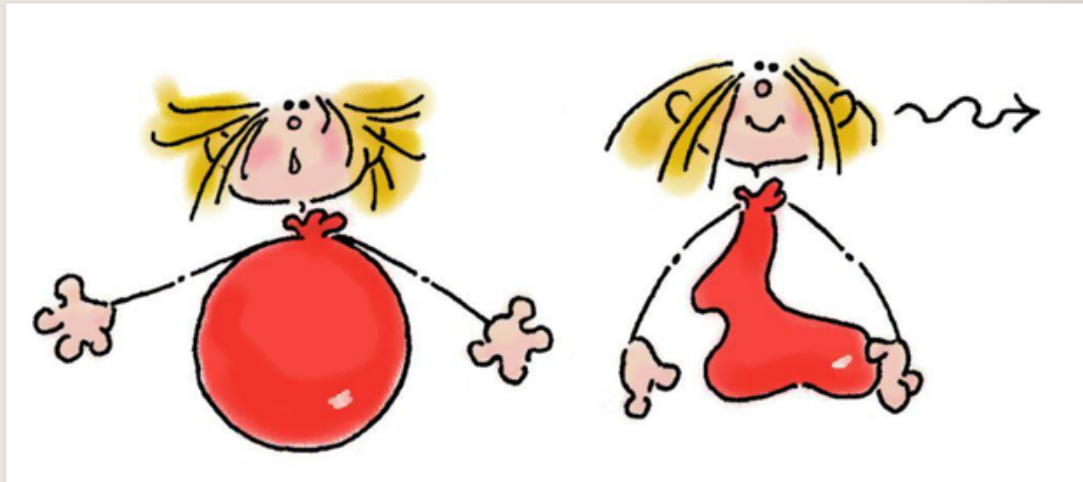
Christina Ruggiero

Masters of Counselling Psychology, Registered Psychotherapist

What is mindfulness for children?

- Practicing mindfulness AT ANY AGE can help humans learn how to manage stress, develop a positive outlook on life, regulate emotions, and focus on the task at hand (4 areas of focus in today's practice).
- Kids' brains are still developing, therefore learning mindfulness early means by adulthood they will be able to manage their inner experiences with the tools they learn as kiddos, and also have a better understanding of how their brains work earlier on.
- Feel free to use these exercises regardless of age level if you think they will work with the children or young adults you surround yourself with (or even yourself!). More physical, visual, emotional vs cognitive.
- **NOTE:** Remember to NORMALIZE giggling or laughing. It can be uncomfortable for children to slow down and pause in quiet (even for adults!). To manage this, practice mindful exercises regularly so children become used to and comfortable with the act of slowing down and tuning into self, giggling will minimize as time goes on OR ask students to giggle quietly to respect their classmates, or step outside the room etc.

Basics: Deep breathing



Breathe in

Breathe out



Manage stress: Five Finger Breathing

Five finger breathing is a **mindfulness technique that teaches children how to pause and use their fingers to take five deep breaths**. With our hand out in front of us, trace the outline of our hand using the finger on our other hand. As we breathe in, we trace up, our thumb and as we breathe out we trace down our thumb. Then we trace up our next finger as we breathe in, and down this finger as we breathe out. Continue doing this for all your fingers. When done, switch hands!

Deep breathing
using your hand.



Manage Stress: Alternate Nostril Breathing (Hang Ten!)

Relax – place thumb on right nostril. Breathe in. Switch and place pinky on left nostril to close it. Breathe out. Breathe in left, switch, breathe out right, breathe in right, switch, breathe out left...

Energize – breathe in right, breathe out left, breathe in right, breathe out left...

<https://www.gonoodle.com/videos/6YIZ82/nimble-nostrils>



Positive Outlook: Gratitude Practice

As humans, we have a "negativity bias" where we are more likely to focus on the negative of a situation, rather than the positive. That has helped us survive all these years!







Useful to practice gratitude, to find balance.

- Gratitude meditation to start the school day
 - Notice one good thing about the day (and end the day with everyone writing it down or sharing)
 - Express thankfulness or gratitude to someone
 - Do something kind or nice for someone else
 - Create a gratitude jar!
- <https://www.weareteachers.com/gratitude-videos/>

Regulate Emotions: Name It to Tame It...

ZONES OF REGULATION!

Blue	Green	Yellow	Red
			
Sick Sad Tired Bored Moving Slowly	Happy Calm Good to Go Focused Ready to Learn	Frustrated Worried Silly/Wiggly Anxious Excited	Mad/Angry Mean Yelling/Hitting Out of Control I Need Time and Space

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The Road to Regulation



Focus: Listening Meditation



Resources

Cosmic Kids Yoga Youtube (younger children)

<https://ggie.berkeley.edu/student-well-being/>

<https://clairelapoma.com/2019/03/14/mindfulness-movement-videos-for-kids/>

<https://www.gonoodle.com/> (mindfulness and mental health)





Discussion

What did you notice?

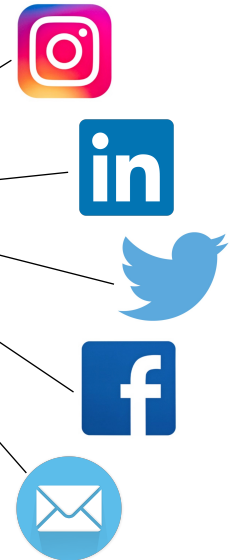


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Thank You for Joining Us!

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