

Online Resource 10.4 • Community Curriculum Integration Planner

LESSON	GRADE LEVEL	SUBJECT/CONTEXT	ADAPTATION/NOTES
Developing community/class rules	Any	<p>During a time when it is appropriate, incorporate exercises, breaths, or meditations so that students have opportunities to strengthen their sense of collective purpose.</p> <p>The “Saa Taa Naa Maa Meditation” is particularly good for decision making as it activates the hypothalamus and pituitary glands. Using it prior to developing or discussing class rules may be beneficial.</p>	Use with whistle breath to bring calmness, and with one of the meditations from this chapter—for example, “Finding Happiness and Peace Within.”
Discussion of race and discrimination	Grades 4–12	Discussion of race, discrimination, justice, and the importance of community.	Could use with the “Mantra for Healing: Ra Ma Da Sa.”
Sustainability	Grades 6–12	Discussion of sustainability and our planet, ethics, and caring for others.	Any of the meditations. Could do Healing Hands, and then envision that you are holding a globe. Could journal afterward.
Test prep	Any	Preparation for a difficult assignment/perhaps studying for exams.	Practice the “Saa Taa Naa Maa Meditation” for several weeks in advance—perhaps even for 5 to 10 minutes, 3 to 5 times a week.

Retrieved from the companion website for *Cultivating Happiness, Resilience, and Well-Being Through Meditation, Mindfulness, and Movement: A Guide for Educators* by Christine Mason, Jeffrey Donald, Krishna Kaur Khalsa, Michele M. Rivers Murphy, and Valerie Brown. Thousand Oaks, CA: Corwin, www.corwin.com. Copyright © 2022 by Corwin Press, Inc. All rights reserved. Reproduction authorized for educational use by educators, local school sites, and/or noncommercial or nonprofit entities that have purchased the book.