

Online Resource 8.2 • Confidence Curriculum Integration Planner

LESSON	GRADE LEVEL	SUBJECT/CONTEXT	ADAPTATION/NOTES
Confidence building (in our breath)	Any	Use during transition times or as “mind breaks” during the day.	Ask students to choose a breath (long deep breathing, heart centered breathing, Breath of Fire, or cannon breath) that they will individually practice each day during a “choose your breath” time.  Older students can discuss or journal about the breath afterward.
Confidence movements	Grades 4–12	Students form circles of 8–10 students. Use a “talking stick” to pass the leadership from one student to the next. The leader chooses a yogic posture, and demonstrates it. Others repeat. Leaders can lead for one to three movements before passing the stick on to the next leader.	Consider how to group students. Random sometimes works very well; however, sometimes it is good to consider abilities or preferences. Students can be clustered, for example, according to their preferred activities.
Meditation to Heal a Broken (or Sad) Heart	Any	Use after traumatic events or when sadness is a concern.	Play soft, gentle music in the background.

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.