

# Mindful Teaching Strategies

**Strategy 1** - Mindful breathing - take deep breathes and notice the calming effect. Focus on the pattern of breath.

**Strategy 2** - Mindful Listening - Choose which sounds to focus on.

**Strategy 3** - Mindful Seeing - Describe an object with attention to detail.

**Strategy 4** - Mindful Smelling - Take the time to really smell something and describe the smell.

**Strategy 5** - Mindful tasting - Taste something by keeping it in your mouth and try focusing on the taste. Can you describe it?

**Strategy 6** - Mindful movement - As we move try to be truly conscious of the sensations it causes throughout our body.

**Strategy 7** - Mindful Moods - Can you visualise and described what you are feeling?

**Strategy 8** - Mindful Relationships - How do you interact with people? Is your communication open? Active listening.

**Strategy 9** - Mindful gratitude - what are you thankful for today?

**Strategy 10** - Mindful Kindness - when did you last perform a random act of kindness? How did it make you feel?