



Mindfulness: A Resilience Practice Assignment

Choose One: Mindfulness Practices

Objective

To use a mindfulness practice to decrease stress, build resilience, and be more present to support children's learning outcomes

Instructions

Do

- Read through the instructions on the handout *Mindfulness Practices* or watch *Mindfulness Practices: Video Instructions*.
- Choose a practice to try during the week either in or out of the classroom.
- Try out the practice at least once during the week.

Reflect

Write a one-page reflection describing your experience. Include an introduction, thesis statement, or what the paper will present, and a summary. Include relevant information from the module and responses to these questions:

- Why did you choose the practice you did?
- How would you describe the experience? Was it as you expected?
- Was the practice useful?
- What would you do differently next time?
- How would you teach this to children?
- How can you apply this to your teaching practice?

Rubric

	Exemplary	Proficient	Developing	Needs Improvement
Reflect	<p>The assignment is complete and on time. Participant provides an introduction and thesis statement, i.e., tells the reader what to expect from the reflection. Participant describes learning from the experience, connects experience to concepts in the module, and draws implications for work as a teacher. Participant provides a summary and includes reference to specific examples from the experience. There are no spelling or grammar errors. Paper is at least one page.</p>	<p>The assignment is complete and on time. Participant provides an introduction and thesis statement, i.e., tells the reader what to expect from the paper. Participant describes learning from the experience and discusses implications for work as a teacher. Participant provides a summary and includes reference to specific examples from the experience. There are few, if any, spelling or grammar errors. Paper is at least one page.</p>	<p>The assignment is complete and on time. Participant includes more than half of expected elements: introduction, thesis statement, major learning, implications, summary, and examples. There may be some grammar and spelling errors.</p>	<p>The assignment is incomplete or may be late. Participant includes less than half of expected elements: introduction, thesis statement, major learning, implications, summary, and examples. There are grammar and spelling errors. Paper is not appropriate length.</p>
Instructor's Comments				