

# Mindfulness-Centered Social-Emotional Learning (SEL) Curriculum

Traditional Format 3-Lessons Per Week: 2 Mindfulness-Centered and 1 Movement

	Lesson Number	Mindfulness-Centered SEL Lesson	Mindful Movement Lesson
Week 1	1	Sense Awareness Mindful Eating Take a Mindful Bite	Be Open and Curious
	2	Mindful of Hobbies: The Role of Informal Mindfulness Practice	
Week 2	3	Mindful Qualities	Breathe and Be
	4	Take a Break with the 3Bs: Body, Breathe, Begin & Your Thoughts in One-Minute or Less	
Week 3	5	Mindful Check-In: Your Highs and Lows	Stretch and De-Stress
	6	Dropping-In Mindfulness Practice and Mindfulness Practice Debrief	
Week 4	7	Grounding Yourself: Grounding Focal Points & Mindful Walking and Photography	Ground Yourself
	8	Zooming Out and Zooming In: Shifting Your Perspective	

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Week 5	9	Your Stress Waves	Ride the Waves
	10	Ride the Waves: Manage Your Stress	
Week 6	11	Take in the Good: Doing What You Enjoy	Twist and Turn
	12	Pleasant Life Moments, Your Basic Needs, & Getting Your Needs Met	
Week 7	13	Your Fundamental Needs and Fundamental Needs Assessment	Be Kind to Yourself
	14	Positive Self-Care Activities to Resource Yourself	
Week 8	15	Self-Care Water Bottle & The Road Map to Taking in the Good	Experimenting with New Movements
	16	Positive Coping Skills & Negative Coping Behaviors	
Week 9	17	Developing a Mindfulness Practice & The Sitting Body-Scan Practice	Flexible Mind and Body
	18	Plant Seeds and Pull Weeds & A Brief Sitting Practice	

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Week 10	19	Mindful Self-Care: Levels of Self-Care	Rinse, Repeat, Recalibrate
	20	Train of Thought: Railroad Practice & Don't Believe Everything You Think!	
Week 11	21	Take a Mindful Pause, Manage Difficulties and Conflicts, & the Mindful Stopping Practice	Leaning Into Discomfort
	22	Mindful Downtime & Urge Surfing and Surfing the Urge	
Week 12	23	Positive Neuroplasticity and Take in Beneficial Experiences with HOT	Savoring Your Senses
	24	The Playlists of Your Life: Your Happy Jams and Chill Tunes	
Week 13	25	Assert Yourself with MI-Messages and Feel Your Feelings	Attitude of Gratitude
	26	Self-Compassion and the 5Gs: Be in an Attitude of Gratitude	
Week 14	27	Your Heart Space and Heartfulness: A Mindfulness Practice	Compassion Flow
	28	Acts of Kindness, Acceptance, and Being Seen & Heard	

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Week 15	29	Letting Go of Harmful Judgments	Let it Go Let it Flow
	30	Celebrating Being Perfectly Imperfect	
Week 16	31	The Gratitude Tree: Big Gs and Little Gs	Rising Resilient
	32	Rise Strong and Be a Survivor Credo	