Tips for Using Mindfulness in a Variety of Moments throughout the Day…

- **In a Small Group:** Prior to starting an individual, parallel or cooperative project, possibly at the end of the time together or…just to have a quiet time. Use of props may be more realistic.

- **In a Large Group:** This would be more inclusive and ritualistic at designated times with predictable routine and procedures or could contain a space to access for mindfulness practice in a large setting… e.g. a getaway spot, a chill out area.

- **At Transition times:** First part of each period of study or end of class, prior to lunch, specials, group events or moving from subject to subject.

- **Individually:** Anticipation or recognition of a stressor, body awareness signals, point of performance coaching and application of techniques that appeal and work for the student. *If student has already progressed into fight, flight or freeze, techniques may not work.

- **At the Start of the Day:** Could be done individually, large or small group…setting intention to be present, participative and aware every morning. Acknowledging and accepting what the day will hold. Leader driven. Intentions could be entire class initiatives or individual choices.
- **At the End of the Day:** Very similar to start of the day activities. More of a guided, leader driven end of day, release of thoughts... letting go of the day, stepping back and witnessing thoughts of the day—no judgement.

- **Spontaneous use:** This could encompass ritual as well as spontaneous times in existing groups, with individuals and at transitions. *Students would benefit from using techniques that fit in a variety of circumstances and settings. E.g. using mindful listening at an assembly may be a better choice than mindful movement. Point of performance coaching appropriateness will bring it home for the student.*

Encouragement for discussions of when, how and what could call for use of Mindful techniques. Compiled from a variety of resources by Tere Bowen-Irish 2017. May be used for instructional purposes only. [www.allthepossibilitiesinc.com](http://www.allthepossibilitiesinc.com)