

# Trauma-Sensitive Teachers

## SELF-REGULATION TOOL

### Creating Mindful Transitions

Transitions are occurring throughout the school day and often create dysregulation for children who've been impacted by trauma. Integrating Mindfulness into the classroom can have many benefits, but using specific Mindfulness Tools can help children regulate before and/or after some of the bigger school day transitions.

Let's explore how using Mindfulness Listening can help children move from one expectation to the next.

# 01

#### Ask Yourself...

What are the 3 biggest transitions throughout the day (e.g., coming into school, lunch, leaving school)?

Can I commit to implementing Mindfulness Listening into the 3 biggest transitions? If that seems too overwhelming start with 1 transitions.

Am I already using Mindfulness in the classroom?

# 02

#### What is Mindful Listening?

In her article, 5 Mindfulness Practices to Bring to Your Classroom, Sarah Rudell Beach describes Mindful Listening as "one of the simplest ways to introduce mindfulness to kids, as it is often easier to focus on something more 'concrete' like sound; the instruction to "notice your breath" can be a bit abstract, especially for elementary students."

<https://leftbrainbuddha.com/5-mindfulness-practices-bring-classroom>

# 03

#### Examples

On the website <http://www.mindfulschools.org> you can find a complete starter lesson that you can use within your classroom on a regular basis to help teach Mindful Listening. A sample of this lesson is listed below.

“There are a lot of things that we can learn to be mindful of. Today we are going to practice being mindful of sound. I brought something to help us with that.”

*Bring out bell.*

“Would you like to hear what this sounds like? Ok, but we have to get our mindful bodies on.”

*Demonstrate a mindful body again and let them get ready. Make sure they are as still and quiet as you think that class is capable of.*

*Ring bell.*

“Great job. Would you like to hear it again? Ok, but this time, get your mindful ears on. That means you listen very carefully, the whole time. So, see if you can pay attention from the very first moment you hear the bell all the way to the end. Raise your hand when the sound is gone.”

(<http://www.mindfulschools.org/wp/wp-content/uploads/2015/06/starter-lesson.pdf>)

Using this type of Mindful Listening Tool right before or right after a big transition will help children regulate their behavior and feelings during these difficult times.

Another tool that can be used for younger children to practice Mindful Listening while you are trying to implement it into your daily transitions is a book called *The Listening Walk* by Paul Showers. This book prompts the reader to become aware of the sounds around the character as she moves through her daily walk.

Implementing Mindfulness into our lives and classrooms can be overwhelming. Start small and begin introducing these new tools slowly.



Impact Membership

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