

# Getting Grounded: Presented by Laura D'Angelo

## One takeaway to try with Middle Year Learners at Home from Webinar 1

### 1-Minute Mindful Listening Session

#### Instructions:

- Set a timer for 1 minute.
- Be quiet and still and listen to the sounds around you until the timer goes off.
- Debrief what the experience was like for each of you and what you heard.



*Activity inspired by:  
Armstrong, Thomas.  
Mindfulness in the Classroom:  
Strategies for Promoting Concentration, Compassion, and Calm.  
USA: ASCD, 2019, page 41*

# Growing Gratitude: Presented by Laura D'Angelo

## One takeaway to try with Middle Year Learners from Webinar 2

### Family Thankfulness Jar

#### Instructions:

- Create a 'Family Thankfulness Jar' by decorating a clean glass container.
- On slips of paper, write down one thing person/ experience for which you are thankful.
- This can be a practice you do each morning, after dinner or each evening together or slips can be added throughout the day!
- At the end of a week or after a certain period of time, spend some time as a family looking over what individuals' wrote and read over the entries.



Activity inspired by:  
*A Month of Mindful Moments: A guidebook and journal for girls.*  
<https://www.mindfulmomentsbook.com/our-book.html>

**NELSON**