

## Unit 2: Mindfulness

**Unit #:** APSDO-00020368  
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**Grade(s):** 7  
**Subject(s):** School Counseling  
**Course(s):** GR. 7 - SCHOOL COUNSELING

### Unit Focus

In this unit, students will learn about the concept of mindfulness and the importance of being mindful. Using a pre-assessment, students will build on their current understanding of mindfulness and learn how to be mindful through exploring resources and mindfulness strategies that they can incorporate into their daily lives.

### Stage 1: Desired Results

| Established Goals  | Transfer   |  |
|--|--|--|
| <b>Standards</b> <ul style="list-style-type: none"> <li>• Avon School Counseling Standards (CT 2020)               <ul style="list-style-type: none"> <li>◦ <i>School Counselling</i> <ul style="list-style-type: none"> <li>▪ SOCIAL/EMOTIONAL DEVELOPMENT                   <ul style="list-style-type: none"> <li>▪ Demonstrate an understanding of the relationship between practicing self-care, healthy sense of self, and personal well-being. (SE4)</li> </ul> </li> </ul> </li> </ul> </li> </ul> | <i>What kinds of long-term, independent accomplishments are desired? Students will be able to independently use their learning to...</i> |  |
|  | T1 (T3) Explore and pursue viable options based on interests, experience, and goals.   |  |
|  | Meaning  |  |
|  | Understanding(s)   | Essential Question(s)  |
|  | <i>What specifically do you want students to understand? What inferences should they make? Students will understand that...</i>          |  |
|  | U1 (U2) The 'new way' may be more challenging for a period of time.  | Q1 (Q04) What do I do when I feel...(e.g., excited, proud, angry, frustrated, sad)?                |
|  | U2 (U3) Reflection is necessary to develop self-knowledge.   | Q2 (Q16) What causes me stress? What mindfulness techniques can I practice to reduce this feeling? |
|  | U3 (U7) Mindfulness is a process of bringing your mind to the present by paying attention to your moment to moment experiences.          | Q3 (Q17) How can being mindful shape my experiences?   |
| U4 (U8) Practicing mindfulness techniques may positively impact how you manage emotions, stress, and anxiety.  |  |  |
| Acquisition  |  |  |
| Knowledge  | Skill(s)   |  |
| <i>What facts and basic concepts should students know and be able to recall? Students will know...</i>   |  |  |
| K1 The importance of taking care of one's body and personal wellness   | S1 Identifying mindfulness activities and how to practice them   |  |
|  | S2 Identifying self-care options for self and others when in need  |  |