

Unit 2: Mindfulness

Unit #: APSDO-00115525
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Grade(s): 8
Subject(s): School Counseling
Course(s): GR. 8 - SCHOOL COUNSELING

Unit Focus

In this unit, students will learn about the importance of being mindful in their daily lives and how to practice mindfulness exercises. Students will build on their current understanding of mindfulness and how to be mindful by exploring resources and mindfulness strategies. Additionally, they will learn about resources that are available at no cost, to create and practice their own "mindful moments".

Stage 1: Desired Results

Established Goals	Transfer	
Standards <ul style="list-style-type: none"> • Avon School Counseling Standards (CT 2020) <ul style="list-style-type: none"> ◦ <i>School Counselling</i> <ul style="list-style-type: none"> ▪ SOCIAL/EMOTIONAL DEVELOPMENT <ul style="list-style-type: none"> ▪ Demonstrate an understanding of the relationship between practicing self-care, healthy sense of self, and personal well-being. (SE4) 	<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 (U6) The way people express themselves has a significant impact on the quality of their work and interactions with others.	Q1 (Q04) What do I do when I feel...(e.g., excited, proud, angry, frustrated, sad)?
	U2 (U8) Practicing mindfulness techniques may positively impact how you manage emotions, stress, and anxiety.	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?	
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	