



MindUP Booster Lesson

Lesson C: Positive Vibes Meditation

Grades 4 – 5

Length of Lesson: 20 – 30 minutes

Objective of Lesson C: Students will reflect on positive thoughts for themselves and others to practice optimism and a positive attitude and mindset.

Summary of Unit 3 – Lessons delivered by teacher

Objective of Unit 3: Helping students develop skills in relating better to others and making happy memories of what they learn.

- **Lesson 11** – Students explore the meaning of optimism and pessimism and discover how these two attitudes affect our relationships and ability to learn.
- **Lesson 12** – This lesson demonstrates how recalling happy memories can help students regulate their emotions and maintain a positive mind-set.

Summary of Unit 4 – Lessons delivered by teacher

Objective of Unit 4: Express gratitude and perform acts of kindness to contribute in a meaningful way to the classroom and the world.

- **Lesson 14 – Performing Acts of Kindness:** As students perform small acts of kindness for friends, classmates, teachers, and family they learn how these positive actions can increase their optimism and brain power.
- **Lesson 15 – Taking Mindful Action in the World:** Students collaboratively plan and perform a group act of kindness and reflect on the way combined efforts can make an important difference in the world and connect them to their peers and the larger community.

Lesson Overview

1. Defining Mindfulness & Optimism: 5 min.
2. Positive Vibes Meditation: 5 – 7 min.
3. Kindness Reflection: 5 – 7 min.
4. Wrap Up: 2 min.

Lesson Materials and Preparation

Materials:

- Handout (1 per student)
- Writing Utensil (1 set per student) – option to use any crayons or markers they have at their desks.
- Chime

Preparation: Ask the teacher to have all students sitting at their desks for the lesson.

For Parent Review: Facts from MindUP lessons 11 & 14

Choosing Optimism

- **Optimism** is a way of seeing life hopefully and having an expectation of success and well-being. **Practicing optimism increases our brain capacity:** it relaxes our amygdala which creates a chemical balance in our brains which results in our prefrontal cortex in charge.

Acts of Kindness

- Studies have shown that our brains are rewarded for generosity with a release of dopamine during acts of kindness. Research shows that **actions that produce feelings of empathy and compassion have several positive benefits** including **boosting the production of dopamine**, increasing the likelihood that students will continue to act on their social concerns, and improving the capacity to take care of themselves.



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DEFINING MINDFULNESS & OPTIMISM (5 min.)

Hello everyone, my name is _____ and today is our last MindUP booster lesson for this year! Let's start the lesson by reviewing what mindfulness means. **Who remembers how we defined mindfulness?**

Yes, those are all great answers! Mindfulness can be defined as paying attention to what is going on right now, being present, knowing how you feel right now, and paying attention on purpose. **Mindfulness is about knowing what we are feeling, thinking, and what is happening in and around us.** Being mindful takes practice and the more we practice the stronger our mindfulness muscles get! For today's lesson we will **focus on optimism** because it is important to be mindful of alternative responses to stress and frustration and focus on the positive. Optimism is something that can be learned and become a new of thinking if we practice. Let's define optimism as a class, **who can give me a definition of optimism?**

Great answers! **Optimism** is a way of seeing life hopefully and having an expectation of success and well-being. Practicing optimism is so important because it helps **us relax our amygdala which creates a chemical balance in our brains and allows our prefrontal cortex to be in charge and that helps us learn and make better choices.**



MindUP Booster Lesson

POSITIVE VIBES MEDITATION (5 – 7 min.)

ACTIVITY OBJECTIVE: Students practice optimism through a guided meditation that assists them in anchoring their attention and focus on positive thoughts for themselves and others.

PREPARATION: Chime & have students in a seated position.

Ring the Chime

Positive Vibes Meditation Script (read slowly and pause where it feels natural for you):

*Sitting at your desk rest your hands gently on your lap and close your eyes or gaze softly at the floor/desk. Feel your back against your chair. Feel your arms and hands relaxing. Feel your legs relaxing into the chair and your feet heavy on the floor. **Now that we are settled, we are going to silently reflect on positive thoughts together.***

***Imagine that you feel happy, that you are smiling, laughing and having fun.** Even if you're not feeling happy right now, that's okay. Just imagine that you are laughing, playing with your friends or doing something that you love to do. **Then silently think to yourself, "I want to be happy and helpful today. I feel healthy and strong. I feel calm and content."** You can use these positive thoughts or choose your own positive thoughts and silently reflect on them in your own words.*

*Now imagine that your positive thought creates a warm feeling that expands when you pay attention to it. **Imagine that warm feeling starts near your heart. As you silently say the positive thought, the feeling reaches out to your fingers, toes, and the top of your head. This warm feeling fills up your entire body. Imagine that this feeling has a color – it can be any color you want.** Maybe it's blue, red, or yellow. Imagine this color has covered your whole body. As it expands it spills out of your fingers, and your toes, and into the room. Imagine that the other people in the room can feel this warm feeling and see the color also. **Silently say to them: "I hope that you feel strong and healthy. I want you to feel calm and content. I hope you feel happy today."** Silently repeat these positive thoughts or choose other thoughts and put them into your own words.*

*Picture the positive, warm feeling you are creating and imagine the color has grown so big, that it's bursting out of the room. **Imagine that the warm feeling keeps growing and expanding until it reaches everyone and everything on the planet.** Imagine that everyone you want to feel your positive thoughts can feel them. Picture them smiling because they sense that you are wishing them well. **Silently say: "I hope you are happy and have what you need. I hope you feel strong and healthy. I hope you feel content."** You can use these positive thoughts or choose your own and say them in your own words.*

Ring Chime

When you are ready, slowly open your eyes and begin feel your body against the chair again. Take a deep breath and notice how you feel.

Let's take a moment to share:

- Would anyone like to name a positive thought to send to other people? to the planet? to yourself?
- How did you feel when you were thinking about the positive thoughts?
- Does anyone notice a difference in how they are feeling from before and after?
- What color did you envision? Why that color?



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Kindness Reflection (5 – 7 min.)

ACTIVITY OBJECTIVE: Students identify acts of kindness towards others or the environment.

PREPARATION:

- Handout (1 per student)
- Writing Utensil (1 set per student) – option to use any crayons or markers they have at their desks.

Let's take some time to reflect on how we can take those positive thoughts we had and turn them into acts of kindness. We spent time thinking about positive thoughts for ourselves, people in our class and the entire planet. **For this last part of the lesson, we will write down an act of kindness or something nice we can do. This act can be for a person, an animal, or the environment.**

I will pass out the handout and you will color the entire paper with the color you imagined during the meditation and then write the act of kindness very large on your paper. You can include who the act is for and when you will do it if you like – or you can keep that private.

WRAP UP (2 min.)

Now that we have reflected positive thoughts for ourselves and others, I hope everyone is a calm and content mindset. **Does anyone want to share their act of kindness with the class before we end (allow 2 – 3 students to share depending on time)?**

Thank you for practicing optimism and kindness with me today. Make sure to take time throughout the week to complete your act of kindness and focus on the positive aspects of situations.

We look forward to seeing you next year for more MindUP lessons!

REFERENCES

- Greenland, S. K., & Harris, A. (2016). Chapter 8: A Peaceful Heart. *In Mindful games: sharing mindfulness and meditation with children, teens, and families* (pp. 96–97). Boulder, Colorado: Shambhala.
- The Hawn Foundation. (2011). *In The MindUP Curriculum: Brain-Focused Strategies for Learning and Living* (pp. 103–151). New York, NY: Scholastic.