



Mindfulness with Aloha Breath

Lesson 1 - Introducing the Aloha Breath (AB)



Grade Level: Pre-K-2

Objectives:

- Empower students with a research-based, socio-emotional tool (mindfulness) that is grounded in the values of aloha - aloha breath (AB).
- Develop students' growth mindset and resiliency skills by practicing AB.
- Strengthen socio-emotional learning (self-awareness/self-regulation/skillful behavioral choices) with AB.

CCSS Benchmarks: HE.K-2.1.1/HE.K-2.3.1 (Mental/Emotional Health), HE.K-2.1.5 (Personal Health/Wellness)

Materials: *Mindfulness with Aloha Breath* storybook, chime/bell

Purpose:

- Increase academic excellence by providing students with research-based attentional training strategies that strengthen the prefrontal cortex.
- Foster students' ability to cultivate healthy self/emotional regulation, prosociality, and better decision making by encouraging students to pause and become aware of their inner/interpersonal experience before acting/reacting.
- Improve students' physical, mental, and emotional well-being so they may thrive throughout their lives, in and out of school.

Introducing Mindfulness with AB:

- Invite students to explore why stomach was upset and how stomach reacted to being upset. Connect their responses to their own lives/situations - when have they gotten upset and how they've reacted?
- Explore what stomach learned from Bear Awareness: aloha breath.
- Aloha breath means to take a pause, to breathe, and to remember to be aloha (kind, harmonious, gentle, humble, patient).
- Explore with students why (in order to make better decisions) and when they can do aloha breath (anytime, to strengthen the Bear Awareness part of their brain).

- In the story, Bear Awareness who does the aloha breath best invites stomach to engage in aloha breath, and by doing so, calms down the anger and blame energy, thereby inviting understanding to come up instead.
- Explore when aloha breath would be helpful in their own lives.
 - Examples: enhanced academics, performance (sports, dance), better friends/relationships.
- "Teaching teachers." Explain that as students learn techniques, they become teachers and lead the class/community in AB.
- Connect Bear Awareness with being mindful.
 - Bear Awareness remembers to breathe and to be aloha.
 - Bear awareness is a play on the word 'bare awareness' meaning to be fully present, to be fully aware, and to know where the mind is.

AB Practice:

- Follow the guideline in the book by encouraging students to first feel parts of their body.
 - Tight, tight, tight feet, then relax...Tight, tight, tight hands, then relax...eyes, right hand on heart, left hand on belly
- Guide students to breathe naturally, and to notice how the body, heart, hands, stomach, etc. feels.
- Encourage students to be very focused like a superhero- completely aware of what is happening right now, with the breath, in the body, right here and now.
 - If they get distracted, tell them it's ok, gently and simply invite them to come back to the feeling, the sensation of breathing in the body.
- With the next breath, invite students to breathe in kindness, and to breathe out kindness. Repeat this three times. You may move to the next aloha values - harmony, gentleness, humility, patience, or just repeat breathing in-out kindness.
 - "Like washing your hands, you are washing the mind each time you remember to do aloha breath, washing the mind with kindness, with aloha."
- End the AB practice with a gentle ring of the chime/bell.

Activity Assessment:

- Assess the extent to which students understand aloha breath - how to do it, why do it, and where and when they can do it. Inquire also how aloha breath can help their family and community.

Reflections

*These lessons are intended to go along with the story, but they can also be adapted/used anytime like before transitions. For example, students can pause and "take 3 deep AB's" with the sound of a chime...

LESSON PLAN ASSESSMENT:

Please scan this QR code on your phone, and provide us with a quick anonymous assessment of the lesson plan itself:



[Lesson Plan Assessment Link](#)

CONTACT US:

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