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*Building Healthy School Ecosystems through Social Emotional Learning*

### NEW! Grab n Go SEL Activities!

New! [Physical Activity & Mindfulness SEL Activities](#).  
 Follow this [Classroom Brain Breaks Pinterest Board](#).  
 Check out these ideas for movement in the classroom (available in [English](#) and [Spanish](#)).

*For more activities, please see our [March Monthly Theme \(Physical Activity & Mindfulness\)](#) resources at the bottom of this newsletter.*

## March Monthly Theme: Physical Activity & Mindfulness



Over the past year, students and adults have experienced a flood of emotions such as sadness, fear, anger, despair and worry. Mindfulness is a strategy that can help bring awareness to the present moment and ignite the connection between our mind and body. Mindfulness is known to help to relieve stress, lower blood pressure, treat heart disease and improve sleep. The best part is that you can practice it anytime and anywhere! It could be as simple as taking 3 deep

breaths, going on a walk outside, or taking a moment to notice the sounds and smells around you. Mindfulness strategies can also be used in the classroom for brain breaks or preparing for a difficult exam. See below for an exemplar of the type of resources you can find more of in this newsletter...

Stop. Breathe. Pay attention. "Our mental health and well-being are profoundly affected by where and how we place our attention." In this enlightening talk,

Richard Burnett guides the audience through a short mindfulness meditation, and shares his experience of teaching mindfulness in schools.



*Mindfulness in Schools: Richard Burnett at TEDxWhiteChapel*

### Upcoming Events:

- **Remote Recess with Interactive Media Design SEL Forum Tuesday, March 30th from 3:30-4:30pm MT**

Register [here!](#)

Generation Schools Network is proud to partner with Interactive Media Design (IMD), who will be discussing the importance of movement and ways in which students, families and teachers can easily integrate fitness & wellness in the classroom and beyond.



IMD will also talk about an exciting offering called Fit & Flow, a virtual fitness program that empowers youth through a wellness journey, regardless of location, age, background or income.

\* Fit and Flow can be used in PE classes, as a brain break activity or as a virtual activity with families at home.

\* Click [here](#) for a sample video.

- **RIM Institute Summer Training Save the Date! June 21st-24th and July 19th-22nd**

Are you struggling with your own and your students' emotional stress? Do you feel helpless to do anything? If you are, there is a tool that you can learn this summer that can make an effective difference to the emotional state of mind in a flash.

In collaboration with **The RIM (Releasing Your Inner Magician) Institute**, Generation Schools Network will be hosting two 5-day trainings with Dr. Deb Sandella during Summer 2021. RIM is a non-clinical, body-centered,

transformational technique that frees up negative thoughts, feelings and energy, quickly transforming negative emotion to positive emotion.

Learn more by responding to this short [survey](#) and be ready for a whole new empowered experience in the 2021-2022 school year! You can also check out the recording of our latest RIM Institute Forum with Dr. Deb Sandella [here!](#)

Please enjoy resources below on Physical Activity & Mindfulness! If you have ideas, requests or recommendations for future forum topics or guests, please reach out to Ellen Sarkisian at [esarkisian@generationschools.org](mailto:esarkisian@generationschools.org).

<b>MARCH MONTHLY THEME:</b> <i>Physical Activity &amp; Mindfulness</i>	
<b>Teachers</b>	<p><i>Remote Recess with Interactive Media Design SEL Forum on Tuesday, March 30th from 3:30-4:30pm MT - Register <a href="#">here!</a></i></p> <p><b>Activities for Teachers</b></p> <ul style="list-style-type: none"> <li>• Watch this TEDTalk video about the value of <a href="#">Mindfulness in Education</a>.</li> <li>• Read this short <a href="#">article</a> for simple and effective ways to remain present in your conversations.</li> </ul> <p><b>Teacher Reflection</b></p> <ul style="list-style-type: none"> <li>• Read this <a href="#">resource article</a> to learn how to cultivate a daily mindfulness practice.</li> <li>• How to make <a href="#">movement</a> a part of your classroom culture.</li> </ul> <p><b>Teacher Reflection</b></p> <ul style="list-style-type: none"> <li>• Check out <a href="#">MindfulTeachers.org</a> for a host of mindfulness activities and teaching resources.</li> <li>• Teach teens about their brain by watching this <a href="#">TedTalk</a>.</li> <li>• Support your students in suggesting their own <a href="#">Mindfulness Minute activity</a> and keep a list of them on your classroom wall.</li> </ul>
<b>Students</b>	<p><i>Recommended GSN Units: <a href="#">ES</a> and <a href="#">MS</a> Physical Activity &amp; <a href="#">HS</a> Mindfulness</i></p> <p><b>Grab n Go SEL Activities</b></p> <ul style="list-style-type: none"> <li>• New! <a href="#">Physical Activity &amp; Mindfulness SEL Activities</a></li> </ul>

- Follow this [Classroom Brain Breaks Pinterest Board](#).
- Check out these ideas for movement in the classroom (available in [English](#) and [Spanish](#)).
- Integrate these [Physical Activity Breaks](#) in your Secondary Classroom.

**Additional Resources**

- A [playlist of yoga videos](#) suitable for young people and created to support virtual learning!
- Watch this [Developing Patience](#) video with your students.
- Explore the [best books](#) about Mindfulness.
- Integrate dance & SEL into your classroom by starting with these [choreography cards and games](#). To learn more, watch this [workshop](#).

**Parents & Caregivers**

*Here are some resources and activities to include in your next parent/family newsletter.*

**Parent/Family Engagement Ideas**

- Your school can facilitate monthly webinars as outlined by CASEL's Facilitators Guide: [SEL Discussion Series for Parents and Caregivers](#) (Session 5: Managing Stress with Mindfulness)
- Discuss this article on "[What is Mindful Parenting?](#)" and "[How to be a Calmer Parent.](#)"

**SEL Activities at Home**

- 6 Ways Parents Can Share [Mindful Moments with Kids](#)
- [At-Home Yoga and Movement](#) Videos for Kids
- [11 Ways](#) to Encourage Your Child to be Physically Active

**Administration**

*Strategies for facilitating staff meetings and professional learning engagements.*

**Activities for Adults**

- Integrate these [9 mindfulness exercises & activities](#) before, during or after an all staff meeting.
- [Physical Activity Breaks](#) for the Workplace

**Supporting Staff & Students**

- Listen to this [6 minute NPR recording](#) on schools embracing mindfulness.
- Promote [Physical Activity in the Classroom & Beyond](#)

*Upcoming...*

*April Monthly Theme:  
Grit & Growth Mindset*

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**GSN ONLINE STORE**

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