



# MINDFULNESS FOR PATROLLERS

AAA SCHOOL SAFETY PATROL LESSON PLAN  
IN PARTNERSHIP WITH JEFFERSON HEALTH



**Grade:** 4-6

**Subject:** School Safety

**Date:** January 2023

**Topic:** Mindfulness for Patrollers

**Lesson #** 4

**Time:** 15 min.

**Lesson Focus and Goals:** Advisors will teach Patrollers what mindfulness is and how to practice certain techniques throughout their day and at their posts. Patrollers will be encouraged to share these techniques with their peers.

**Materials Needed:**

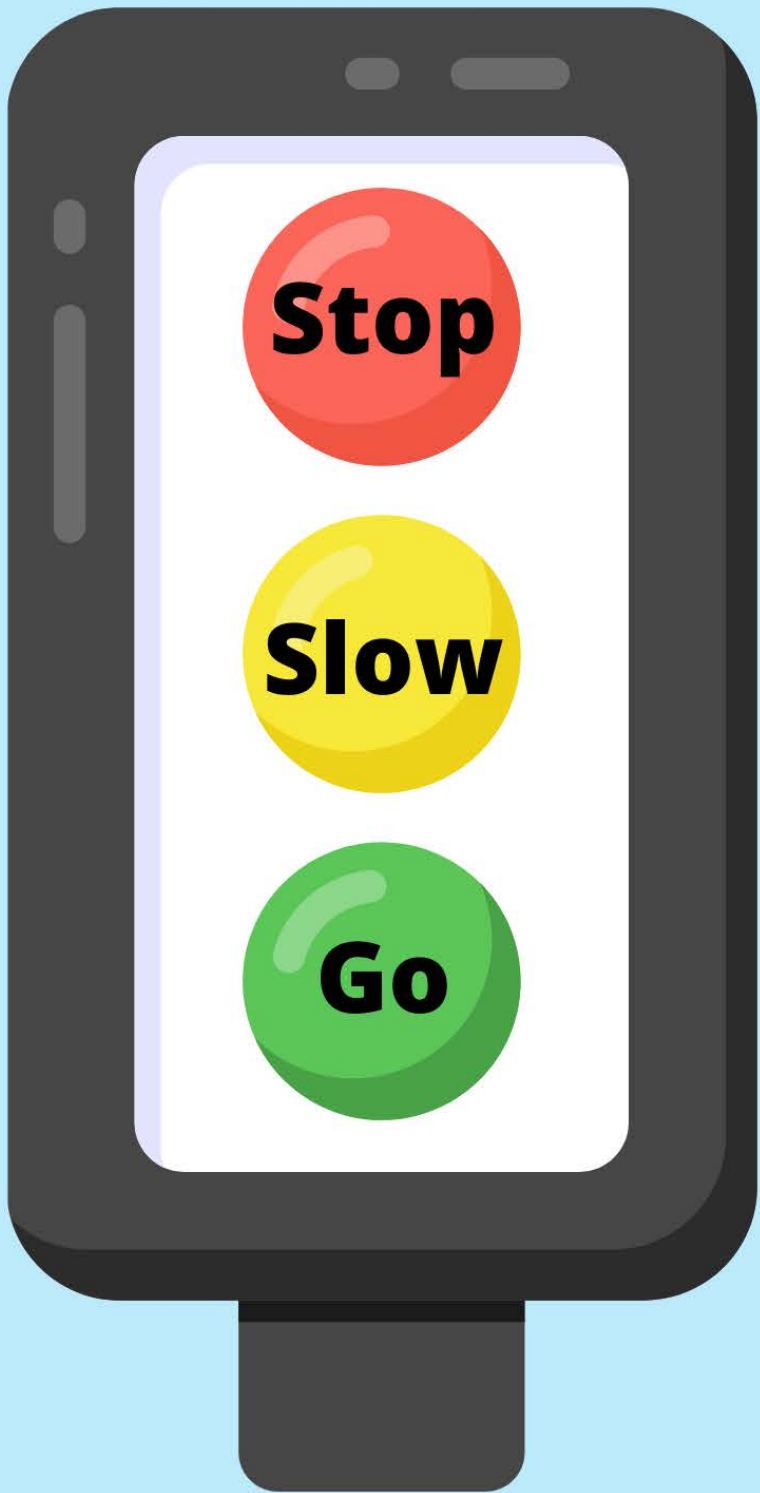
- Stop, Slow, Go Activity Sheet
- Six Sided Breathing Exercise Sheet
- In and Out, a Healthy Mind Is What It's All About
- Mindfulness Pledge

**Learning Objectives:** Advisors will teach Patrollers how to practice mindfulness by reviewing the concept of being mindful and allowing Patrollers to practice both activities independently.

**Structure / Activity:**

1. Discuss the meaning of mindfulness.
2. Discuss how practicing mindfulness can be helpful for you as a Patroller.
3. List examples and scenarios where it might be helpful for both you and another student.
4. Review the Stop, Slow, Go, Six Sided Breathing, and In and Out activities.
5. Determine when Patrollers could use these exercises to help them in stressful situations.
6. Determine when and how Patrollers will introduce mindfulness concept and activities to other students.
  - a. See attached, Six Sided Breathing Exercise printable pocket card sheet
7. Provide Patrollers with pledge to promise to practice mindfulness when they experience feelings of stress and/or anxiety.

**Assessment:** Patrollers will utilize any of the three activities and/or teach the techniques to others during times of stress or anxiety.



Take a moment to pause your body. Notice what you're thinking, feeling, and doing. What emotion are you feeling?

Begin to slow your body down and find calm. Take a few deep breaths.

Now that you've identified your emotions, determine how you will move forward.



# Six Sided Breathing Exercise

Hold

Breathe in

Breathe out

**STOP**

Catch your breath.

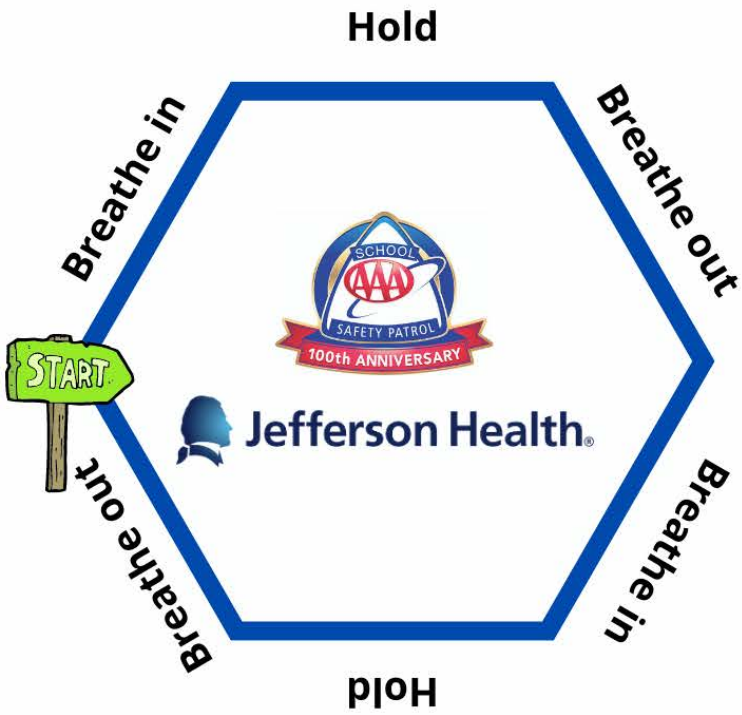
Breathe in

Breathe out

Hold



# Six Sided Breathing Exercise



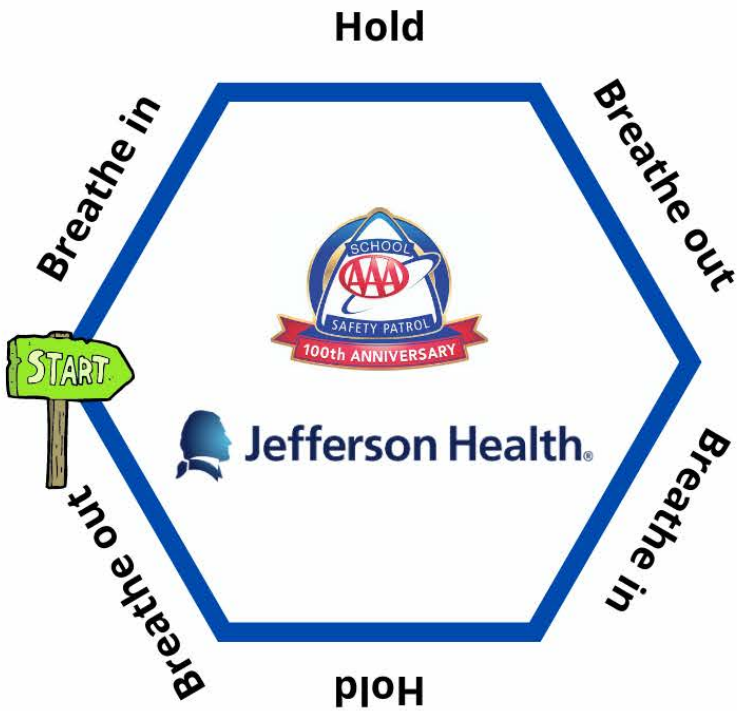
Trace the shape with your finger as you breathe.

# Six Sided Breathing Exercise



Trace the shape with your finger as you breathe.

# Six Sided Breathing Exercise



Trace the shape with your finger as you breathe.

# Six Sided Breathing Exercise



Trace the shape with your finger as you breathe.

# IN and Out...

a healthy mind is what it's all about.



In times of stress or anxiety,



**BREATHE IN** for a count of four.



**BREATHE OUT** for a count of eight.

Repeat as needed until you feel you have regained control of your mind and body.



# Mindfulness Pledge

**In situations where I feel stressed or anxious:**

- I will remind myself to stop and refocus.
- I will practice mindfulness exercises to be better prepared in difficult situations.
- I will use these exercises to help others.
- I will always ask a trusted adult for help if these exercises do not help to stop my stress or anxiety.

---

Name

---

Date

