

The background is a light blue gradient with several realistic water droplets of various sizes scattered across it. The droplets have highlights and shadows, giving them a three-dimensional appearance. The title text is centered in the middle of the page.

# MINDFULNESS IN THE LANGUAGE CLASSROOM

TANJA COLGAN AND KATE WILLIAMS

WHAT DO YOU KNOW WHEN YOU THINK OF  
MINDFULNESS?

The logo for Mentimeter, featuring a white icon of a bar chart with three bars of increasing height, followed by the word "Mentimeter" in a white, sans-serif font. The logo is set against a teal rectangular background.

Mentimeter

Why do children need mindfulness?

What techniques do you see being used in the video?



[Kids explain mindfulness](#)

# MINDFULNESS TECHNIQUES FOR THE CLASSROOM

## - OPPORTUNITIES TO BRING IN LANGUAGE

### BREATHING

- RAINBOW BREATHING
- MINDFUL/YOGA BREATHING
- BODY SCAN

### MOVEMENT

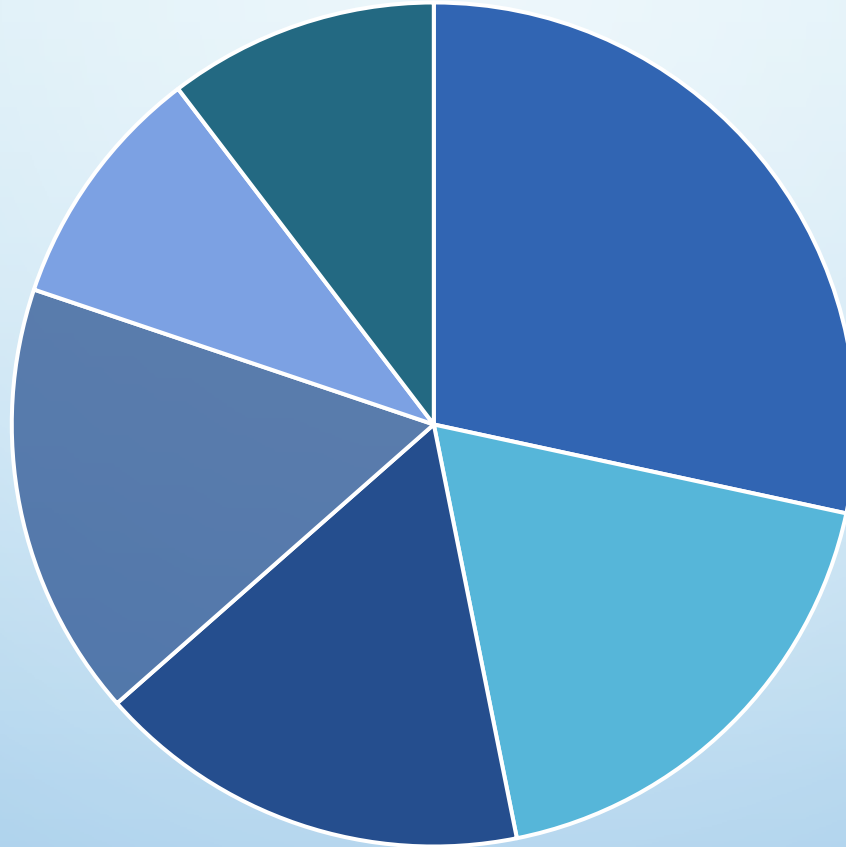
- YOGA POSES
- CLASSROOM NINJA
  - CLAPPING
- ELBOW GREETING

### FOCUS

- COUNT ONE MINUTE
  - 5,3,1
- MINDFUL COLOURING IN
  - MINDFUL EATING

# Feedback: Year 7 Mindfulness Survey

How does the mindfulness routine make you feel?



■ I feel calmer

■ I feel less stressed

■ Helps me get ready for class

■ I like a few minutes to myself

■ I feel more in control

■ I don't enjoy it



[www.smilingmind.com.au](http://www.smilingmind.com.au)



[www.headspace.com](http://www.headspace.com)

# USEFUL RESOURCES

DISCUSS WITH A PARTNER

SHARE WITH THE GROUP

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