GRACE PLACE®
For Children & Families

Home-Learning Activity

WEEK OF: March 23, 2020

THIS ACTIVITY IS FOR GRADE/S: 6-8

Title of Activity:

Practicing Mindfulness

Learning Outcome:

Middle school students live through a whirlwind of everyday pressures – homework, social expectations, full schedules, and more. Using mindful attention can be a transformative tool for them.

Description of Activity:

Work on practicing every day in a quiet space. Work on moving from reactive to proactive, remembering to PAUSE! Share the video with family and friends.

Activity Resources:

VIDEO: Release—A Whirlwind of Daily Pressures: How Students Cope
https://www.youtube.com/watch?v=GVWRvVH5gBQ