

# Take Five

Whenever you need to,  
you can take five breaths  
as you trace your fingers.



**Mindfulness** means being present in the moment here and now, paying attention to our thoughts, bodily sensations, and external environment with kindness, nonjudgment, and curiosity.

# Take Five Mindfulness Practice



**Concept:** One of the great things about mindfulness is that it helps us insert pauses throughout the day. Pausing can help us during transitions—when we're entering the classroom, or when we're switching from subject to subject. It can also help us when things feel overwhelming. There is power in pausing—because it helps us settle down, regroup, and just connect to ourselves.

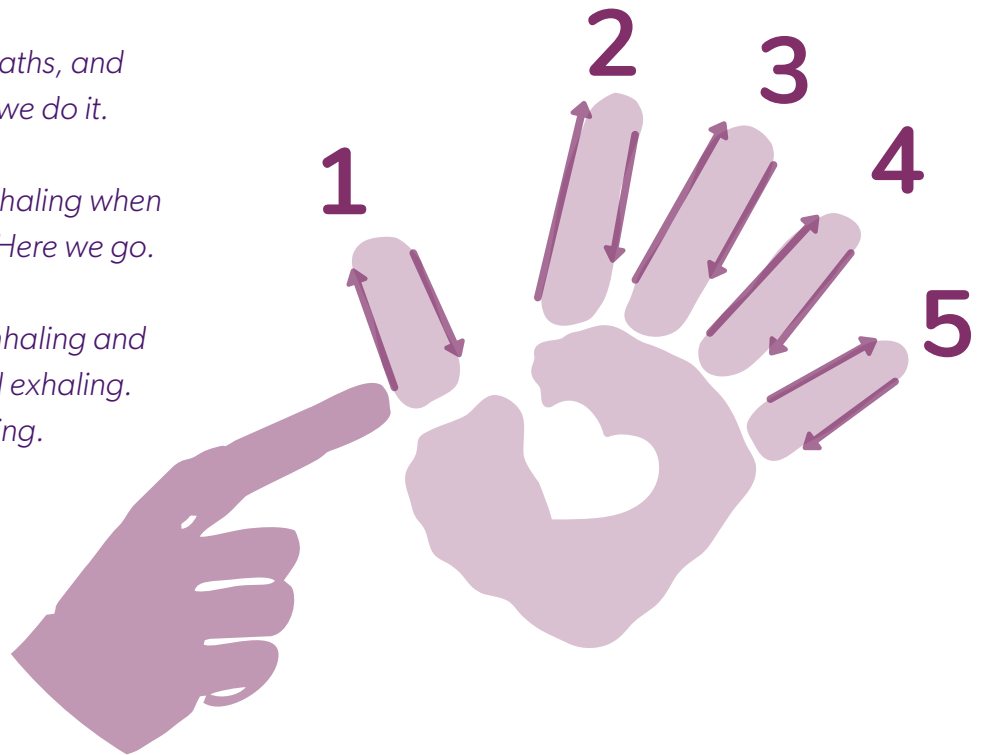
**Try this Take Five activity:** This is a simple strategy to take a moment to pause with five breaths.

*We're going to take five deep breaths, and we're going to trace our hand as we do it.*

*Inhaling when we go up... and exhaling when we go down. You ready to start? Here we go.*

*Breathing in and breathing out, inhaling and exhaling, in and out, inhaling and exhaling. One last time, inhaling and exhaling.*

*Then perhaps while placing your hand on your chest, just notice how you feel right now.*



## **Inquiry:**

What was it like to insert a pause by taking five?  
When might this practice feel good for you?

Maybe when there's something challenging to do. Maybe before a test or performance, or maybe when you just need to take a break and catch some breaths. Perhaps when there's a lot to do, or a lot of choices to make. Whatever it may be, you can take five—pause and just breathe in and out.

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# Bring Mindfulness to Your K-12 School

At Mindful Schools, we are committed to supporting educators to engage in the practice of mindfulness, and to bringing the benefits of mindfulness to the students, families, and communities they serve. We believe that transforming our educational settings from the inside out is essential to transforming the external challenges in our world. We also believe in the power of educators to lead the changes that will make the world a better place for future generations.

Because this work begins internally, we support teachers in developing a deep, heart-centered relationship with themselves through practice first so they can embody mindfulness as they teach. Our programs are centered on four key guiding principles that we believe are essential for bringing mindfulness to education. Our programs are:



**Grounded in Practice.** We support educators in cultivating their own mindfulness practice and then offering the practice to others.



**Context-Specific.** We empower educators to create programs that are inclusive, equitable, and a reflection of the community that they serve.



**Competency-Based.** We help educators nurture and develop the capacity to teach mindfulness through a core set of skills, strategies, and knowledge.



**Intentionally Designed.** We guide educators to align mindfulness offerings within the structures, common practices, and norms of their context.

## Survey results from educators who participate in Mindful Schools trainings show:

### Educator Results

- 90% report lower stress and greater self-compassion
- 82% connect better with their students
- 89% of their students improve emotional regulation
- 83% of their students improve focus

### Student Results

- 89% improve emotional regulation
- 83% improve focus
- 76% demonstrate greater compassion
- 79% improve engagement

Mindful Schools is a 501(c)(3) nonprofit organization founded on the belief that the benefits of mindfulness should be accessible for all communities—especially those who have been impacted by inequity. Our vision is for all children to learn in “mindful schools” that nurture a new generation of leaders to create a more equitable and thriving world.

Developed by educators, for educators, the Mindful Schools approach provides an accessible pathway for educators to cultivate a mindfulness practice and develop competencies that support classroom and schoolwide implementation for their specific community and context. Today, Mindful Schools has trained more than 60,000 educators to bring mindfulness to their K-12 schools. Join us.