



Whether your agreements were self-selected based on your expertise or collaboratively created with your students at the beginning of the school year, you can revisit and revitalize them to respond to your students' dynamic needs. Learn more about creating classroom agreements [here](#), or scan the code.



Prepare Students for Practice

Revisit your current agreements by allowing volunteers to read them out loud spontaneously (“popcorn” style).

Invite students to turn and talk with the person next to them about an agreement that has been going really well, using these sentence starters for specific examples:

Let a few students share their “glows” with the whole class, focusing on hearing examples for each agreement.

- One time I did a good job with...
- I noticed someone else followed...
- I remember when the whole class did...

Mindful Moment Practice

Read aloud to students. Depending on age and engagement, you can pause longer between instructions.

Share an example that hasn't been mentioned, focusing on the shift that you observed. For example:

“Do you remember the time I told you I wasn't feeling well? I appreciated how many people asked if I needed help. When I drove home I was very tired, but filled with gratitude for your thoughtfulness.”

I'm so proud of how well we've done with these agreements. I wonder if there are any agreements that are more of a “grow” for us, or something we could do better with a little extra practice and attention?

Let's see if we can imagine what it might look like if we got a bit better at those trickier agreements. Let your eyes close or gaze softly down. Notice a few breaths ... or listen to the sounds around you.

Think of an agreement that is a bit challenging for you or others to follow. Don't pick the hardest one, just one that can be a little difficult at times. Create a picture in your mind of that challenge right now.

Maybe imagine the class being noisy and it's hard to follow instructions, or maybe kids are playing in line and it's taking a long time to get to the cafeteria.

Now imagine it looking a little better than usual. Maybe somebody says or does something we haven't tried before. Imagine the challenge with this agreement gradually slowing down like glitter resting at the bottom of a jar after being swirled.

Notice any sensations, thoughts, or feelings that might be present right now.

I'll ring the bell and once the sound disappears, you can bring your gaze back to the room.

Practice Debrief

The debrief gives students a chance to make sense of their experience. It's the most important part of the mindful moment!

- Should we add to or change our agreements?
- How can I help you or how can we support each other to keep growing with them?
- How can we remember these agreements every day?

