



Grades 3-5 Mindfulness Curriculum

Scope and Sequence

Wellity Education's Mindfulness Curriculum is organized in four units: **1) Recognize, 2) Regulate, 3) Relate and 4) Reason**. Each unit has 10 lessons that are aligned to national social-emotional learning standards and teach students social-emotional skills through mindfulness. Each lesson teaches a new breathing, movement or relaxation technique — this is called a mindful tool.

The curriculum is 1) active, engaging and reflective, and 2) focused and explicit.

1) Active, engaging and reflective. Students are engaged in reflection throughout mindfulness instruction about how the practices impact their brain, body and breath and when they might use the practices in their daily lives. Students are leaders throughout the curriculum, so they are empowered to share what they learn with others.

2) Focused and explicit. Wellity Education's Mindfulness Curriculum thoughtfully shares specific mindful tools that will help students to calm their bodies and focus their minds. The curriculum begins by providing students a clear definition of mindfulness and invites them to practice different mindfulness tools each lesson.

We recommend teaching one mindfulness lesson at a time and inviting students to practice the mindful tool until it is incorporated into their toolbox to support their well-being. By the end of the curriculum, students will have 40 tools to support their lifelong well-being.

UNIT 1: Recognize

Lesson #	1	2	3	4	5	6	7	8	9	10
SEL Standard	Self-Awareness									
Mindful Tool	Mindful Mind	Align the Spine	Belly Breath	Tree	Circles	Tense and Release	Two Word Check-In	Color Breath	Motto Breath	5-4-3-2-1 Senses

UNIT 2: Regulate

Lesson #	11	12	13	14	15	16	17	18	19	20
SEL Standard	Self-Management									
Mindful Tool	Half Sun Dance	Twisty Time	Moving Breath	Moving Tree	Alternate Nostril Breath	C-A-L-M	Take 5	Cooling Breath	Moving Top Hat	Cross Body Breath

UNIT 3: Relate

Lesson #	21	22	23	24	25	26	27	28	29	30
SEL Standard	Social Awareness & Relationship Skills									
Mindful Tool	Mirror Hands	Mirror Bodies	Drawing on a Rock	Partner Tree	Group Tree	Partner Super Hero	Self-Affirmation	Gratitude Glasses	Well Wishes	Loving Kindness

UNIT 4: Reason

Lesson #	31	32	33	34	35	36	37	38	39	40
SEL Standard	Responsible Decision-Making									
Mindful Tool	Would you Rather?	Give it a Goal	Start Small	Healthy Habits	Identify	Create	Evaluate	Decide	Pause, Breathe, Decide	Accepting Attitude