



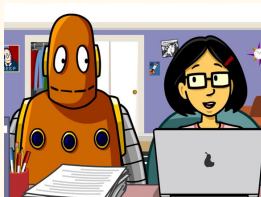
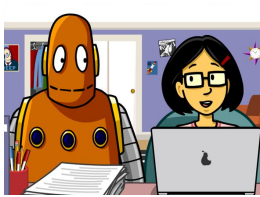
Pacing Guide and Supporting Activities: Practicing Mindfulness During Distance Learning






Grade Band: **Grade 6-8** | Duration: **5 Days**

Overview: Students watch BrainPOP’s Mindfulness movie and engage in accompanying activities to learn techniques they can practice when feeling overwhelmed. Then they explore the Distance Learning topic, and consider how they can apply mindfulness strategies to distance learning routines.

Unit Goal: Students produce a movie, using BrainPOP’s Make-a-Movie tool, to describe how mindfulness can help with distance learning.

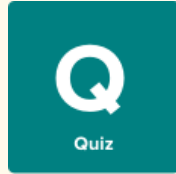
BrainPOP Topics: (1) Mindfulness (2) Distance Learning

	DAY 1 - 30 Min	DAY 2 - 30 min	DAY 3 - 30 min	DAY 4 - 40 min	Day 5 - 30 min
<p>Build Background</p> <p>Watch the movie, pausing to reflect on content.</p>	 <p>Watch Movie: Mindfulness</p>	 <p>Re-watch Movie and Discuss: Mindfulness</p> <p>Synchronous Discussion Prompt: After watching, ask <i>What are some examples of your own “brain</i></p>	 <p>Watch Movie: Distance Learning</p> <p>Synchronous Discussion Prompt: After watching, ask <i>How do attitude and mindset affect distance learning?</i></p>	 <p>Re-watch Movie and Discuss: Distance Learning</p> <p>Synchronous Discussion Prompt: Before watching, ask <i>What is most challenging for you</i></p>	<p>Re-watch Movies (optional):</p> <p>Mindfulness</p> <p>Distance Learning</p>

		chatter”?		about distance learning? How can mindfulness strategies help you?	
<p>Think & Do</p> <p>Engage with a feature or tool.</p>	 <p>Apply Knowledge: Mindfulness</p> <p>Synchronous Discussion Prompt: After reading the In Depth passage, ask <i>Which mindfulness strategy would you like to try? Why?</i></p>	 <p>Apply Knowledge: Mindfulness</p> <p>Students do the mindfulness exercise and record their results.</p>	 <p>Apply Knowledge: Distance Learning</p> <p>Prompt students to consider how mindfulness can help with the different aspects of distance learning.</p>	 <p>Apply Knowledge: Distance Learning</p> <p>Students identify mindfulness strategies that help with their distance learning challenges.</p> <p>See Make-a-Map tutorial.</p> <p>View rubric.</p>	 <p>Apply Knowledge: Distance Learning</p> <p>Using their Make-a-Map notes from Day 4, students make a movie answering the question <i>How can mindfulness help with distance learning?</i></p> <p>View rubric.</p>

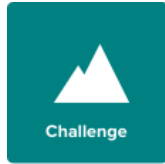
Assess

Demonstrate understanding.



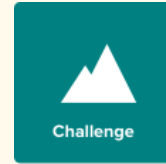
Test Yourself:

[Mindfulness](#)



Challenge yourself:

[Mindfulness](#)



Challenge yourself:

[Distance Learning](#)

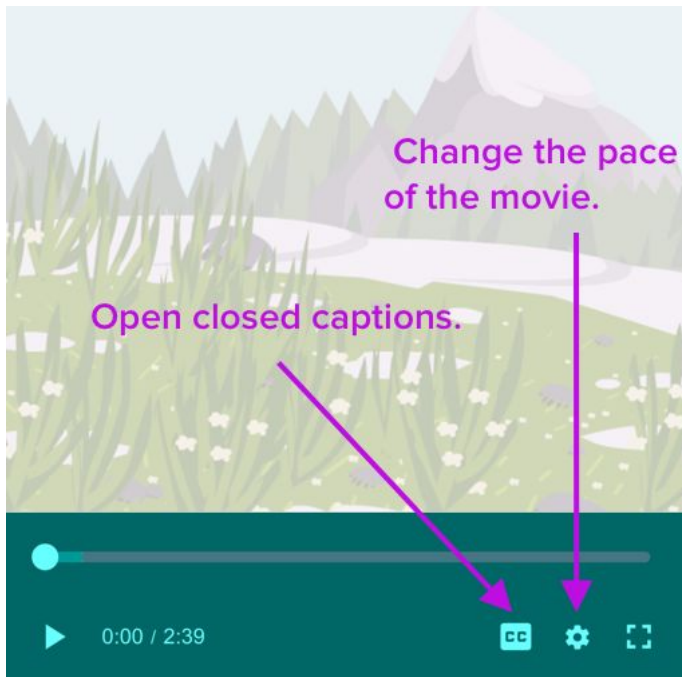


Share and discuss:

Synchronous Learning Tip:

Students share and discuss their movies.

Movie Viewing Tips



CCSS

Standard	Activity
<p>CCSS.ELA-LITERACY.RI.6.1, RI.7.1, RI.8.1 CCSS.ELA-LITERACY.RI.6.2, RI.7.2, RI.8.2</p> <p>HE.6.1.4.M Describe the importance of being aware of one’s emotions. HE.7.1.M Develop achievable goals for handling stressors in healthy ways. HE.7.5.2.M Monitor personal stressors and assess techniques for managing them. HE.7.2.1.M Analyze internal and external influences on mental, emotional, and social health.</p>	<p>Build Background</p> <p>Watch and discuss movies:</p> <p>Mindfulness</p> <p>Distance Learning</p>
<p>CCSS.ELA-LITERACY.SL.6.1.D, SL.7.1.D, SL.8.1.D</p>	<p>Think & Do</p> <p>Related Reading: Mindfulness</p>
<p>CCSS.ELA-LITERACY.W.6.2, W.7.2, W.8.2</p> <p>HE.6.1.4.M Describe the importance of being aware of one’s emotions. HE. 6.2.1.M Analyze the external and internal influences on mental, emotional, and social health.</p>	<p>Think & Do</p> <p>Worksheet: Mindfulness</p>

<p>CCSS.ELA-LITERACY.W.6.2, W.7.2, W.8.2</p>	<p>Think & Do</p> <p>Graphic Organizer: Distance Learning</p>
<p>CCSS.ELA-LITERACY.W.6.9, W.7.9, W.8.9 CCSS.ELA-LITERACY.SL.6.5, SL.7.5, SL.8.5</p>	<p>Think & Do</p> <p>Make-a-Movie: Distance Learning</p>
<p>CCSS.ELA-LITERACY.RI.6.2, RI.7.2, RI.8.2</p>	<p>Think & Do</p> <p>Make-a-Map: Distance Learning</p>
<p>CCSS.ELA-LITERACY.RI.6.2, RI.7.2, RI.8.2</p>	<p>Assess</p> <p>Quiz: Mindfulness</p>
<p>CCSS.ELA-LITERACY.RI.6.3, RI.7.3, RI.8.3 CCSS.ELA-LITERACY.W.6.1.B, W.7.1.B, W.8.1.B</p>	<p>Assess</p> <p>Challenge: Mindfulness Challenge: Distance Learning</p>