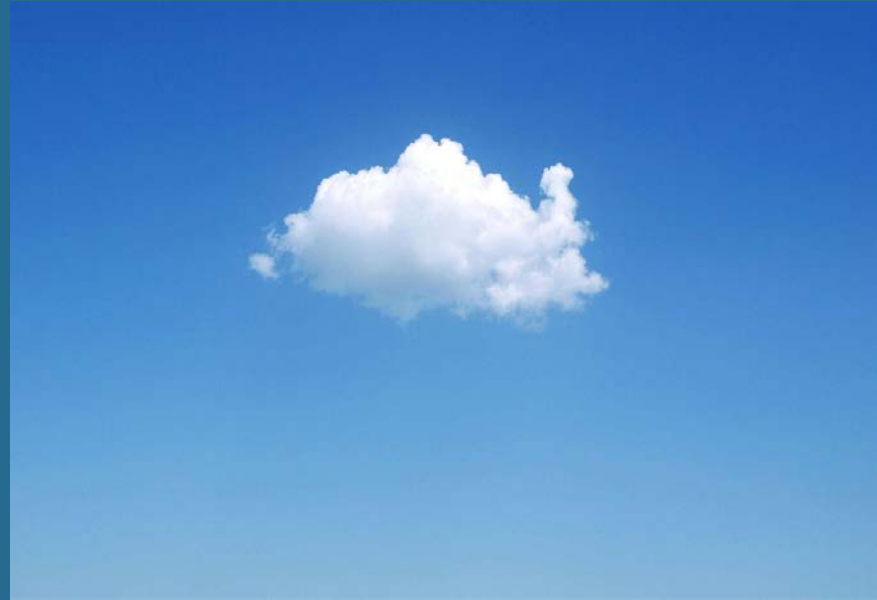


Mindfulness Practice



Start this session, don't let this
session start you.

“Start your day, don't let your day
start you.”

Integrating Mindfulness in Your Camps

Anne Iaccopucci
Kendra Lewis
Katherine Soule



University of California

Agriculture and Natural Resources

4-H Youth Development Program

Introductions

Who we are

Who you are



University of California

Agriculture and Natural Resources

4-H Youth Development Program

What is Mindfulness?

What do you believe mindfulness to be?

Kung Fu Panda explains mindfulness:

<https://www.youtube.com/watch?v=OxUj2IANE8A>

“The awareness that emerges through **paying attention on purpose, in the present moment, and nonjudgmentally** to the unfolding of experience moment by moment.”

- Jon Kabat Zinn

Elements of Mindfulness

- Noticing/ Awareness
- Openness/ Curiosity
- Non-judgment
- Acceptance



Sample Activity



Benefits of Mindfulness



Benefits of Mindfulness

- Lower blood pressure
- Improve immune system function
- Increase in attention and focus, including aiding those suffering from ADHD
- Assistance with difficult mental states such as anxiety and depression
- Improve well-being and decrease emotional reactivity
- Thickening of the brain in areas in charge of decision making, emotional as well as cognitive flexibility, memory, learning and empathy

Sample Activity



The Brain on Mindfulness



Examples of Mindfulness Practices



Mindfulness Practices

- Body Scans
 - Breathing Exercises
 - Walking Meditation (mindful walking)
 - Connecting with Nature (e.g., listening to the birds)
 - Tai Chi (as well as other martial arts)
- Almost any activity can be utilized mindfully
 - Brushing teeth/hair*
 - Eating*
 - Driving*

Sample Activity



Nature is an Excellent Mindfulness Teacher

The old pond, ah!

A frog jumps in:

The water's sound!



Benefits of Being Outdoors

- Reduce stress and anxiety
- Lower rates of depression
- Improve immune system
- Aids in healing process
- Lower blood pressure
- Improve attention
- Improve creativity and problem-solving
- Improve sleep

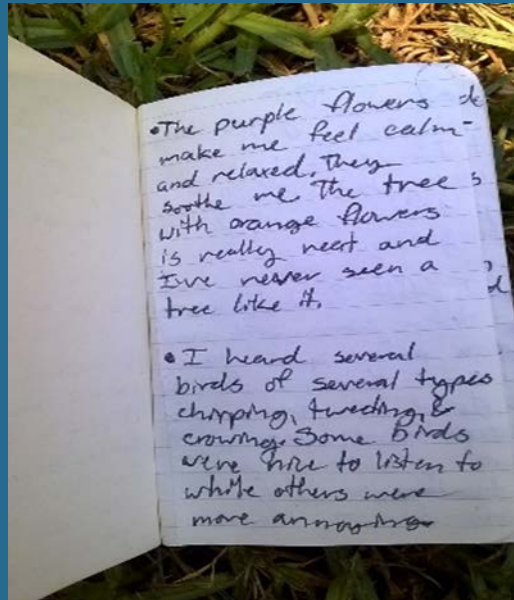
Mindfulness in Natural Settings



Mindfulness in Natural Settings



Mindfulness in Natural Settings



Mindfulness in Natural Settings



California 4-H Mindfulness Retreat



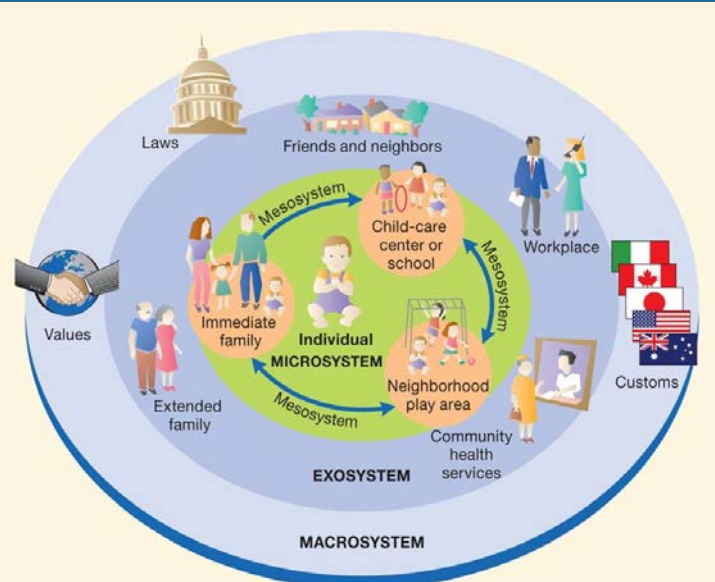
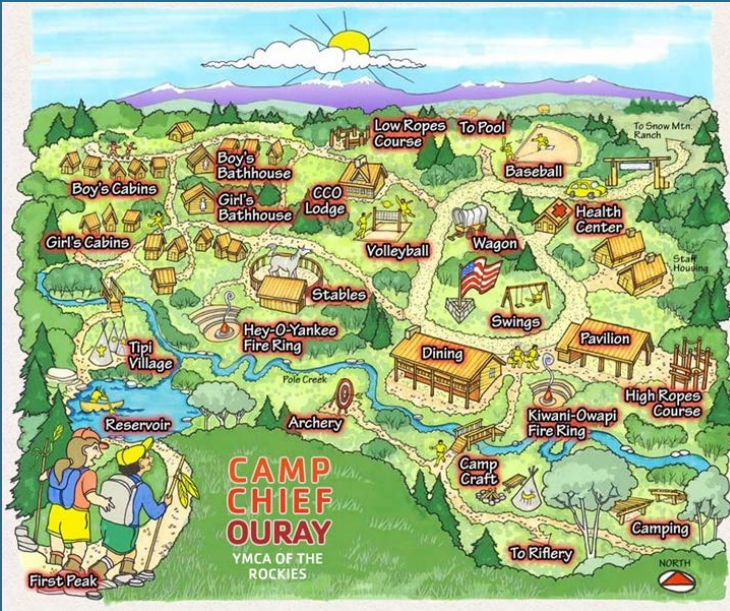
Activities: breathing awareness, yoga, mindful eating, art sessions, hiking challenge/nature scavenger hunt, stargazing, practice in communication & listening, solo reflection & application

Participants felt they had new resources for personal growth

Participants enjoyed the retreat, and plan to initiate changes in their communities around mindfulness

New Ideas & Strategies

Mindfulness at *your* Camp



Bronfenbrenner's Ecological Systems Theory (Berk, 2009)

Preliminary Evaluations



Teacher reports on children:

- take their time while eating
- can identify ways family and friends help promote well-being
- show empathy for others
- like to help at home
- can identify emotions such as excitement, embarrassment, joy, shame, frustration, anger and fear

Teen leader comments

What was your favorite part about leading the Mindful Me lessons?

- *My favorite part was that we got to teach because its my favorite thing to do.*
- *Doing the projects and participating with the kids.*

Teen leader comments

Did leading lessons help you learn about mindfulness?

- *Yes, It shows me that there are little things in life that I should care about, there are more feelings than I thought*
- *Yes, it helped me more with leading more but I still learned a lot.*
- *Yes because I was able to control my feelings*

Teen leader comments

Did you learn anything from these lessons that you use or will use in your own life? Please explain.

- *I plan to use these lessons in the future. For instance in SNAC club we made some jar representing our happiness and when we're down we shake the jar and remember the good things.*
- *Yes, the thing I learned most of all was the relaxing*
- *I learned that if I ever get frustrated I can do yoga to calm down.*

“You are not a human doing. You are a human being.” (Rogers, 2016)

Additional Resources

Resources

<https://tinyurl.com/UCANRmind>

- Annotated bibliography
- Affirmation cards
- Project sheet

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Questions?

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