



VIRTUAL MINDFULNESS – HOME NEWSLETTER

LESSON THREE: BODY SCANS

Hello Families, Caregivers, and Students,

Welcome to week 3 of our Virtual Mindfulness lessons. We hope that you and your loved ones have had many opportunities to practice resting your awareness on deep, soft belly breaths in the past week. So far we have practiced mindfulness of posture, sound, and breathing. This week we are going to practice paying attention to physical sensations. The practices we are offering this week are called body scans.

Body scans are a fundamental mindfulness practice that provide a sensory-rich experience that can lead us to better understanding of what truly benefits us most. The practice of body scans can help us work with physical pain, understand the link between physical sensation and emotion, and help us better regulate emotion through awareness. Building awareness of what is happening on the inside of our bodies allows us to be present to sensations and emotions, and be empowered to make choices to meet our needs. Building awareness of what feelings and sensations are present allows us to learn what is needed to regulate those feelings.

Understanding our own emotions further supports us in building empathy for the emotions of others.

After each body scan you will be prompted to place your hand to your heart, and in your mind name two feelings that are present for you. This supports you and your child in connecting the thinking brain by way of the language center to name emotions and connect to the sensory experience of that emotion in the body. This simple practice of a hand to the heart, a few deep breaths, then naming emotion could be done on its own. No need to worry about fixing any emotion that may be present for you, or your child. Remember, all emotions get to be here; every experience is accepted — not judged — in our mindfulness practice.

Included with this practice are two PDFs. The elementary practice guides students to practice the scan by coloring in with shapes, colors, and symbols to portray their internal experience. No problem if you can't print the PDF, simply draw the outline of a body with feet, legs, torso, arms, hands, and head and have your child fill that in. I have worked with many older kids who like to draw what they notice as well, so keep that in mind. We have also included a sensation vocabulary bank to support you and your child with words to describe your emotions.

Families, remember that your child will benefit from practicing with you, hearing about your experience of the practice, and getting to chat with you about the practice at the end. To gain the most benefit from these practices, it is advisable to repeat them many times. Every person will connect with different ways to practice mindfulness. If you or your student feel resistance to some of these practices, just be curious about why.

As always, please reach out if you have any questions or wish to share an experience.

Onward in Oneness,

Erin Reed