

A vibrant, stylized illustration of various tropical leaves in shades of teal, orange, pink, and green, set against a dark blue background. The leaves are scattered across the frame, creating a lush, jungle-like atmosphere.

Cultivating a Mindfulness Practice with Students

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*Are your college students
experiencing stress?*

*Have them create a
mindfulness practice!*

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To help my first-year students work with their anxiety, I had them create a five-day mindfulness practice.

They could select what activities they wanted to try. The goal was for them to find a mindfulness practice that resonated with them.

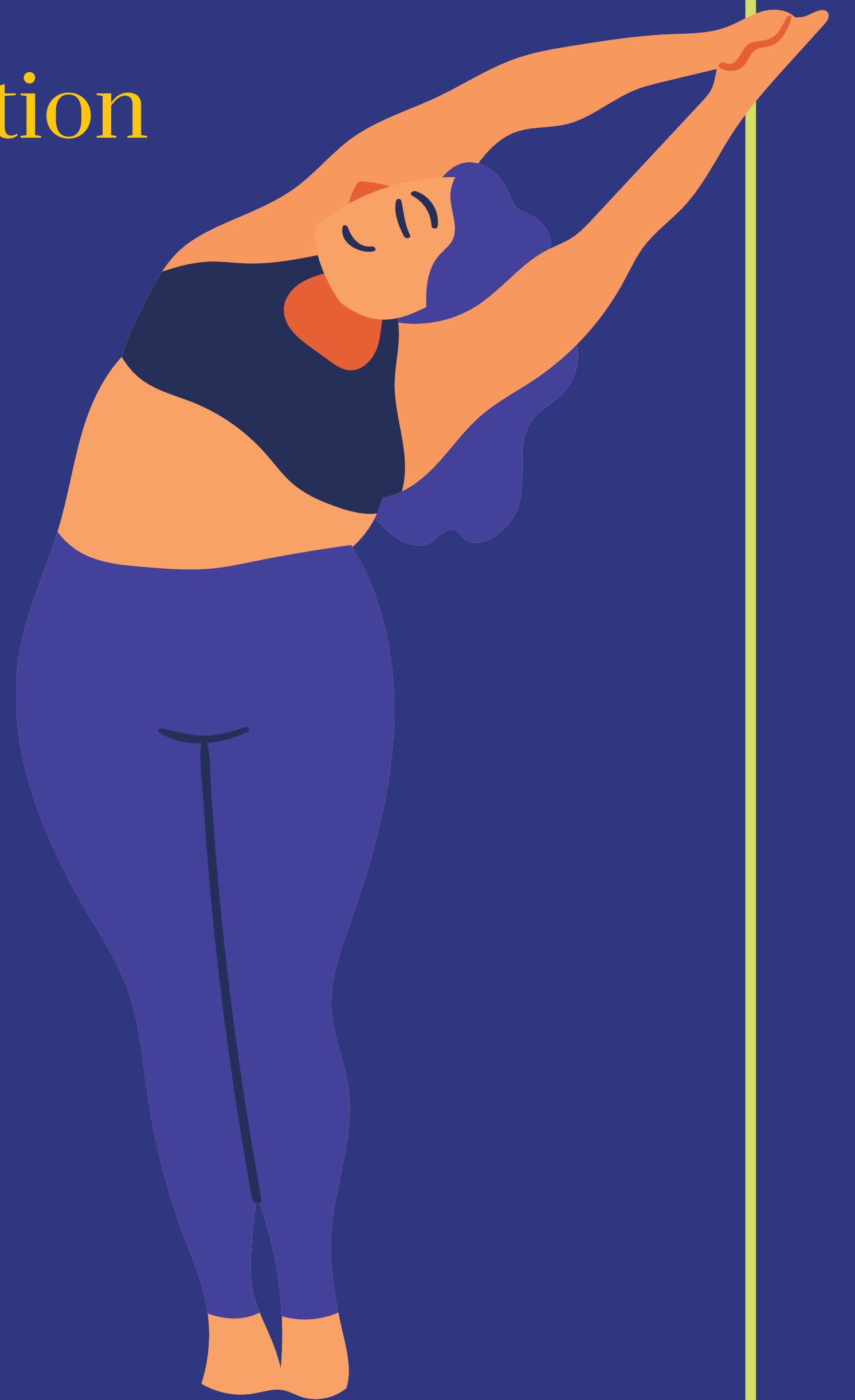
Here is a selection of activities they tried...

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Mindfulness Activities

- Mindful Breathing
- 3-5 Minute Daily Meditation
- Body Awareness Scan
- Mindful Eating
- Walk in Nature
- Gratitude Exercise
- Quiet Observation
- Restorative Yoga
- Journaling
- Stretching
- Rest



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Once their five-day mindfulness practice ended, students were asked to write about their experience and share with their peers.

Many were surprised how much a mindfulness practice helped them. They experienced reduced anxiety, could sleep better, and felt more connected to themselves and those around them.

These are skills students can return to as they continue on their journey and it can help institutions build an educational framework that is restorative and transformative.

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