

## Mindful Self Mastery

### Lesson 1:

#### The Circle

In this online class, students are introduced to the importance of 'the circle' for creating rapport and relationships within the class and as a way of analysing their learning environment to improve engagement with the course. Students are given a Mindful Mastery Journal which they will bring to every lesson and use for reflections and commitments, to action all learning. Students agree on a code of conduct to promote integrity and respect for one another throughout the unit. They participate in a grounding meditation session led by Jarmbie. Students reflect on a strength that they have demonstrated in previous life challenges and are shown a mindfulness technique for recalling these strengths when faced with future challenges. They are introduced to the science behind physical exercise and its positive effects on mental health and participate in a fitness session run by Luke Zocchi and Chris Hemsworth.

### Curriculum Link:

#### Stage 5 - Strand 1: Health, Wellbeing and Relationships

---

##### A student:

- > assesses their own and others' capacity to reflect on and respond positively to challenges PD5-1
  - > analyses factors and strategies that enhance inclusivity, equality and respectful relationships PD5-3
  - > plans, implements and critiques strategies to promote health, safety, wellbeing and participation in physical activity in their communities PD5-7
  - > assesses and applies self-management skills to effectively manage complex situations PD5-9
- 

### LEADING QUESTION:

How can I use mindful practices and self-care strategies to improve mental fitness and wellbeing for myself and others?

### Key inquiry questions:

- How can I be the best version of me and support others?
- How can I respond positively to life challenges?
- How can I plan and advocate for health, safety, wellbeing and participation in a lifetime of physical activity?

### Class Circle Discussion:

From 1–5, how much more connected do you feel?

In what ways do you feel more connected than in a traditional classroom setting?

How are we more accountable to being 'present' in a circle?

#### Activity L1:1 Why Circles?

#### Teacher Note:

You might like to raise the energy of the circle by adding a table with flowers, candles, a picture, a focal point that is meditative or ask students ahead of time to bring in objects related to the lesson topics. After each circle activity, thank the students for their willingness to share their thoughts, ideas and feelings with the group.

#### Teacher prompt:

Circles by their nature are communal and immediately assign equal value to every member. All voices can be heard and everyone can be seen. They foster a sense of belonging and deeper engagement than traditional classroom set ups. As we heard in the video, the benefits are simple but powerful. We are all very different, have different cultural backgrounds, histories, belief systems, ideologies and different life stories. When we are in this formation we meet each other as equals but remain mindful and respectful of our differences. We come to this arrangement with no judgment and no expectations. We are here to take risks. We are here to encourage each other, to learn from each other and to be sensitive. If we try to remember we are all struggling with something and we are all trying to get somewhere then we reduce the opportunities to pass judgment on each other and the circle remains a safe place for everyone. Meeting in a circle should not only allow us to speak from the heart but also to listen from the heart.

**Optional:** Try the finger grab game to loosen everyone up before a brief discussion to agree on a circle culture moving forward.

[https://www.youtube.com/watch?v=hqCQ\\_DZ2NNk](https://www.youtube.com/watch?v=hqCQ_DZ2NNk)

### Class Discussion:

What is integrity? What should it look like when we come together as a community in this circle?

What is respect? Does everyone deserve respect? Why or why not? What are some respectful behaviors?

What should that look and feel like when we come together here? Should there be consequences if we forget how to behave with integrity and respect?

We have established what integrity and respect should look like each time we meet here. In your Mindful Mastery Journals, finish these statements, sign and date them.

I understand what it means to act with integrity and I commit to....

I understand what it means to demonstrate respect and I commit to.

Once completed, **PLAY NEXT VIDEO**

**Activity L1:2**  
**Reflect, sketch**  
**and anchor**

**Class Discussion: Reflect**

Recall a time or identify a moment in your life where you felt proud of yourself because you faced one of your fears or you did not allow feelings of shame to hold you back. Think about a time when you backed yourself, surprised yourself in a good way and felt really good afterwards. If you cannot recall this for yourself, can you identify a moment for someone else you know? Sit with that memory for another few moments. Immerse yourself in what you can see, hear, smell, feel.

**Open Activity 1.2 Sketch**

Open the next page of your Mindful Mastery Journal and sketch and reflect. You can also jot down any words that come to mind.

What image comes to mind? Where are you? What are you doing? What emotions do you feel when you reflect on this moment or situation? Were you feeling confident, brave, sympathetic, joyful, relaxed, proud, energetic, satisfied, relieved, hopeful, pleasantly surprised, articulate? What strategies, if any, did you use to help you through the fear? What words would you use to describe what you learned about yourself? Your words might describe a skill you acquired or a personal strength you felt after this moment. Were there other people there? How do you think the other person or people felt?

**Anchor:**

You can practice anchoring a good feeling by using a trigger to recall positive feelings. This week explore triggering your memory in times of anxiety, stress or fear. Think of the feelings, join your thumb and little finger together and inhale deeply through your nose – as if you are inhaling all those good feelings. Immediately, release the finger, the breath and the memory. 'Programming' feelings like this is based on repetition so to make it truly work keep doing it! Look at your sketches now, close your eyes and practice tapping to anchor the memory to recall through the week.

<https://cognitivebehaviormanagement.com/practice-tools-techniques/technique-30-anchoring/>

**Once completed, PLAY NEXT VIDEO**

Optional Close of Circle Mindful Listening Song:

<https://www.youtube.com/watch?v=fH97x34Udek>

**DJ Hi-Tek, Talib Kweli**  
*Memories Live*