



Tenth Grade | COURAGE | Lesson 1

LESSON 1:

Focused Awareness

Student Outcomes	CSED/ SEL Model Standards
<p>Students will be able to:</p> <ul style="list-style-type: none">➤ Define focused awareness.➤ Explore situations where applying focused awareness would be beneficial.➤ Analyze the benefits of focused awareness.➤ Implement focused awareness	<p><u>SEL</u></p> <ul style="list-style-type: none">➤ Self Awareness➤ Self Management

Educator Prep

- Preview the script for the following lesson.

Lesson

Mindful Minute. “Find a comfortable position to sit or stand during our Mindful Minute. Close your eyes and focus your attention on your thoughts for one minute.”

“Researchers suggest that, on average, people have 50,000 to 70,000 thoughts per day (USC Laboratory of Neuro Imaging). That’s a lot of thoughts! We can easily be distracted from the present by thoughts about the past or future. This is part of why clearing your mind in a mindful minute is so important!

“Focusing our awareness is a skill we’ll practice throughout the Choose Love curriculum. This skill helps us to truly understand what’s happening in a given moment. This is a very helpful skill because you can apply it to anything.”

“You can use focused awareness to improve your performance in a game, like when you need to sink a game-winning free throw. You can use it to enhance communication in a relationship, like when you want to negotiate a later curfew with a parent. You can also regulate your emotional responses more easily, which will help you keep your cool on dates. It will also enhance your ability to learn and ace tests.”

“Have you ever found that your thoughts about the past or future were distracting you from really enjoying the present moment? What is an example of that?”

“Let’s practice moving our attention and focusing our awareness. For the next thirty seconds, close your eyes and focus your awareness on your breathing. Notice, without trying to change anything, what your breathing sounds like. Are you taking shallow or deep breaths? Are you breathing quickly or slowly? Just focus on it.”

“Now, focus your awareness on the distance between you and the person next to you. Notice how close or far away they feel. Notice, without changing anything, how the person is sitting.”

“Did your body change at all after you began paying attention? Did you want to sit up taller? Move closer or farther away? Or did you not feel any change at all?”

“Time is not a constraint. You can focus on past or future events, like an upcoming play or last year’s game. What are your thoughts about the upcoming theatre production? How do you feel now about last year’s game?”

“We’ll keep practicing focused awareness throughout the year, and notice how it benefits us. Right now I’d like you to close your eyes and picture yourself in a place where you feel safe, calm, relaxed, and happy. Take a few deep breaths and take a few moments to really imagine yourself in this place.”

Time permitting, you may ask for some volunteers to share and describe their spaces and places.

Social Media Extension

Students: What type of information shows up on your social media feed? What are three words you would use to describe the content of the information on your feed?

Are you more productive when you multitask?

Teacher Toolbox

Practice a Mindful Minute any time of day. Have students suggest topics to focus on during Mindful Minute practice.