Mindfulness with Teens
Presented by Ashley Gonsler

Potential Breakout Sessions:

1. **Simple Breathing Exercise**: Slide 29 Debrief. Moderators go through this list of questions. Identify someone to report back to larger group: ask times people woke up this morning and pick who woke up earliest.
   - a. Have you done anything like this before?
   - b. Did you notice anything new (ie. physical sensations)?
   - c. What do you think this would be like for teens?
   - d. Did it feel too long or short?
   - e. Which of the 4 components (paying attention, on purpose, in the present moment, without judging) was the most challenging?

2. **Mindful Movement Activity**: Slide 32 Reflection. Moderators go through this list of questions. Identify someone to report back to larger group: Ask people’s favorite colors and whomever has the same favorite as you is the speaker (or you could use blue).
   - a. What was that activity like for you?
   - b. Did you have more internal or external distractions?
   - c. Where did your mind wander? Any judgments?
   - d. How or when might you implement this activity?

3. **Mindful Eating**: Slide 38 Reflections of Mindful Eating Moderators go through this list of questions. Identify someone to report back to larger group: the person who has the next birthday coming up
   - a. Overall thoughts and impressions of the mindful eating exercise
   - b. Have you done something similar to this? Similarities vs differences
   - c. Would you do anything different to present to teens? (Examples if group needs prompts: shortened, summarized, come with snacks they could choose from)
   - d. What parts do you think could be useful in working with teens?
   - e. Numbers Group Breakout: Slide 39 & 40: Two parts – First one is facilitating the activity & then based on time, we might just head right into a larger group discussion or have the smaller groups discuss and then the moderator will report back.
1) PART 1: Make sure each person is on video AND UNMUTED within your small group.
   a. The objective is for the group to collectively count off to 15. One person at a time
      must start with the first number (1) and then the rest of the group members take
      turns adding to the sequence (2, 3, 4….) until the group gets to 15.
   b. If two or more people say the same number at the same time, you start back over
      at 1
   c. If you get to 15, you continue the sequence beginning at 1 (14,15, then 1, 2, 3…)
   d. Please watch the clock! This should not go longer than 2-3 minutes long.

1) PART 2: Numbers Debrief
   a. Go through each of these questions and have notes to present back to larger
      group:
   b. What did you notice in your group experiences?
   c. Did you feel present and alert?
   d. What’s your biggest take away, how could you adapt this for teens?
   e. Which of the 4 components (paying attention, on purpose, in the present
      moment, without judging) was the most challenging?
   f. Judgement toward self vs. others