

Mindful Moments

Activity

Resource: Ideas for Action

Grade(s): 1 2 3 4 5 6 7 8 9 10 11 12

What Is it All About?

Host this activity during lunch or right after school to promote the use of mindfulness activities as an alternative (to substance use) coping mechanism for stress. Use Mindful Moments to share positive affirmations and get your messages across about cannabis substance use.

Why Do It?

This is a low-cost activity that encourages participants to use Mindful Moments anywhere, anytime, for positive mental health and as a healthy way to manage stress. Mindful Moments may include simple and quick breathing activities, easy stretch sessions, yoga, tai chi, or meditation. These moments can also include having an expert speak about the connections between mental health and substance use.

How Do We Do It?

Consider whether this is a one-time activity, a weekly event, or offered at a few times during the year when stress may be higher.

Work with an adult ally to decide on the number and type of activities that will be organized and the date and location for each activity.

Decide what mindfulness activities to offer. Research quick activities that can be easily learned and shared, or invite an expert to lead an activity (e.g., an instructor of yoga, tai chi, qigong, and/or meditation).

Choose positive affirmations to include as part of the Mindful Moments message.

Consider having an expert speak about the connections between mental health and substance use as part of the selected activity.

Ensure that the activity offered is true to the concept of mindfulness and focuses on health and well-being.

Be sure to consider how to provide adaptations to movements in order to accommodate different experience and ability levels of all participants.

Decide on your responsibilities as a team. Who will lead the event? Who will find and invite community experts to help host the event?

Promote the event with the school social media account, posters, and public address (PA) announcements.

Ensure supports are available (e.g., peers, counsellors, adult allies, and/or other resources) in case anyone experiences retriggered trauma during the activity.

Ideas for Use in a Variety of Settings

Use a shared document for your team to choose a list of mindful activities that can be easily shared using a virtual platform, and create a list of Mindful Moment messages to share as part of the activity.

Use available technology to meet with your team and decide who will lead the activity, who will find a community expert to help with the activity, and how many activities will be run and the timing of the event.

Use your school social media platforms to promote the event.

Use available technology to run your session and share your Mindful Moment messages.

Invite a community wellness expert to do a short talk about the connections between mental health and substance use and the importance of self-care for well-being at the beginning or to conclude your virtual session.

Consider creating a list of links to articles about the benefits of mindfulness and self-care and quick, easy tips for mindfulness practice. Share your list at the conclusion of the session.

What Else Do We Need?

- Equipment needed based on planned activities (e.g. yoga mats)
- Community experts to lead the activity
- Mindful Moments activities
- Affirmations
- Space for the activity
- Space in the school or community
- Permission forms (if needed)
- Honorarium for experts (if needed)

How Do We Get Creative?

Use sticky notes for participants to record a word or phrase that captures how they feel at the end of the Mindful Moment and place their note on chart paper as they leave the space. Use these reflections to promote future Mindful Moments. Be sure to get participants' consent before posting their messages beyond the space.

Survey participants to determine questions they might have about topics such as cannabis, substance use, resilience, or mental health. Include these topics in future Mindful Moments events.

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