



## **Middle School Advisory Lessons**

### *Week of June 8, 2020*

**Advisory Activity:** These are suggested activities to help students remained engaged and promote social/emotional wellness in the larger school community.

**Monday – FREE READING TIME:** Reading increases our understanding of our own identity, improves our compassion and gives us an insight into the worldview of others. The research shows individuals who read for pleasure have higher educational outcomes, an increase of compassion, improvement in relationships, a decrease in depression and improved well-being. Researchers found that individuals who read on a continual basis experienced lower levels of stress and felt more connected to others and were happier than those who did not.

**Tuesday – REFLECTION:** Body Scan (similar audio to guide you through- [CLICK HERE](#))

When doing this meditation, remember that, as always, there's no need to strive to make anything happen. Simply observe what you find and practice letting things be for a while. When something uncomfortable grabs your attention, like pain or an itch, observe it first and see if it changes. If you find you need to address it, that's fine. Noticing that, pause and make an adjustment. In this way, the body scan provides an opportunity to practice responsiveness.

Begin by lying down or sitting in a comfortable chair. If lying down, let your arms and legs relax and fall to the sides; if seated, find a balanced and stable position. Take a few moments to notice sensations of breathing.

Expect your mind to wander, and when it does, return your attention to your feet without judging yourself or giving yourself a hard time.

Draw your attention to your feet. Notice the pressure of your feet against the floor or bed, the temperature, comfort or discomfort, itches, or anything else. Expect your mind to wander, and when it does, return your attention to your feet without judging yourself or giving yourself a hard time. Let your attention rest with your feet in this way for a few minutes.

Move attention to your lower legs. You might feel the touch of clothing or a blanket, and you might feel nothing at all. Sustain your attention without rigidly exhausting yourself. Whatever you experience, that's what you're supposed to feel right now.

After a few minutes, shift attention to your upper legs, observing them in the same way

Pacing yourself turn this some kind of attention to your abdomen and then to your chest. Notice physical sensations, such as breathing, internal feelings like hunger or fullness, and the resonance of any emotions—physical manifestations of happiness, sadness, tension, anger, feeling open or closed, and so on.

Continue turning attention to the rest of your body in the same way, spending several minutes each on your back, then your hands, then your arms. Then bring attention to your neck and shoulders, releasing tension when you're able without fighting what remains.

Finally, bring attention to your face and head, noticing expressions and reflections of emotions that occur around your mouth and eyes in particular.

Whether you feel relaxed or tense, restless or invigorated, pause before concluding. Take a moment of stillness, and then, with intention, choose when to move on with your day.

**Wednesday – FREE READING TIME:** Reading increases our understanding of our own identity, improves our compassion and gives us an insight into the worldview of others. The research shows individuals who read for pleasure have higher educational outcomes, an increase of compassion, improvement in relationships, a decrease in depression and improved well-being. Researchers found that individuals who read on a continual basis experienced lower levels of stress and felt more connected to others and were happier than those who did not.

**Thursday – FITNESS/WELLNESS:** Meditation is a mind and body practice that has a long history of use for increasing calmness and physical relaxation, improving psychological balance, coping with illness, and enhancing overall health and well-being. Mind and body practices focus on the interactions among the brain, mind, body, and behavior. Try the meditations links below.

[Meditation 1](#)

[Meditation 2](#)

**Friday – CHALLENGE:** Write a letter to yourself as a celebration of the way things were and the way things might be in the future in your own life. Choose from the following topics and then write about them in the letter to themselves. Suggested topics:

- What was great about 2019-2020 school year?
- Do you think you changed over the last year? How?
- What are your favorite and least favorite things? Think food, colors, clothes, hobbies, sports, music, classes, etc. - Do you think you will change over the next year? How and in what ways? –
- Do you have any predictions about the next year? If you could give your future self one piece of advice, what would it be?