

## Session 2

# MINDFULNESS OF THE BODY

### *Topic Overview*

Too often, we live disconnected from our bodies, mostly because we tend to think that our minds can out-think and out-will our bodies. We mistakenly believe our minds are in control. All this despite the evidence presented when we get sick or discover that we cannot control our anxiety or depression. In reality, our thoughts and emotions live in our bodies. Our minds and bodies together comprise our whole self and sense of wellbeing.

Our bodies are designed to communicate with us and give us valuable, if not life-saving information. And our ability to feel truly present, alive, and part of our environment depends on our connection with our senses. We can't simply *think* our way to mindfulness. Only when we can understand, describe, and access our bodies, can we live mindfully.

The purpose of this session is to help students deepen or reestablish connection with their bodies by noticing sensations and emotions both pleasant and unpleasant. Be watchful for students' levels of discomfort, and when that may cross over into distress. Students may disclose or exhibit past trauma that may make mindfulness of the body frightening or difficult. As always, encourage self-acceptance, and know your boundaries and limitations as a teacher. Please see Part 4 of this guide for national mental health resources you can share with your students.




### *Student Goals*


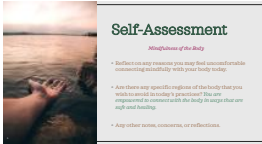
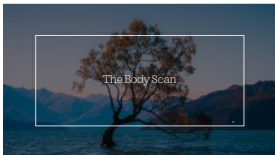
- Self-assess for trauma, triggers, or other physical concerns with body-centered mindfulness
- Connect body and mind in a guided body scan
- Make space for pain and discomfort
- Complete a mindful walking exercise
- Complete a mindful listening exercise

### *Teacher Goals*

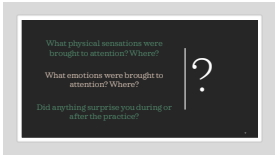

- Establish a learning setting focused on *openness*, *silence*, and *process*.
- Help students understand and develop connection between mindfulness and the body.
- Guide students' formal meditations with appropriate pacing and feeling of safety.
- Offer a varied vocabulary to label physical sensations and emotions.


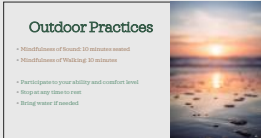
## Lesson Script

Slide	Script	Min.
	<p>Welcome students as they find their seats. Introduce any new students, check names, answer questions.</p>	0
	<p>Welcome to Session 2. Today, we are going to start with a short reflection on your experiences in the previous class and the week's homework.</p> <p>Turn to a partner sitting near you. Please introduce yourselves.</p> <p>In pairs, take turns sharing for about two minutes. There are questions on the screen to guide your conversation.</p> <p>[Ring a bell or timer after 2 minutes and ask the listening partner to now share about the questions on the slide. Allow for another 2 minutes of pair reflection.]</p> <p>Would anyone like to share something significant that came up during your pair check in?</p> <p>[Allow for approximately 5 minutes of discussion and sharing. Affirm experiences, allow for flexible answers, and encourage self-acceptance.]</p> <p>Often students express surprise or frustration that their first week of practice seems to cause <i>more</i> thoughts and sensations. This is normal when first beginning practice. It's not always an increase in thoughts so much as our new awareness of them. Students may feel increased eagerness or anxiety to experience desired results.]</p>	4
	<p>Let's now move into our grounding exercise for today. This is called Three Mindful Breaths. Together we will relax our bodies, find calm, and bring our attention and focus to the present moment: we are in class and ready to begin our session.</p> <p>Let's begin by taking a moment to settle the body into a comfortable position. Feel free to close the eyes or keep them slightly open.</p> <p>Allow the spine to lift and shoulders to soften. [Pause]</p> <p>Now take a slow, gentle inhale, resting the attention on the sensation of the air passing over the nostrils and filling the chest and abdomen.</p> <p>Notice as the inhale ends and shifts back through a slow gentle exhale. [Pause]</p> <p>Notice the sensations in the body as the air passes back out.</p>	3

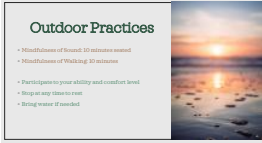
	<p>Rest for a moment and begin again. Long, slow inhale directing the attention to the sensation of air as you breathe in. [Pause]</p> <p>And long slow exhale noticing sensations. Once again rest at the end of the exhale. [Pause]</p> <p>Final breath now in. [Pause] And out. [Pause]</p> <p>When you're ready, ground yourself back into the present moment and open the eyes.</p>	
	<p>Our session's focus today is on "mindfulness of the body." Please know that today, we will be spending part of class outside, sitting and walking. We're going to pay attention to physical sensations, recognizing the body and experiencing it fully.</p> <p>So often, we pay attention to the mind, its thoughts and worries. Or we pay attention to what's around us: work, friends, traffic. We can fail to listen to the body or allow it to tell us important information.</p> <p>Mindfulness of the body is about bringing the mind and body back into connection. We can better know our own thoughts when we experience them <i>through</i> the body. Our formal meditations today will pinpoint specific sensations in specific parts of the body.</p> <p>The body can help us detect when the attention wanders. The body can also become an object of focus in mindfulness practice.</p>	2
	<p>Before we go into the meditation, we'll complete a short reflection and assessment about our comfort level with focusing on physical sensations.</p> <p>Take a moment and respond to the questions on the screen, knowing that I'll be reading them, but that they will be kept confidential.</p> <p>[Allow 3 minutes for students to write their responses. Collect and store them somewhere confidential.]</p> <p>Please keep in mind that today, and in every session, we participate to our ability and comfort level, whatever our boundaries for safe and healing practices may be.</p>	3
	<p>Let's move into our formal practice: The Body Scan.</p> <p>By tuning into the physical being in an intentional way, we deepen the mind-body connection. This practice can also help better manage pain, locate the presence of emotion within the body, and deepen our experience of relaxation.</p> <p>[Slow your reading pace now.]</p>	15

	<p>Find a comfortable, resting and alert position. Close the eyes and witness the breath. With the inhale, feel an expansion spreading throughout the body. With the exhale, explore a softening. Take several mindful breaths. In and out. Resting between. Noticing the breath.</p> <p>[Allow for 5-10 mindful breaths.]</p> <p>We will be bringing our attention to different parts of the body. Notice sensations at each point. Don't try to push the body to relax. Just take notice of the body.</p> <p>Begin at the top of the body, with the head and face. Witness the top of the head and the scalp. Notice the sensations. They may be hot or cold. They may be tingling or numbness or no sensation at all. [Pause]</p> <p>Now, notice the face, moving downward from the forehead, the brow, the eyes, the bridge of the nose, the cheek bones, the ears, the lips, the inside of the mouth, the tongue, the jaw. Witness all parts of the face and notice the sensations. Try and name the sensations if you can. Itchy, tense, watery, guarded, loose. [Pause]</p> <p>There is no need to change any sensation. The purpose is to notice what is happening without judgment. Simply witness.</p> <p>Move the body scan down the neck. Notice sensations in the throat, the back of the neck. Notice the shoulders, their tops and the blades. We often hold tension in the shoulders. [Pause]</p> <p>Scan the upper arms, down to the elbow, the forearms, the wrists, the hands, the tips of the fingers. [Pause]</p> <p>Name the sensations. Heavy, light, moisture, dryness, pulsing, pain, discomfort, numbness. Be curious about the sensations. [Pause]</p> <p>Notice the upper back, the spine, the chest, the lower back, around front to the stomach. Notice the breath in these areas. Notice the heartbeat. Notice the sensations here. Notice any emotions that surface. What feelings are associated with this part of the body? [Pause]</p> <p>Pull the attention down to the lower body. Notice the abdomen, the hips, the tailbone, the pelvis. Where pain is present, practice breathing into these areas, holding them in your open, compassionate awareness. [Pause]</p> <p>Move the attention down through the right leg first, from thigh, to knee, to shin, to calf. Now ankle, top of the foot, ball of the foot, arch of the foot, heel, all of the toes. [Pause]</p> <p>Bring the attention back to the top of the left leg and move down just as before, from thigh, to knee, to shin, to calf. Now</p>	
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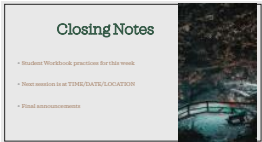

	<p>ankle, top of the foot, ball of the foot, arch of the foot, heel, all of the toes. [Pause]</p> <p>Hold the awareness of the entire body at once. Allow the breath to flow in and out. Notice the sensation of breathing in the entire body. Notice the whole self sitting here, right now. Notice the self in the breaths. [Pause to allow 3 breaths]</p> <p>Let's explore some slight movements. Bring awareness to the feet. Raise the toes and lower them. Continue to breathe. Notice any changes when you move part of the body. Any changes in sensation or feeling. [Pause]</p> <p>Bring the awareness to the face. Raise the edges of the mouth into a very slight smile. Notice anything that changes. Notice what feelings arise. Notice what thoughts come. If you'd like, bring to mind someone you care about. Imagine their face smiling at you. Wish this person well. [Pause]</p> <p>Let's return to grounding. Return the attention to the breath. In and out. Notice the flow of air through your nose. Sitting in quiet attentiveness, notice the breaths. Notice the chair. Notice the feet on the floor. [Pause]</p> <p>When ready, bring the awareness into the full body, the room around, the people, the lights. Open the eyes.</p>	
	<p>Thank you for your attention during our practice. You can take a minute to reflect, either by writing or just thinking of your answers to the questions on the slide.</p> <p>[Allow 3 minutes for reflection time.]</p> <p>Would anyone like to share their reflections or thoughts on the body scan meditation?</p> <p>[Allow up to 8 minutes for sharing and discussion. Affirm experiences, invite flexible answers, share not-knowing.]</p>	12
	<p>During the body scan, you may have noticed some unpleasant sensations in certain parts of the body. Pain, discomfort, tension, heat, cold, trembling, tender, aching, tingling. These are all normal.</p> <p>We can practice making space for pain and discomfort, noticing them without judgement. This way, we notice our struggles, meet them with caring presence and retraining the mind. Rather than being controlled by every challenging situation, you can notice it, allow it to be present, and move forward.</p> <p>[Pause briefly and slow your reading pace to allow time for students to engage in the practice.]</p> <p>For this practice, find a comfortable position. Give yourself a minute to settle. Breathe deeply, allowing the mind and body to relax with each exhale.</p>	12

	<p>Recognize how the mind and body feel right now. Without ignoring the unpleasantness, invite in calmness.</p> <p>Pay attention to any painful <i>physical</i> sensations you are experiencing. Notice what part of the body holds the location of the pain. [Pause.]</p> <p>Pay attention to any painful <i>emotions</i> you are experiencing. Ask if it is sadness, fear, frustration, or disappointment. [Pause.]</p> <p>Just notice the general tone and experience in the body. Begin making space for the emotion or the pain by offering a few phrases of compassion.</p> <p>Remember, our intention to care for the pain rather than push it away. Offer these phrases to the pain or difficulty:</p> <p><i>You are welcome here.</i>  <i>There is space for you.</i>  <i>May I welcome you with compassion.</i></p> <p>Continue to offer the phrases to the pain or the emotion:</p> <p><i>You are welcome here.</i>  <i>There is space for you.</i>  <i>May I welcome you with compassion.</i></p> <p>Tend to the experience with an open and caring heart.</p> <p>[Pause and repeat the phrases as students engage in the practice. Allow 5 minutes, repeating every minute or so.]</p> <p>Beginning to wrap up, we return to the breath. Notice the inhale and exhale, the sensation of air flowing through the nose and into the body. Breathe and soften the body.</p> <p>Let the shoulders drop down, allow the jaw to relax, and soften the muscles in the abdomen.</p> <p>When ready, open the eyes.</p> <p>[Announce the break, length, time to return, location of bathrooms and water.]</p>	
	<p>Break/Transition</p> <p>5-10 minutes, <i>depending on the conditions of the class</i></p>	
	<p>Welcome back. We're going to hold the next portion of class outside.</p> <p>[If you can, lock the room to secure all belongings. Otherwise, have students gather their things. You need an outside space</p>	<p>10</p>

	<p>big enough to accommodate your class size, ideally with a variety of places to sit-grass, benches, ledges, chairs, shade. If you are unable to find our use an outdoor space, both the sound and walking practice can be completed indoors with adequate room to move comfortably.</p> <p>Settle the class into the outdoor space and introduce the next practice. Slow your reading pace and allow students to fully engage in the practice.]</p> <p>We will make use of sounds instead of imagery to bring awareness to self.</p> <p>In mindfulness practice, the focus is often on the feelings in the body and the thoughts in the mind. However, tuning in to your other senses can facilitate a strong feeling of presence and awareness. You can use the sounds around you as the object of your awareness.</p> <p>Sounds come and go throughout your day and offer a consistent focal point for your mindful attention-no matter where you live or what you do for a living, it's nearly impossible to remove all sound.</p> <p>During this meditation, we will investigate the experience of hearing. You can also bring this practice into your life, pausing to listen closely to the sounds around you at any point during your day.</p> <p>Begin by finding a comfortable posture and allowing the eyes to close. Bring your awareness to the breath, but instead of focusing on the physical feeling of breathing, listen to the sound of the body breathing.</p> <p>Inhaling and exhaling through the nostrils, listen closely to any noises coming from the breath.</p> <p>Open up the awareness to the other sounds present. [Pause]</p> <p>Whatever sounds are present, tune in to them. [Pause]</p> <p>The mind habitually recognizes what it hears. When a car goes by, we immediately know it is a car. Instead of identifying and defining what each sound is, try to focus on the actual <b>experience of hearing</b>. Imagine the ears as microphones, just picking up sound. [Pause]</p> <p>Recognize the rising and passing of the noise, how far away it appears, and from what direction it is coming. As one sound grabs the awareness, tune in to it for a few moments. Experience the sound fully. Then, open the mind and listen for other noises. [Pause]</p> <p>Listen. Investigate. Open up the self to sound. [Pause]</p>	
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	<p>Slowly, return to the breath. Without forcing or straining, encourage the mind to collect itself fully onto the sound of the breath in the body. [Pause]</p> <p>Opening the eyes and moving back into the moment, maintain some awareness of the sounds all around.</p>	
	<p>Let's stay outside for the next practice. We're going to walk together.</p> <p>This walking meditation allows you to feel grounded and leave the stress and anxiety behind. Generally, when you walk, it is from one point to another, being constantly in motion to get somewhere. Mindful walking has a deliberate purpose: with each step you are arriving in the present moment.</p> <p>We all learn to walk as babies and have probably done it every day since then without a second thought. We take for granted the ability of our feet to balance our body. Mindful walking develops awareness of your body. You begin to notice the movement of each foot.</p> <p>In the beginning before lifting the other foot, you should finish one step completely. Let's take a few complete steps. <i>Lift the foot, move the foot, place the foot. Lift the other foot, move the foot, place the foot.</i></p> <p>We'll take about 25 steps in one direction, then turn around and take 25 steps back the same way we came.</p> <p>[Arrange students with enough space to take about 25 steps forward and then back, without crossing into anyone else's path.]</p> <p>First, feel the body standing on the ground. Notice your surroundings for a moment. Take in the sounds, sights, smells, the feel of the air. Acknowledge the emotions and thoughts.</p> <p>Now, begin to walk, paying attention to the movement of your body, not only your feet but your entire body — the side to side movements of the hips, the back and forth swing of the arms. [Pause]</p> <p>Focus on the weight on one leg as the other lifts up, moves, forward, and is placed back on the ground. [Pause]</p> <p>Notice the shift in weight to the other leg. Foot up, foot forward, foot back on the ground. [Pause]</p> <p>Notice the sensation on the bottom of the feet, from the tips of your toes to the back of your heel, as each foot touches the ground. [Pause]</p> <p>Be solely focused on each step. One step at a time, walk with mindfulness.</p>	8



	<p>[After about 6 minutes, bring the group back to grounding.]</p> <p>Stand with both feet on the ground. Feel the bottoms of the feet. Acknowledge the whole body, the sensations, the emotions, the world around. Take a deep breath. Let's return to our room for the final part of class.</p>	
	<p>Thank you for the mindful listening and mindful walk. When we turn our mindfulness to the body, it's important that we not only acknowledge the sensations and emotions that arise, but that we name them as well.</p> <p>In this exercise, we will label where the attention went during our practices today. For example, during the body scan, did the attention go to "planning" or "worrying." During the walk, did the attention go to "itching" or "aching." Labeling helps lower our reactivity to the sensation.</p>	1
	<p>[Use the two lists at the end of this script to help students label emotions and sensations. You can provide copies or project the lists on screen while students journal.]</p> <p>Your list is a powerful observation of the body. As you go forward into your week, remember to tune into the body and the messages it may be sending. Locate and label what you feel. Notice without judgment.</p>	
	<p>Closing tasks:</p> <ul style="list-style-type: none"> <li>• Introduce the week's homework options</li> <li>• Answer questions</li> <li>• Announce the next session's date/time/location</li> <li>• Provide your contact information</li> <li>• Gratitude</li> </ul>	
		

### Labeling Sensations

Tender	Sensitive	Bruised	Achy	Sore	Tense	Tight	Nauseous
Shaky	Trembly	Throbbing	Pounding	Fluttery	Shivery	Queasy	Wobbly
Bubbly	Dizzy	Spacey	Breathless	Prickly	Electric	Tingling	Nervy
Twitchy	Burning	Radiating	Referring	Buzzy	Itchy	Wooden	Congested
Dull	Dense	Frozen	Icy	Disconnected	Thick	Blocked	Contracted
Heavy	Suffocated	Cold	Numb	Closed	Dark	Hollow	Empty
Tense	Tight	Constricted	Clenched	Knotted	Hot	Full	Sweaty
Calm	Energized	Smooth	Streaming	Warm	Cool	Relaxed	Open
Light	Spacious	Airy	Releasing	Expanded	Expansive	Flowing	Floating
Fluid	Draining						

### Labeling Emotions

Acceptance	Affection	Aggression	Ambivalence	Apathy	Anxiety
Boredom	Compassion	Confusion	Contempt	Depression	Doubt
Ecstasy	Empathy	Envy	Embarrassment	Euphoria	Forgiveness
Frustration	Gratitude	Grief	Guilt	Hatred	Hope
Horror	Hostility	Homesickness	Hunger	Hysteria	Interest
Loneliness	Love	Paranoia	Pity	Pleasure	Pride
Rage	Regret	Remorse	Shame	Suffering	Sympathy
Anger	Sadness	Disgust	Joy	Calm	Amusement
Excitement	Peace	Satisfaction	Relief	Stress	Gloomy
Fear	Miserable	Heartbroken	Thrill	Dread	

## Assessment

Student	P	D	NI
Effortful engagement and desire to understand the material. <i>Notes:</i>			
Ability to connect to the body in practice within personal comfort zone.			
Met challenges, difficulties, blocks, or limitations with openness and curiosity.			
Teacher	P	D	NI
Facilitated safe practices of mindfulness of the body.			
Responded to questions and issues with compassion.			
Kept class structured, on time, and at a reasonable pace.			

**P = Proficient.** Attempted and completed with demonstrated mastery, success, ability, or required skill.

**D = Developing.** Attempted with strong effort and partially demonstrated mastery or success. The basic concept is understood, and the individual requires minimal/some additional coaching or practice to enhance ability, develop skill, and achieve mastery.

**NI = Needs Improvement.** Attempted with partial or incomplete understanding of the basic concept. Additional instruction, repetition, research, discussion, coaching, and/or practice is required to strengthen understanding, promote ability, confer skills, and/or approach mastery.

*Journal*

Session 2 reflections, questions, and thoughts.

*Teaching*

*Students*

*Practice*

*Other*