Mindfulness Coping Skills Jenga

**Focus:** Stress Management

**Age Group:** 9th-12th Grade

**Instructional Time:** 40 Minutes

**Rationale:** Mindfulness is the act of focusing one’s attention on the present moment. This activity is intended to be used with High School students that have been previously assessed and identified to be experiencing stress within school. By engaging the students in a board game and familiarizing them with the concept of mindfulness, the students are provided an opportunity within the school to alleviate stress and relax.

**Objectives:**
- Students will be introduced to and participate in mindfulness techniques
- Students will learn skills that can help them cope with stress
- Students will engage in self reflection
- Students will reduce their negative thoughts
- Students will feel relaxed

**Materials:**
- Jenga board game
- Mindfulness Coping Skills labels
- Scissor
- Glue
- Paper
- Pencils
- Books

**Common Core Standards:**

CCSS.ELA-LITERACY.CCRA.SL.1
- Prepare for and participate effectively in a range of conversations and collaborations with diverse partners, building on others’ ideas and expressing their own clearly and persuasively.

**ASCA Standards:**

PS:A1 Acquire Self-Knowledge
- PS:A1.1 Develop positive attitudes towards self as a unique and worthy individual
- PS:A1.2 Identify values, attitudes, and beliefs
- PS:A1.5 Identify and express feelings
- PS:A1.6 Understand the need for self control and how to practice it
- PS:A1.10 Identify personal strengths and assets

PS:A2 Acquire Interpersonal Skills
• PS:A2.1 Respect alternate points of view
• PS:A2.3 Recognize, accept, respect and appreciate individual differences

PS:B1 Self-Knowledge Application
• PS:B1.3 Identify alternate solutions to a problem

PS:C1: Acquire Personal Safety Skills
• PS:C1.10 Learn techniques for managing stress and conflict

Procedure:
• Create the game by cutting out and gluing one “Mindfulness Coping Skills label” onto each Jenga piece.
• Stack the Jenga pieces to form a tower
• Each group member takes a turn pulling a Jenga piece from the tower.
• Once a piece is pulled from the tower, the participant follows the directions. Some question pieces include group participation, paper, pencils, and a book. So, have some extra paper, pencils, and a book available.
• Encourage students to participate in group discussion after each Jenga piece is pulled.
• Students must try to prevent the Jenga tower from falling, but if it does fall before the session time is over, quickly restack it and continue playing until the 40-minute session is over.

Follow Up/Assessment:
• This activity will be followed up with other lesson plans in relation to more stress management skills, understanding stress and anxiety, and maintaining relaxation. Students will be given the “School Stress Assessment” (See Assessments Section) before the first activity, immediately after the last activity, and 1 month after the last activity. Counselors will measure whether or not the stress levels have decreased since the first assessment. Counselors will monitor students carefully and provide further individual counseling when necessary.

MINDFULNESS COPING SKILLS LABELS
Practice Deep Breathing

Breathe in deeply through your nose and slowly out your mouth ten times. Imagine smelling a flower & blowing out a candle.

Imagine a Safe Place

Close your eyes and describe in detail a calm scene, such as a lake or the ocean.
Listen to Music 🎵

Name some musicians, songs, or instruments that you can play when you are stressed.

Take a Short Walk

Describe in detail where you could take a short walk when you need a break.
Look Out The Window

Concentrate on something peaceful, like a tree or a cloud. Share what you notice.

Get Your Body Moving

Do an exercise, such as 10 jumping jacks or 10 wall push-ups. How do you feel after?
Ask for Help

Seek out a trustworthy person. Practice by asking someone for help with a problem you have.

Count Numbers

Imagine numbers with different shapes and colors. Count to 30. Describe what you noticed.
Smile
Hold a smile on your face for thirty seconds. How do you feel after?

Listen to Sounds
Focus on the sounds in the room. Imagine the sound waves going in your ears. Describe what you notice.
Visualization
Close your eyes and imagine your worries floating away from your mind. Describe what you notice.

Curiosity
Name one thing that you are curious about right now. What makes you interested?
Ride The Wave

Describe yourself riding a wave at the beach.

Circle 8’s

Point your finger towards the wall and widely motion it into the number eight. Follow with your eyes 8 times. How do you feel?
Watch The Clouds
Notice the clouds outside, or draw a picture of clouds. Make up a story of the images.

Judge A Book By Its Cover
Find a picture book. Look at the pictures. Without reading the words, make up a story.
Sing Your Song

Hum or sing your favorite song.

Balance Exercise

Stand still in an open space. Extend your arms. Lift your left foot and then right foot off the ground for 20 seconds each.
Positive Thoughts

Name two kind thoughts you can say about yourself.

Future Goals

Describe what you want to be when you grow up and why.
Happy Thoughts

Share 2 happy thoughts.

Tickets to Fun

If you could get a ticket to any place in the world, where would it be? How do you feel when you think about this?
Ice Cream

Think of your favorite flavor ice cream. Describe what you would include to make an ice cream sundae. How does it taste?

Favorite Memory

What is your favorite memory and why? How do you feel when you think about it?
**Slow Your Heartbeat**

Close your eyes. Focus on your breathing. Imagine your breath going in and out of your body. Try this for 30 seconds.

**Draw a Picture**

Everyone in the room, draw a picture of three things that make you happy. Describe it.
Celebrity Living

Think of your favorite TV character. Describe what it would feel like to live their life.

Pride

Name one thing that makes you proud. Explain why.
Memory
Share a happy memory about your family that makes you smile.

Laugh
What makes you laugh?
Describe the experience while you try to laugh.
Memories

Share a favorite memory. Who was there, who were you with, how did you feel?

Happy Poem

Create a short happy poem. Start each line with a letter in the word H.A.P.P.Y.
Being Kind To Others

What is something you could do that would cheer someone else up? How will you then feel?

Being Kind To Yourself

What is something you could do for yourself that would make you feel good?
Mindfulness

Describe in detail something in the room that makes you smile.

Mindfulness

Describe in detail something in the room that would help relax you. Then, try it out.
Dream Vacation

Describe your dream vacation. Who would be with you? What would you do for relaxation?

Favorite Pet

Describe your favorite pet. (Color, size, sounds, behavior)
Safe Place

Draw the safe place that you can go to in your mind when you are scared or upset?

Superhero

If you can have one superpower for a day, what would it be and why?
Safe Place

Pretend you are in your imaginary safe place. Role play what you can do there to help to calm yourself down.

Role Model

What would your role model do to calm down when they are stressed or upset.
**Best Friend**

What helps your best friend calm down when they are upset?
Role play it.

**Hive Five**

Give everyone in the room a high five with a huge smile.
Exercise
Make up an exercise routine for the next 20 seconds.

Funny Face
Make a funny facial expression and hold it for 20 seconds.
**Muscle Relaxation**

Everyone, make a fist and hold for 10 seconds, while breath in. Release for 10 seconds while you breathe out.

Repeat 10 times.

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**Muscle Relaxation**

Everyone, tighten your toes for 10 seconds, while breath in. Release for 10 seconds, while you breathe out.

Repeat 10 times.
**Multitasking**

Everyone, balance a pencil on your nose while you twirl your arms. Who can last the longest?

**Nature**

Describe in detail your favorite thing about nature.
**Favorite Smells**

Describe your favorite smells (i.e. food, perfume, nature...) and share why. What memories do the smells bring back to you?

**Silence**

Everyone, sit in silence for 60 seconds. After, share what the experience was like.
Fly A Kite

Everyone, draw a picture of flying a kite. Share what it feels like when you imagine flying the kite for real.

Journal

If you were to write in your journal tonight, what would be the topic and why?
This lesson plan was adapted from: