





Pacing Guide and Supporting Activities: **Practicing Mindfulness During Back-to-School Transition**






Grade Band: **Grade 6-8** | Duration: **5 Days**





Overview: Students watch BrainPOP’s Mindfulness movie and engage in accompanying activities to learn techniques they can practice when feeling overwhelmed. Then they explore the Back-to-School 2021 topic, and consider how they can apply mindfulness strategies as they make the transition back to in-person learning.

Unit Goal: Students produce a movie, using BrainPOP’s Make-a-Movie tool, to describe how mindfulness can help ease back into the school year..

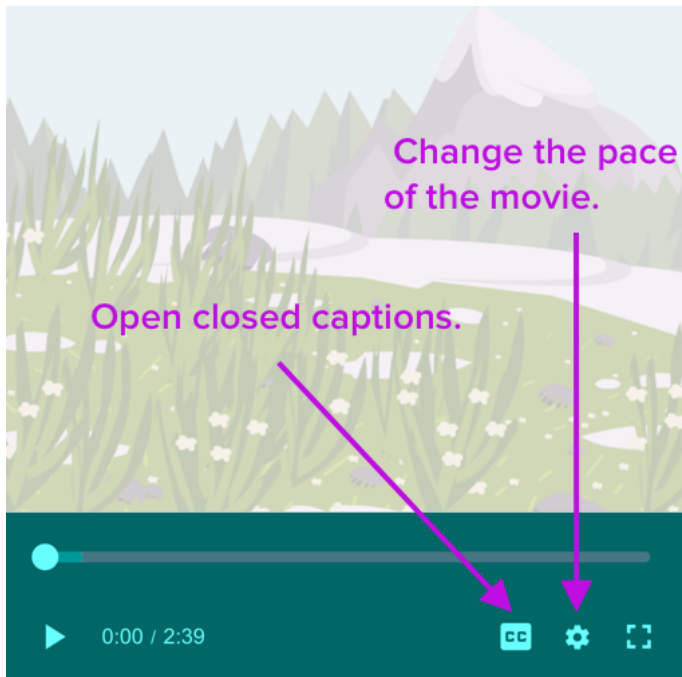
BrainPOP Topics: (1) Mindfulness (2) Back to School 2021

	DAY 1 - 30 Min	DAY 2 - 30 min	DAY 3 - 30 min	DAY 4 - 40 min	Day 5 - 30 min
<p>Build Background</p> <p>Watch the movie, pausing to reflect on content.</p>	 <p>Watch Movie: Mindfulness</p>	 <p>Re-watch Movie and Discuss: Mindfulness After watching, ask <i>What are some examples of your own “brain chatter”?</i></p>	 <p>Watch Movie: Back to School 2021 After watching, ask <i>Which strategy will you try as you transition back to school this year? Explain the strategy</i></p>	 <p>Re-watch Movie and Discuss: Back to School 2021 Before watching, ask <i>What is most challenging for you about returning to school this year?</i></p>	<p>Re-watch Movies (optional):</p> <p>Mindfulness</p> <p>Back to School 2021</p>

			and why that's the one you will most likely try.	How can mindfulness strategies help you?	
<p>Think & Do</p> <p>Engage with a feature or tool.</p>	 <p>Apply Knowledge:</p> <p>Mindfulness</p> <p>After reading the In Depth passage, ask <i>Which mindfulness strategy would you like to try? Why?</i></p>	 <p>Apply Knowledge:</p> <p>Mindfulness</p> <p>Students do the mindfulness exercise and record their results.</p>	 <p>Apply Knowledge:</p> <p>Back to School 2021</p> <p>Students rewrite statements to demonstrate a growth mindset. Then prompt them to describe how practicing mindfulness can help with a growth mindset.</p>	 <p>Apply Knowledge:</p> <p>Back to School 2021</p> <p>Students identify mindfulness strategies that help with the back to school transition.</p> <p>See Make-a-Map tutorial.</p> <p>View rubric.</p>	 <p>Apply Knowledge:</p> <p>Back to School 2021</p> <p>Using their Make-a-Map notes from Day 4, students make a movie answering the question How can mindfulness help with the transition back to school?</p> <p>View rubric.</p>

<p>Assess</p> <p>Demonstrate understanding.</p>	 <p>Test Yourself:</p> <p>Mindfulness</p>	 <p>Challenge yourself:</p> <p>Mindfulness</p>	 <p>Test yourself:</p> <p>Back to School 2021</p>		 <p>Share and discuss:</p> <p>Students share and discuss their movies.</p>

Movie Viewing Tips



Standard	Activity
<p>SL.6.1.D Review the key ideas expressed and demonstrate understanding of multiple perspectives through reflection and paraphrasing.</p> <p>SL.7.1.D, L.8.1.D Acknowledge new information expressed by others and, when warranted, modify their own views.</p> <p>L.6.4, L.7.4, L.8.4 Determine or clarify the meaning of unknown and multiple-meaning words and phrases based on grade reading and content, choosing flexibly from a range of strategies.</p> <p>RI.6.2, RI.7.2, RI.8.2 Determine a central idea of a text and how it is conveyed through particular details; provide a summary of the text distinct from personal opinions or judgments.</p> <p>RI.6.1, RI.171, RI.8.1 Cite textual evidence to support analysis of what the text says explicitly as well as inferences drawn from the text.</p>	<p>Build Background</p> <p>Watch and discuss movies:</p> <p>Mindfulness</p> <p>Back to School 2021</p>
<p>RI.6.7 Integrate information presented in different media or formats (e.g., visually, quantitatively) as well as in words to develop a coherent understanding of a topic or issue.</p> <p>RI.7.8 Trace and evaluate the argument and specific claims in a text, assessing whether the reasoning is sound and the evidence is relevant and sufficient to support the claims.</p> <p>RI.6.1, RI.171, RI.8.1 Cite textual evidence to support analysis of what the text says explicitly as well as inferences drawn from the text.</p>	<p>Think & Do</p> <p>Related Reading: Mindfulness</p>
<p>RI.6.3, RI.7.3, RI.8.3 Analyze in detail how a key individual, event, or idea is introduced, illustrated, and elaborated in a text (e.g., through examples or anecdotes).</p>	<p>Think & Do</p>

<p>W.6.2, W.7.2, W.8.2 Write informative/explanatory texts to examine a topic and convey ideas, concepts, and information through the selection, organization, and analysis of relevant content</p>	<p>Worksheet: Mindfulness</p> <p>Worksheet: Back to School 2021</p>
<p>W.6.2, W.7.2, W.8.2 Write informative/explanatory texts to examine a topic and convey ideas, concepts, and information through the selection, organization, and analysis of relevant content.</p> <p>RI.6.7 Integrate information presented in different media or formats (e.g., visually, quantitatively) as well as in words to develop a coherent understanding of a topic or issue.</p> <p>RI.7.8 Trace and evaluate the argument and specific claims in a text, assessing whether the reasoning is sound and the evidence is relevant and sufficient to support the claims.</p> <p>RI.8.7 Evaluate the advantages and disadvantages of using different mediums (e.g., print or digital text, video, multimedia) to present a particular topic or idea.</p> <p>SL.6.4, .SL.7.4 Present claims and findings, sequencing ideas logically and using pertinent descriptions, facts, and details to accentuate main ideas or themes; use appropriate eye contact, adequate volume, and clear pronunciation.</p> <p>SL.8.5 Integrate multimedia and visual displays into presentations to clarify information, strengthen claims and evidence, and add interest.</p>	<p>Think & Do</p> <p>Make-a-Movie: Back to School 2021</p>
<p>W.6.2, W.7.2, W.8.2 Write informative/explanatory texts to examine a topic and convey ideas, concepts, and information through the selection, organization, and analysis of relevant content.</p> <p>LRI.6.7 Integrate information presented in different media or formats (e.g., visually, quantitatively) as well as in words to develop a coherent understanding of a topic or issue.</p>	<p>Think & Do</p> <p>Make-a-Map: Back to School 2021</p>

<p>RI.7.8 Trace and evaluate the argument and specific claims in a text, assessing whether the reasoning is sound and the evidence is relevant and sufficient to support the claims.</p>	
<p>RI.6.1, RI.171, RI.8.1 Cite textual evidence to support analysis of what the text says explicitly as well as inferences drawn from the text.</p>	<p>Assess</p> <p>Quiz: Mindfulness</p> <p>Quiz: Back to School 2021</p>