Holding Your Seat: a Mindfulness Exercise

By Daniel Goldsmith

Out of Class

In Class (Instructor)

In Class (Students)

Begin Here.

10 minutes

Instructor:

- Discusses the potential occupational hazards that can put a person at risk of becoming traumatized
- Shows **Video Clip 1** discussing exposure to trauma
- Shows **Video Clip 2*** discussing what a traumatized person experiences

Video Clip 2 also provides a conceptual introduction for the meditation exercise later during the class

5 minutes

Students get into **groups** of 3-4 to discuss their reaction to the two video clips

5 minutes

Students discuss their reactions as a class

01

5 minutes

As preparation for the meditation exercise, **instructor**:

- Shows **Video Clip 3** discussing a metaphor for meditation
- Describes the type of meditation students will be performing

15 minutes

Students:

- Find a place in the class where they can sit comfortably
- Perform instructor-led meditation*

*Steps are included in 'Guided Mindfulness' PDF

02

5 minutes

Students reflect on:

- How they felt during meditation
- How they felt after meditation

10 minutes

In **groups** of 3-4, students discuss their meditative experience

10 minutes

Students discuss their meditative experience as a class

03

5 minutes

Instructor:

- Address common misconceptions during class discussion*
- Answers any student questions

*Can use **Video Clip 4** to address misconceptions if needed

5 minutes

Instructor:

- (Optional) Hands out meditation FAQ and discusses it
- Discusses how meditation can be used as a tool to cope with everyday stressful situtations in student life or in professional life

Individual Work

Work in Groups

Whole Class

Writing

Discussion

Simulation

Instruction

Video