



# One Quiet Minute

Samples Pages



Instruction Book



Workbook



Generalization Strategies



Lyrics and Picture Book

The following excerpts from One Quiet Minute Instructional Book are intended to give potential customers a peak into various program components. These materials are not complete or contiguous and therefore should not be used for teaching purposes.

For additional information regarding One Quiet Minute and other mindfulness-based social and emotional learning modules visit [www.mindfultyouthproject.org](http://www.mindfultyouthproject.org)



**One Quiet Minute**

Instruction Book: Sample Pages



### Introduction

One Quiet Minute provides children with an engaging and highly structure approach to a core mindfulness practice: silent sitting. This practice strengthens impulse control, calms the body and mind and improves attention; factors correlated with increased early language development, academic learning, social functioning, emotional control, and improved behavior.

Furthermore, early childhood - a time marked by rapid brain growth - may constitute a window of opportunity during which growth in these areas sets the stage for positive outcomes in wellbeing, prosocial behavior, and academic achievement for years to come.



## One Quiet Minute

### Goals/Objectives

**At school** One Quiet Minute can be used to support:

- Impulse control
- Attentional control
- Calming after an upset
- Transitions
- Beginning/end of the day routines
- Paying attention to the needs of others
- Time-ins following misbehavior

**At home** One Quiet Minute can also be used to support:

- Morning and bedtime routines
- Long car and plane rides
- Calming and focusing before and after stressful events
- Deeper relationships with caregivers and siblings
- Concentration



# Addressing Common Core Standards

Social emotional skills are implicitly built into Common Core State Standards in three fundamental ways:

1) They support **self awareness and management** needed for learning in general.

2) They build **interpersonal understanding and wellbeing** which is both a general factor in quality education as well as a critical skill woven into several specific standards.

3) They encourage **emotional literacy** which directly relates to several English Language Arts Standards.

The following pages offer specific examples (relevant to early childhood) that link Common Core State Standards with social emotional skills for each of the three categories listed above. These examples are not meant to be exhaustive.



# Addressing Common Core Standards

Sample **Common Core Standards** in the domain of **speaking and listening** that are addressed by the One Quiet Minute Module:

- Participate in collaborative conversations with diverse partners about *kindergarten topics and texts* with peers and adults in small and larger groups  
(CCSS.ELA.LITERACY.SL.K.1).
- Confirm understanding of a text read aloud or information presented orally or through other media by asking and answering questions about key details and requesting clarification if something is not understood  
(CCSS.ELA.LITERACY.SL.K.2).
- Describe familiar people, places, things, and events and, with prompting and support, provide additional detail  
(CCSS.ELA.LITERACY.SL.K.6).
- Speak audibly and express thoughts, feelings, and ideas clearly (CCSS.ELA.LITERACY.SL.K.6).



## Recommended Use: Overview

### Phase 1: Introduction

- Timeframe: 1-4 sessions
- Essentials: Introductory Video

### Phase 2: Skill Building

- Timeframe: 8+ sessions
- Essentials: Practice-Along Song
- Additional materials: Lyrics & Picture Book, Workbook, and Fill-in-the-Blank Song.

### Phase 3: Generalization

- Timeframe: 4+ sessions
- Essentials: Generalization Strategies

**Tip:** Mindfulness practice, like exercise, is most effective when done on a regular basis. One Quiet Minute and other MYP activities should be presented at least 3 times per week over the course of 2-3 months for best results.



### Recommended Use: Phase #3

The **Background Music** track is an instrumental version of the One Quiet Minute Song that can be used to prompt/reinforce focused attention, stillness, and relaxation during other activities.

The music serves as a mnemonic device, helping children remember and generalize skills learned during the One Quiet Minute Song/Video into other areas of learning.

For example, you can play the One Quiet Minute Background Music track during:

- Quiet work times
- Rest and relaxation
- Preparation for transitions
- Physical activity
  - Yoga/stretching
- Waking and bedtime routines
- ...and more



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**One Quiet Minute**

Workbook: Sample Pages



## Instructions

The following pages contain visual supports and activity ideas to be used in conjunction with other aspects of the One Quiet Minute Module. These components help children crystallize skills exercised in the song/video related to impulse control and attention, while preparing them to generalize these skills and support other vital social and emotional competencies.





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- Pgs 27-28

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- Mobile

- Pgs 31-37

- Picture It: Calm and Focus

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- ...and more

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## One Quiet Minute

### Practice Variations

Stillness and silence are challenging to obtain, especially for energetic young bodies and minds. To further support children in this practice the following activity ideas can be used during the One Quiet Minute Practice-Along Song to add structure and interest.

**Tip:** Giving children a choice between different practice variations can foster buy-in and increased engagement in the activity.





# Practice Variations: Blowing Bubbles

**What you'll need:** Bubble mixture and a bubble wand.

**What you'll do:** During the silent sections of the song ask participants to remain quiet and still while watching you blow bubbles.

For additional structure you can ask participants to silently count the number of bubbles you blow.

**A fun adaptation:** You can also ask participants to blow bubbles for themselves or for other members of the group.

**Tip:** Having children blow bubbles can be a powerful strategy for calming down after an upset. Encourage children to focus on breathing: taking deep inhales and making their exhales long and steady as they blow an even stream of bubbles.

The following excerpts from One Quiet Minute Generalization Strategies are intended to give potential customers a peak into various program components. These materials are not complete or contiguous and therefore should not be used for teaching purposes.

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**One Quiet Minute**

Generalization Strategies: Sample Pages



### Instructions

The following pages contain generalization tips and activities to be used in conjunction with other aspects of the One Quiet Minute Module. These components build on skills exercised in the song/video and make meaningful links between impulse and attention control and other vital social and emotional skills, including:

- Self Awareness
- Self Regulation

- Social and Emotional Understanding
- Empathy and Caring
- Interactions with Peers and Adults
- Group Participation

**Tip:** Throughout each activity encourage participants to focus and concentrate just as they practiced during the One Quiet Minute Song/Video.



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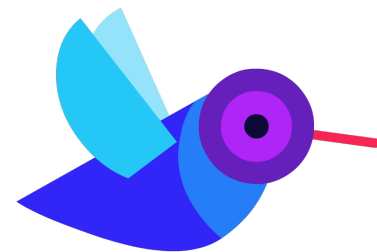
# The Marshmallow Test: Overview

**Description:** Participants exercise impulse control while enjoying a treat/snack.

**Goals:** This activity primarily targets impulse control a skill that is foundational to self-regulation. In group settings children can also exercise social skills related to adult/peer interactions and group participation when encouraged to share their experience.

**Format:** This activity can be presented in 1 on 1 and group settings.

**Timeframe:** 3-4 minutes to complete the activity. Additional time can be used to have each participants share their experience in a group setting.





# The Marshmallow Test: Instructions

### **The Marshmallow Test**

was a famous series of experiments conducted at Stanford in the 1960's and 70's examining delayed gratification. Children were presented with a treat and asked to wait. Those able to wait the longest tended to have better outcomes measured later in life including higher SAT scores, educational attainment, and more.

**A fun adaptation:** ask children to choose a snack/treat and time how long they can delay gratification.

Use the One Quiet Minute Practice Along song and have children take one bite after each still and quite period (i.e. 10, 30, and 60 seconds). At the end of the song they can celebrate by finishing their snack/treat.



### Generalization Tips

- Encourage focused awareness, especially:
  - At the beginning/end of the day
  - Before/during demanding mental activities
  - As a calming strategy following stressful events (i.e. peer conflict)
- Use lyric phrases and/or melodies lines from the One Quiet Minute song to cue children to engage in focused concentration.
- Post pages from the Lyrics and Picture Book and Workbook around the home/classroom to remind children to engage in focused concentration or remain still and quiet.
- Once familiar with One Quiet Minute have children teach the activity to others in different settings. Encourage parents, educators, therapist and peers to reference the activity when addressing attentional awareness.

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**One Quiet Minute**

Lyrics and Picture Book: Sample Pages



### Instructions

The Lyrics and Picture Book contains images from the One Quiet Minute Video along with corresponding lyrics.

It is intended to be used in one of two ways:

- As visual support to accompany the Practice Along Song.
- As a song/story book to be used independently from the Practice Along Song.

Used independently as a song/story book this volume allows for:

- Increased processing time for students to learn the One Quiet Minute lyrics and corresponding movements.
- Flexibility to springboard into discussion or engage in other forms of learning that support concept development and generalization of skills.



## One Quiet Minute



One quiet minute,  
that's all I need



## One Quiet Minute



to take a breath, hit reset,  
return to being me.



## One Quiet Minute



To get started let's try to be quiet for 10 seconds. Are you ready?





# One Quiet Minute

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