

Mindful Moments of Empowerment

Empowering the children to learn openly, grow mindfully,
and practice faithfully.

Teachers as empowerment educators:

1. Ask the questions that lead to understanding, clarity, and growth for both teacher and child.

- Are you coming from your heart?
- What can you do better?
- Tell me who you are
- Tell me how you feel.
- Tell me how you make other's feel.
- If you had a chance to redo, what would you do differently that comes from the heart and from your best self?

2. Give a process:

- a. A letter to God: Dear God, please teach, show, and guide me how to....
- b. Draw a picture to express yourself. How do you see yourself? How do you feel right now? How would you like to see your best self? How would others feel being around your best self?
- c. Pray for forgiveness and share with God what they will practice faithfully to be a better person.

3. Give a reset:

- a. Rhythmic and Reflexive Breathing: Breathe in through the nose for a count of 4. Hold for a count of 4. Exhale through the nose for a count of 8. If the count is too long, cut it in half.
- b. Whole Brain Movement: (Standing) Skip in place touching the opposite knee with the hand. Movements can be done lying down, seated, or standing up.
- c. Whole Brain Integration: Gently clasp the hands resting on the thighs and cross the ankles, head neutral, eyes down, natural upright posture while breathing in and out through the nose. Have the child hold the posture until the she/he feels more relaxed and centered.

4. Closing:

- a. What did you notice after your practice?
- b. The Teacher asks the child, "With confidence, tell me who you are."
- c. Teacher acknowledges and compliments them for their courageous work and gives them a high five!