# Let the Glitter Settle: Trauma Sensitive Mindfulness Beyond the Glitter Jar – Pacing Guide

## Session Objectives:

By the end of this session, participants will be able to:

* Define mindfulness
* Identify the 5 principles of trauma-sensitive mindfulness
* Utilize 4 different practices for their own well-being and their students’

Table 1: Pacing and Activities

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| **Time** | **Topic** | **Activity** |
| 5 minutes | Welcome & Opening Reflection | Welcome practice and moment to arrive with opportunity to journal and set intention and questions. |
| 10 minutes | Setting a Foundation | Share vocabulary definitions and lay foundation of mindfulness and trauma-sensitive work. |
| 8 minutes | Practice in Relationship | Share out how we create safe learning spaces and build relationships. |
| 8 minutes | Orient and Attune and The Window of Tolerance | Mindfulness practice with reflection – journal and share out.  Define the window of tolerance and the importance in a mindfulness practice especially when big emotions arise. |
| 8 minutes | Anchors and Shift Attention to Support Stability | Define anchors and share an anchor practice with reflection and option to journal and share out.  Define the trauma informed understanding of shift attention to support stability and refer to the different anchors. |
| 8 minutes | Keep the Body in Mind and Tense and Release | Explain how trauma is held in the body and the importance of paying attention to the body in practice.  Share trauma sensitive body scan- tense and release with reflection and option to journal and share out. |
| 5 minutes | Understand Social Context and Finger Press | Explain how social context impacts mindfulness and give examples.  Share Finger Press practice with reflection and option to journal and share out. |
| 5 minutes | Closing and Feedback | Share key takeaways  Complete Google Form |