

Setting an Intention

How does it help students?

- Setting intentions can help students to identify attainable goals that are most important to them within a reasonable time period. This can improve motivation and achievement with personal goals, which can impact self-confidence and motivation in other areas of their lives as well.

What will we need?

- Nothing!

How do we do it?

- Settle into your space, begin to deepen your breathing, and take note of how you are feeling today. Where are you holding your stress in your body? What is causing you to feel stressed out? Take a few moments to do a brief scan of both your body and mind, taking note of what is making you feel uncomfortable. Try to soften those places of your body and mind with your deep breaths.
- Call to mind an intention that you would like to set for yourself for this week. It could be related to a relationship with friends or family, to your schoolwork, to an extracurricular commitment, or just simply to yourself. In simple terms, what would you most like to achieve this week? What kind of person would you like to be? After you identify this personal goal for yourself, inhale to fill your body with your intention; with your exhale, send your intention out into the world in hopes of it returning to you in abundance.

Additional Notes:

- Some students may benefit from writing down their intentions.
- Students may benefit from an end-of-the-week check-in: Did they fulfill their intention? Stress that there is no judgment either way; encourage students to simply take note of what may have contributed to their outcomes.

Source: Adapted from Hahn, T. N. (2011). *Planting seeds: Practicing mindfulness with children*. Berkeley, CA: Parallax Press.