

# Mindfulness Activities and Resources to Support Neurodiverse and Neurotypical Students

## Mindfulness Defined

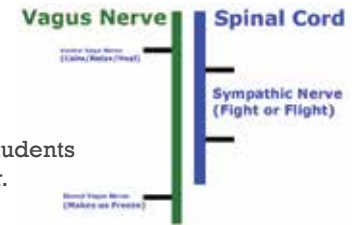
Mindfulness is a state of conscious awareness that incorporates the awareness and acknowledgement in the present moment (Jennings, 2015)

## Research Notes

- Mindfulness derives from Buddhist traditions that spawned thousands of years ago.
- Jon Kabat-Zinn formulated (MBSR) programs.
- Mindful activities provides protective effects against burnout among neurodiverse, neurotypical students and educators.

## Science Behind Mindfulness

Mindfulness practice affects bodily functions such as the heart and respiratory rates.



Neurodiverse & neurotypical students benefit by controlling behavior.



Sympathetic	Parasympathetic	Parasympathetic
<b>Fight/Flight</b>	<b>Freeze</b>	<b>Relaxed</b>
Stress Anxiety Mobilized with Fear Verbal Aggression Physical Aggression Hypervigilance Overwhelm	Surrender Withdrawn Immobilized with fear Depression Hopelessness Lack of energy Lack of focus Dissociation	Healing response Socially engaged Cooperation Trust/Intimacy Creative/Intuitive Clear focus Able to learn

Online Resources  
QR Link



## 3 Mindful Exercises:

### 1) Soles of the Feet

Helps control the urge to be physically or verbally aggressive.



1. You may stand or sit.
2. Next, close your eyes and breathe.
3. Recall a moment to an incident that made you angry and hold on to that moment.
4. Allow the anger to flow through your mind.
5. Shift all of your attention on the soles of your feet and feel them.
6. Breathe naturally and focus on the soles of your feet until you feel completely calm and free of any aggression. Open your eyes.

### 2) Vagus Breath Technique



Helps activate the parasympathetic nervous system (and heal)

Breathe with an exhale that lasts twice as long as the inhale. Inhale a 4 count. Exhale an 8 count. Repeat one more time.

### 3) 10 Count Breath Technique

10 Count Breathing helps activate the parasympathetic nervous system. You will feel a healing response.

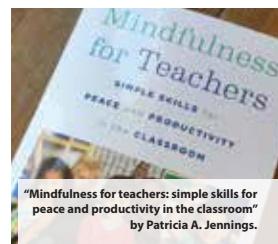
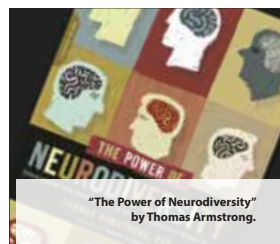


Take a deep breath like inflating a balloon and imagine flattening your belly slowly as you count to ten. Please do this one more time.

## Links & Recommended Books

### Website Links:

- [willmctarsney.com/class/SPED408](http://willmctarsney.com/class/SPED408)
- [mindfulnoggin.com](http://mindfulnoggin.com)
- [psychologytoday.com](http://psychologytoday.com)
- [ncbi.nlm.nih.gov](http://ncbi.nlm.nih.gov)
- [theatlantic.com/education](http://theatlantic.com/education)
- [xhalr.com](http://xhalr.com)



# SPED 408 PROFESSIONAL DEVELOPMENT WORKSHOP

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