



Mindfulness & Core Competency Connections

Competency growth occurs over time and across contexts. Each week, the online lessons, activities, reflections and self-assessments provide students with opportunities to explore, develop and assess skills and competencies within the BrainAhead context.

Each week has one Competency and Skills Building Activity, one Critical and Reflective Thinking Activity and one Student Self-Assessment per grade strand unless otherwise specified.

Grades Strands: K-1 2-3 4-5	Core Competency Connections	Competency and Skill Building Activities/ Critical and Reflective Thinking and Goal-Setting Activities	Student Self-Assessments
Week 1	<ul style="list-style-type: none"> ● Communicating ● Personal Awareness and Responsibility 	<ul style="list-style-type: none"> ● Imparting information about observations ● Noticing, naming and explain sensory experiences ● Develop personal awareness of feelings and senses ● Reflect on information received through observation ● Use observations to set goals 	<ul style="list-style-type: none"> ● Use ideas, experiences and reflections to set goals and refine thinking ● Assess ability and progress with evidence
Week 2	<ul style="list-style-type: none"> ● Personal Awareness and Responsibility ● Critical and Reflective Thinking ● Communicating/ Collaborating 	<ul style="list-style-type: none"> ● Connect body to sensory experiences ● Develop mindfulness vocabulary ● Share ideas and connect with others' ideas ● Contribute purposefully to show and share feelings 	<ul style="list-style-type: none"> ● Reflect on learning and awareness of thoughts, feelings, and emotions ● Use evidence to make judgements about learning ● Self-assessment with evidence ● Draw conclusions

<p>Week 3</p>	<ul style="list-style-type: none"> • Critical and Reflective Thinking • Communicating/ Collaborating • Positive Personal and Cultural Identity 	<ul style="list-style-type: none"> • Class Discussion Activity (to be adapted to grade level) • Connect emotional and physical well-being • Take steps to ensure well-being, regulate emotion and manage stress using BrainAhead learning • Show and share feelings • Contribute to own well-being and well-being of peers in class 	<ul style="list-style-type: none"> • Reflect on learning and awareness of thoughts, feelings, and emotions • Exhibit self-awareness and pride • Self-assessment with evidence • Draw conclusions • Use explicit criteria to set goals
<p>Week 4</p>	<ul style="list-style-type: none"> • Creative Thinking • Critical and Reflective Thinking 	<ul style="list-style-type: none"> • Investigate and analyze feelings and strategies for management • Generate story ideas that are novel and innovative • Use imagination and inventiveness • Create a story to have positive impact on classmates 	<ul style="list-style-type: none"> • Use evidence to make judgements about learning • Assess strategies for self-regulation • Use evidence to make judgements about learning • Self-assessment • Draw conclusions • Use explicit criteria to set goals
<p>Week 5</p>	<ul style="list-style-type: none"> • Critical and Reflective Thinking • Creative Thinking • Personal Positive and Cultural Identity 	<ul style="list-style-type: none"> • Reflect on evidence for perseverance in difficult situations • Articulate strategy for regulating emotions • Take ownership of actions and choices • Create novel and innovative resources 	<ul style="list-style-type: none"> • Analyze and critique choices in difficult times • Make assessments of surprises, challenges and strengths • Communicate outcomes with evidence

<p>Week 6</p>	<ul style="list-style-type: none"> • Critical and Reflective Thinking • Personal Awareness and Responsibility 	<ul style="list-style-type: none"> • Generate and use strategies to complete task • Notice, name and express feelings • Apply critical and reflective thinking student's application of mindfulness strategies • Use process to identify way to improve learning 	<ul style="list-style-type: none"> • Assess self-regulating • Relate thinking to other experiences • Reflect on and assess experiences, learning and progress in relation to goals
<p>Week 7</p>	<ul style="list-style-type: none"> • Social Awareness and Responsibility • Critical and Reflective Thinking 	<ul style="list-style-type: none"> • Contribute to well-being of others • Interact with others in caring and respectful ways • Be aware and respectful of others' needs and feelings • Within scenarios provided, develop skills, strategies and dispositions to pursue common purpose • Create affirmation message • Understand how actions affect others 	<ul style="list-style-type: none"> • Assess growth in mindful strategies to be kind to self and others • Provide evidence • Share criteria
<p>Week 8</p>	<ul style="list-style-type: none"> • Personal Awareness and Responsibility • Positive Personal and Cultural Identity 	<ul style="list-style-type: none"> • Understand emotions • Use understanding to regulate actions and reactions • Recognize factors that affect holistic well-being • Acknowledge strengths and abilities as assets 	<ul style="list-style-type: none"> • Understand self as unique and part of a larger community • Explain how you are using strength learned during mindfulness course in larger community • Set new goals for learning beyond Mindfulness course