

Settle Your Glitter: Mindfulness in the Media Center



Glitter:

Mindfulness in the Media Center



Diana Haneski, NBCT Media Specialist Center for Mind Body
Medicine Certified

River The MSD Therapy dog @Riverstales RiverMSDdog

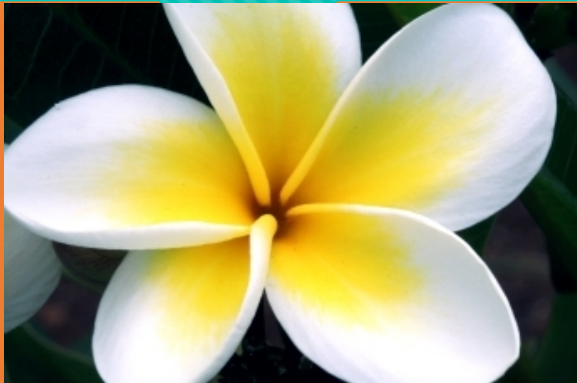
Marjory Stoneman Douglas High a Florida Power Library School

Since 2/14/18 I have learned to take care of myself better so I can be there for the students

- CMBM – Center for Mind-Body Medicine
- Now certified with CMBM

Healing through Love Retreat at the Institute in Barre, MA

- Continue online and at Sunday morning beach meditations
- Onward Webinar – Cultivating emotional resilience.



Who is here from Elementary?

Who is here from Middle?

Who is here from High School?

How many use strategies reduce student anxiety and stress?



KNOWLEDGE QUEST

2019 - 2020 | Mindfulness in the Classroom

Mindfulness in the Library

By David G. Reardon, M.Ed., Ph.D.

According to the Association of Mindfulness-Based Practices, mindfulness can be simply defined as "paying attention here and now with interest and curiosity" (1). (2) Mindfulness can be integrated in a variety of settings, but libraries are ideal. By providing a safe and quiet space, libraries provide a place where students can learn to be present in the moment, to be aware of their thoughts and feelings, and to be able to focus on the task at hand. This is a skill that is essential for success in school and in life.

Dogs in the Classroom Improve SEL, Cognitive, and Even Reading Skills

The research is compelling.

 Elizabeth Mulvahill on October 25, 2019



The Washington Post

Watch Fisha's story - Click here



Mindfulness and meditation training could ease PTSD symptoms, researchers say



**Soft belly
breathing
let's try it**



Scan QR code then share ideas on helping students ease anxiety on the padlet, or ask a question.



DHaneski · 1m

How do you help students calm down in your media center or classroom?

or any ideas you would like to try

I use coloring pages and I make them large and tape them on a table for community coloring pages

[Link to Padlet and share ideas](#)



How do you help students calm down in your media center or classroom?

or any ideas you would like to try

Herb Tea Soother

Sore throat? Tired? Overwhelmed?
Come to the media center and select a tea for a quiet respite. Lunch time, after school, and any time a teacher knows it would help.

Coloring sheets/ chalk board contact paper on tables

High school - students can color on the sheets or use the chalkboard areas to draw/work on things.
@ClementsHSLib (Insta/Twitter)

Go Noodle Mindfulness Videos

I use the Go Noodle mindfulness/SEL section and play those videos when the students come in to calm them down (especially after lunch or at the end of the day).

Maker space-chess & checkers

Karaoke

High school - once a month, we get LOUD and host karaoke during lunch! Kids come to sing, sing along, or just watch. The smiles are everywhere!

Younger kids: calming corner with a chart to understand where they are emotionally a graph of calming strategies they can do

Cameron's Collection Gale eBooks on mental health

High school - QR code's posted in library and in student bathrooms for anonymous check out
@ClementsHSLib (Insta/Twitter)

Community puzzle

Crochet/fiber crafts

An area of yarn and crafts that students can crochet.

Yoga

I have yoga club after school, yoga crafts, Todd Parr books and other mindfulness bOoks, comfortable seating.

Mental Health Mondays

High school - during our school wide 1 hour lunch, we provide mental

Instrumental music

Being present

When I speak to students I make sure I'm coming from a place of presence ☐☐☐ and it really puts them at ease and opens them up

Self Care Station

High School - in our green screen room, we have a basket of self care items available for students to use for free. They just have to ask to use the green screen room, to the basket is

[Padlet link to ideas](#)

[Link to Padlet and share ideas](#)



Students need a place to self-regulate, reduce anxiety and relax

Puzzles and games help encourage the process



Rest in the Nest
Zen Zone
Chill Corner

Work on a community puzzle

Inhale/Exhale

Practice Yoga

Play chess or checkers

Therapy dog visits

Write about it

Settle Your Glitter

Create art

Talk about it

Mindfulness

BREATHE
Inhale.....Exhale

**Students and Teachers
need a place to chill**





Place coloring books on tables or create or purchase a large print and for a community coloring sheet.



**Create a place in
your media center
or classroom for self-
calming strategies**

**This classroom teacher created a
SILLY corner, to help students relax,
self-regulate and find joy.**

- Objective: 1. Students will choose from a choice of calming activity to complete.
- Objective: 2. Students will recognize stressors and learn healthy ways to deal with them.
- Objective: 3. Students will develop skills in yoga and other physical exercises.
- Objective: 4. Students will develop skills in breathing and other self-calming skills.
- Objective: 5. Students will write their feelings, thoughts, answer prompts, and journal.
- Objective: 6. Students will verbally share their feelings.
- Objective: 7. Students will create art to express feelings and calm down.



Learning Objectives





Florida Standards

<https://www.cpalms.org/>

Reading Standards for Literature LAFS.910.RL.1.3

Reading Standards for Informational Text LAFS.910.RI.1

Writing Standards LAFS.910.W.1.3

Standards for Health Education HE. 912.B5.1 Health

Literacy Responsible Behavior

Determine the value of applying a thoughtful decision-making process in health-related situations.

Decision Making - Demonstrate the ability to use decision-making skills to enhance health.

Standard Social Studies Psychology SS.912.P.19.2 Biopsychology

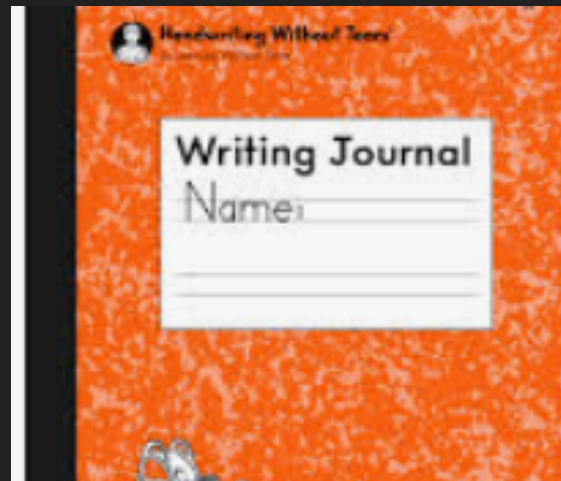
Domain/Consciousness

Identify and explain potential sources of stress.

Visual Arts VA.912.O.3.1 Organizational Structure

Create works of art that include symbolism, personal experiences, or philosophical view to communicate with an audience.

Write about it - practice reflective writing





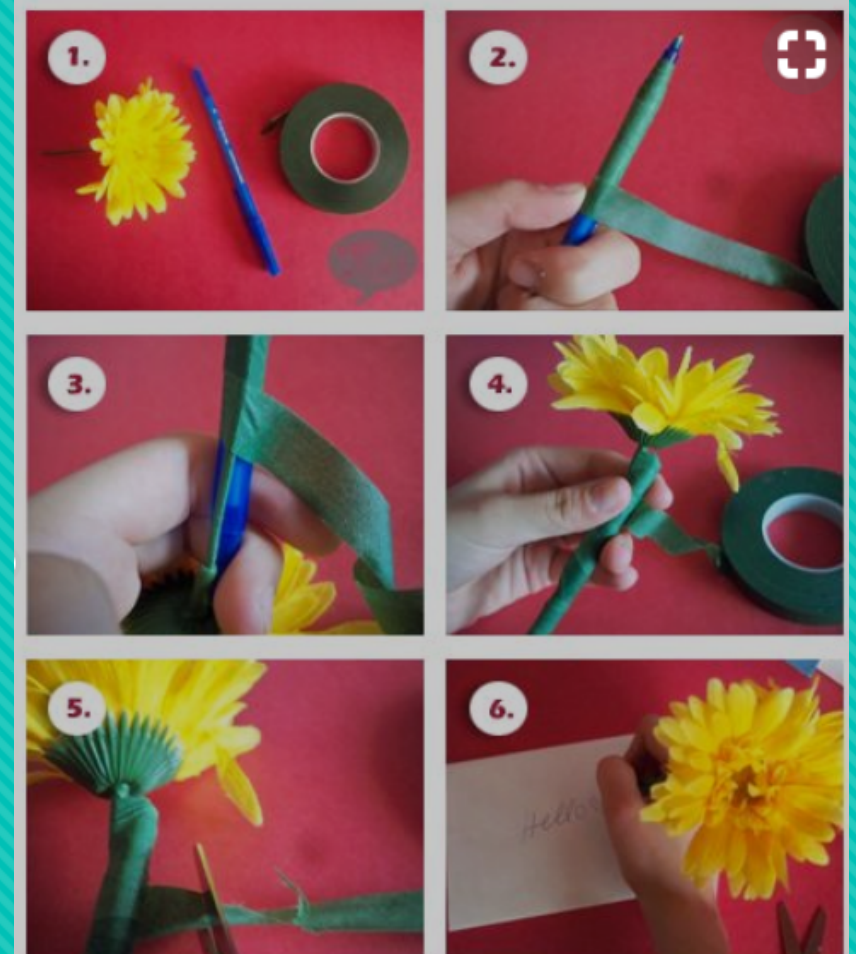
**Yoga with MSD
Instructor
Amy Kenny**



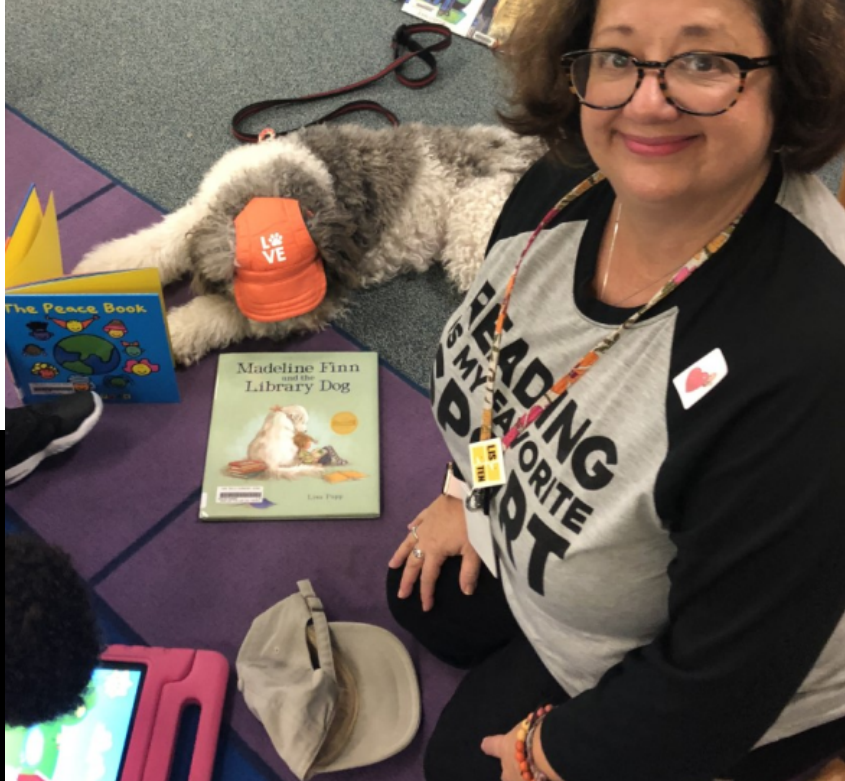
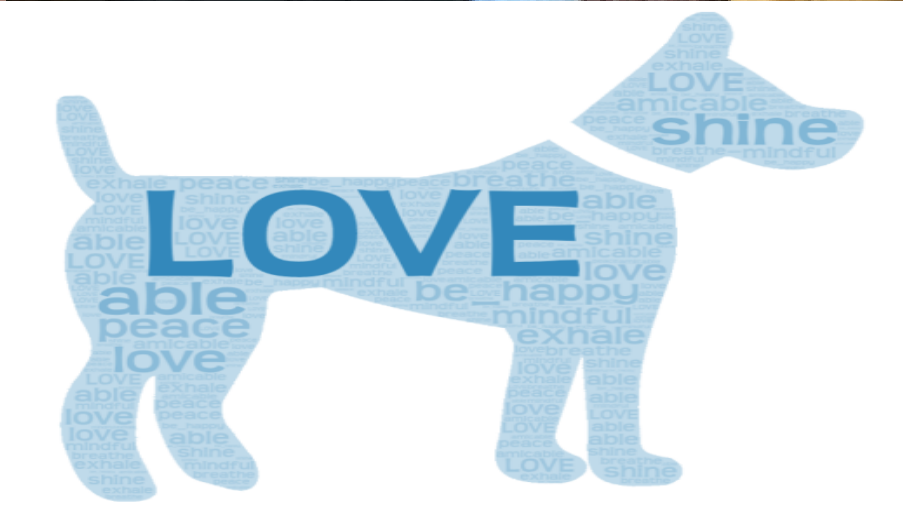
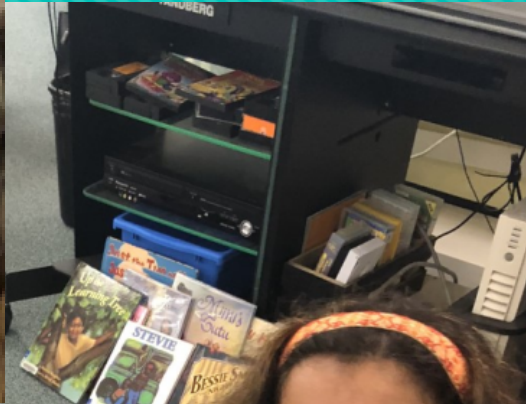
**Get mats or
cushions and
make a space for**

YOGA *with*
ADRIENE

Practice Yoga



Makerspace or station activities for teachers and students



St
love visits from Therapy
dogs





A 'Celebration of Creativity' at Marjory Stoneman Douglas High

By Sue Corbett | May 17, 2018

Like 142 Share

Comments

PW SUBSCRIBE by the Month

Diana Haneski, a veteran library media specialist, had been wanting for years to host a literary festival for her teen readers and writers at Marjory Stoneman Douglas High, but there was always trouble finding time to organize what she had in mind.

Then, on Valentine's



Authors understand the anxiety and stress our students have. Invite them and watch how your students open-up by asking questions before during and after the presentation.



1st ever! MARJORY STONEMAN DOUGLAS

show your support by shopping at Barnes & Noble at The Walk

May 17 4 - 7 pm or online at BN.com/bookfairs with bookfair#12371274

ORANGE BLOSSOM LIT FAIR

Meet an author!

Thursday & Friday May 17th & 18th

During all periods Ask your teachers for details!

- Keynote speakers award winning author Chris Crutcher
- 27 Young Adult authors; genres include contemporary fiction, sci-fi, fantasy, suspense, humor, and more!
- Authors will share their experiences and answer your questions
- Don't miss this amazing opportunity!

Contact @dhaneski with questions






























DIANA HANESKI

Mind Body Connection

Public

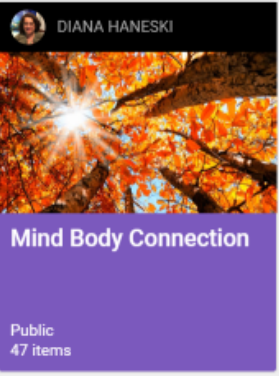
Resources for the mind body connection including calming techniques, meditation and yoga

Filter | Showing 47 of 47 items    Sort by ▼

	This moment is your life (and so is this one) : a fun and easy g...	Book			
	101 ways to conquer teen anxiety : simple tips, techniques and...	Book			
	Waking up : a parent's guide to mindful awareness and connect...	Book			
	The Drawing mind : silence your inner critic and release your cr...	Book			
	Becoming a reflective librarian and teacher : strategies for min...	Book			
	This moment is your life (and so is this one) : a fun and easy g...	Book			

Destiny Collections resources in my library collection

Stoneman Douglas High



[Mindy Body Connection Destiny collection](#)



<https://nearpod.com/>



<https://www.cpalms.org/>



[The Center for Mind-Body Medicine](#)

Soft Belly Meditation with Dr. James Gordon

Resources



Animal Assisted Therapy



Canine Assisted Therapy



American Kennel Club



Ray Haneski, River's Dad

BARNES & NOBLE

[For books of course](#)



[Anxiety and Stress Relief Coloring Book](#)



[Onward the book](#)

DOLLAR GENERAL

[Dollar General for glitter jar supplies, coloring books and more](#)

amazon music

[Zen Garden music](#)

[Classical for studying music](#)

**YOGA with
ADRIENE**

[Yoga with Adriene](#)

Resources



FAME CONFERENCE

NOV. 6 - 8, 2019 | ORLANDO, FLORIDA

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Questions?

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@dhaneski



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NOV. 6 - 8, 2019 | ORLANDO, FLORIDA

"I'll continue to search for Joy and settle my glitter when I need to"

Diana Haneski, NBCT
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 @dhaneski @Riverstales

 @RiverMSDdog

