

ENG 200: Mindfulness Guide (Above)

Assignment:

Lead daily mindfulness activity for three class periods.

Rationale:

Mindfulness, or contemplation, is a significant component of ENG 200 this semester for a few reasons:

1. They help to center us, bring us into the current moment, and take time to be still and quiet;
2. The strategies we use may help us to attend more deeply to course readings;
3. These same strategies may provide us with useful tools for limiting stress;
4. They may also give us tools to listen more thoughtfully to others in the spirit of understanding and compassion.

As an extra you may choose to be a mindfulness guide for three class periods, which also has benefit for you, including:

- Practice in leading group activities, which has potential for individuals going into many fields, including business, education, and physical therapy, among others.
- Potential to develop practices both for your own use and for potential use in a future career.
- A sense of contributing to the wellbeing of the whole class.

Details:

As a mindfulness guide, you would come to class prepared with a brief mindfulness activity (5-10 minutes, unless you choose to do an Inquiry practice) for three class periods. You may opt to do these as opening practices, centering practices, as closing practices, or as Inquiry practices to use at some point during the class in conjunction with the day's readings. If you opt to do the latter, you may do two of these instead of three, as they are longer and more involved.

Short mindfulness practices include such things as 5- to 10-minute mindfulness of breath, simple awareness, listening, visualization, or similar meditations to those we often do in class. Long practices are in-class versions of the Inquiries, such as *lectio divina*.

If you're interested in this option, speak with me about dates for which you would like to guide the class. Be sure to include some reflection of how you think the practices went in your Portfolio reflection(s)!

Completing the Assignment:

To earn a Complete on this assignment:

- Decide on dates for which to guide a mindfulness practice;
- Prepare the guided practice;
- Have a plan to lead us for 5-10 minutes (longer if doing Inquiries);
- Lead the practice;
- Include some discussion of how the mindfulness activities went in your Final and/or Midterm Portfolio reflection(s).

Due Dates:

Vary, depending on when you opt to guide the class.

Some reflection will appear in your Midterm and/or Final Portfolio Reflection; see those document for due dates.