

# Mindfulness Coping Skills Jenga

**Focus:** Stress Management

**Age Group:** 9<sup>th</sup>-12<sup>th</sup> Grade

**Instructional Time:** 40 Minutes

## **Rationale:**

Mindfulness is the act of focusing one's attention on the present moment. This activity is intended to be used with High School students that have been previously assessed and identified to be experiencing stress within school. By engaging the students in a board game and familiarizing them with the concept of mindfulness, the students are provided an opportunity within the school to alleviate stress and relax.

## **Objectives:**

- Students will be introduced to and participate in mindfulness techniques
- Students will learn skills that can help them cope with stress
- Students will engage in self reflection
- Students will reduce their negative thoughts
- Students will feel relaxed

## **Materials:**

- Jenga board game
- Mindfulness Coping Skills labels
- Scissor
- Glue
- Paper
- Pencils
- Books

## **Common Core Standards:**

### CCSS.ELA-LITERACY.CCRA.SL.1

- Prepare for and participate effectively in a range of conversations and collaborations with diverse partners, building on others' ideas and expressing their own clearly and persuasively.

## **ASCA Standards:**

### PS:A1 Acquire Self-Knowledge

- PS:A1.1 Develop positive attitudes towards self as a unique and worthy individual
- PS:A1.2 Identify values, attitudes, and beliefs
- PS:A1.5 Identify and express feelings
- PS:A1.6 Understand the need for self control and how to practice it
- PS:A1.10 Identify personal strengths and assets

### PS:A2 Acquire Interpersonal Skills

- PS:A2.1 Respect alternate points of view
- PS:A2.3 Recognize, accept, respect and appreciate individual differences

PS:B1 Self-Knowledge Application

- PS:B1.3 Identify alternate solutions to a problem

PS:C1: Acquire Personal Safety Skills

- PS:C1.10 Learn techniques for managing stress and conflict

**Procedure:**

- Create the game by cutting out and gluing one “Mindfulness Coping Skills label” onto each Jenga piece.
- Stack the Jenga pieces to form a tower
- Each group member takes a turn pulling a Jenga piece from the tower.
- Once a piece is pulled from the tower, the participant follows the directions. Some question pieces include group participation, paper, pencils, and a book. So, have some extra paper, pencils, and a book available.
- Encourage students to participate in group discussion after each Jenga piece is pulled.
- Students must try to prevent the Jenga tower from falling, but if it does fall before the session time is over, quickly restack it and continue playing until the 40-minute session is over.

**Follow Up/Assessment:**

- This activity will be followed up with other lesson plans in relation to more stress management skills, understanding stress and anxiety, and maintaining relaxation. Students will be given the “School Stress Assessment” (*See Assessments Section*) before the first activity, immediately after the last activity, and 1 month after the last activity. Counselors will measure whether or not the stress levels have decreased since the first assessment. Counselors will monitor students carefully and provide further individual counseling when necessary.

## MINDFULNESS COPING SKILLS LABELS

## **Practice Deep Breathing**

Breathe in deeply through your nose and slowly out your mouth ten times. Imagine smelling a flower & blowing out a candle.

## **Imagine a Safe Place**

Close your eyes and describe in detail a calm scene, such as a lake or the ocean.

## **Listen to Music** 🎵

Name some musicians, songs, or instruments that you can play when you are stressed.

## **Take a Short Walk**

Describe in detail where you could take a short walk when you need a break.



## **Look Out The Window**

Concentrate on something peaceful, like a tree or a cloud.  
Share what you notice.

## **Get Your Body Moving**

Do an exercise, such as 10 jumping jacks or 10 wall push-ups. How do you feel after?

## **Ask for Help**

Seek out a trustworthy person.  
Practice by asking someone for help  
with a problem you have.

## **Count Numbers**

Imagine numbers with different  
shapes and colors. Count to 30.  
Describe what you noticed.

## **Smile**

Hold a smile on your face  
for thirty seconds.  
How do you feel after?

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## **Listen to Sounds**

Focus on the sounds in the room.  
Imagine the sound waves going in  
your ears. Describe what you notice.

## Visualization

Close your eyes and imagine your worries floating away from your mind.  
Describe what you notice.

## Curiosity

Name one thing that you are curious about right now.  
What makes you interested?



## **Ride The Wave**

Describe yourself riding  
a wave at the beach.

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## **Circle 8's**

Point your finger towards the wall and  
widely motion it into the number eight.

Follow with your eyes 8 times.

How do you feel?



## **Watch The Clouds**

Notice the clouds outside,  
or draw a picture of clouds.  
Make up a story of the images.

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## **Judge A Book By Its Cover**

Find a picture book. Look at  
the pictures. Without reading  
the words, make up a story.

## **Sing Your Song**

Hum or sing your  
favorite song.

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## **Balance Exercise**

Stand still in an open space.  
Extend your arms. Lift your left  
foot and then right foot off  
the ground for 20 seconds each.



## **Positive Thoughts**

Name two kind thoughts you can say about your self.

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## **Future Goals**

Describe what you want to be when you grow up and why.

## **Happy Thoughts**


Share 2 happy thoughts.

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## **Tickets to Fun**

If you could get a ticket to any place in the world, where would it be? How do you feel when you think about this?

## Ice Cream

Think of your favorite flavor ice cream. Describe what you would include to make an ice cream sundae. How does it taste? 

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## Favorite Memory

What is your favorite memory and why? How do you feel when you think about it?



♥ **Slow Your Heartbeat**

Close your eyes. Focus on your breathing. Imagine your breath going in and out of your body.

Try this for 30 seconds.

**Draw a Picture**

Everyone in the room, draw a picture of three things that make you happy. Describe it.

## **Celebrity Living**

Think of your favorite TV character. Describe what it would feel like to live their life.

## **Pride**

Name one thing that makes you proud. Explain why.



## **Memory**

Share a happy memory  
about your family that  
makes you smile.

## **Laugh**

What makes you laugh?  
Describe the experience  
while you try to laugh.

## **Memories**

Share a favorite memory.  
Who was there, who were you  
with, how did you feel?

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## **Happy Poem**

Create a short happy poem.  
Start each line with a  
letter in the word H.A.P.P.Y.

## **Being Kind To Others**

What is something you could  
do that would cheer someone else up?  
How will you then feel?

## **Being Kind To Yourself**

What is something you could  
do for yourself that would  
make you feel good?

## **Mindfulness**

Describe in detail something in the room that makes you smile.

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## **Mindfulness**

Describe in detail something in the room that would help relax you. Then, try it out.

## **Dream Vacation**

Describe your dream vacation.  
Who would be with you? What would  
you do for relaxation?

## **Favorite Pet**

Describe your favorite pet.  
(Color, size, sounds, behavior)

## **Safe Place**

Draw the safe place that you can go to in your mind when you are scared or upset?

## **Superhero**

If you can have one superpower for a day, what would it be and why?

## Safe Place

Pretend you are in your imaginary safe place. Role play what you can do there to help to calm yourself down.

## Role Model

What would your role model do to calm down when they are stressed or upset.

## **Best Friend**

What helps your best friend  
calm down when they are upset?

Role play it.

## **Hive Five**

Give everyone in the room  
a high five with a huge smile.



## **Exercise**

Make up an exercise routine  
for the next 20 seconds.

## **Funny Face**

Make a funny facial expression and  
hold it for 20 seconds.

## **Muscle Relaxation**

Everyone, make a fist and hold for 10 seconds, while breath in. Release for 10 seconds while you breathe out.

Repeat 10 times.

## **Muscle Relaxation**

Everyone, tighten your toes for 10 seconds, while breath in. Release for 10 seconds, while you breathe out.

Repeat 10 times

## **Multitasking**

Everyone, balance a pencil on your nose while you twirl your arms. Who can last the longest?

## **Nature**

Describe in detail your favorite thing about nature.

## **Favorite Smells**

Describe your favorite smells (i.e. food, perfume, nature...) , and share why. What memories do the smells bring back to you?

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## **Silence**

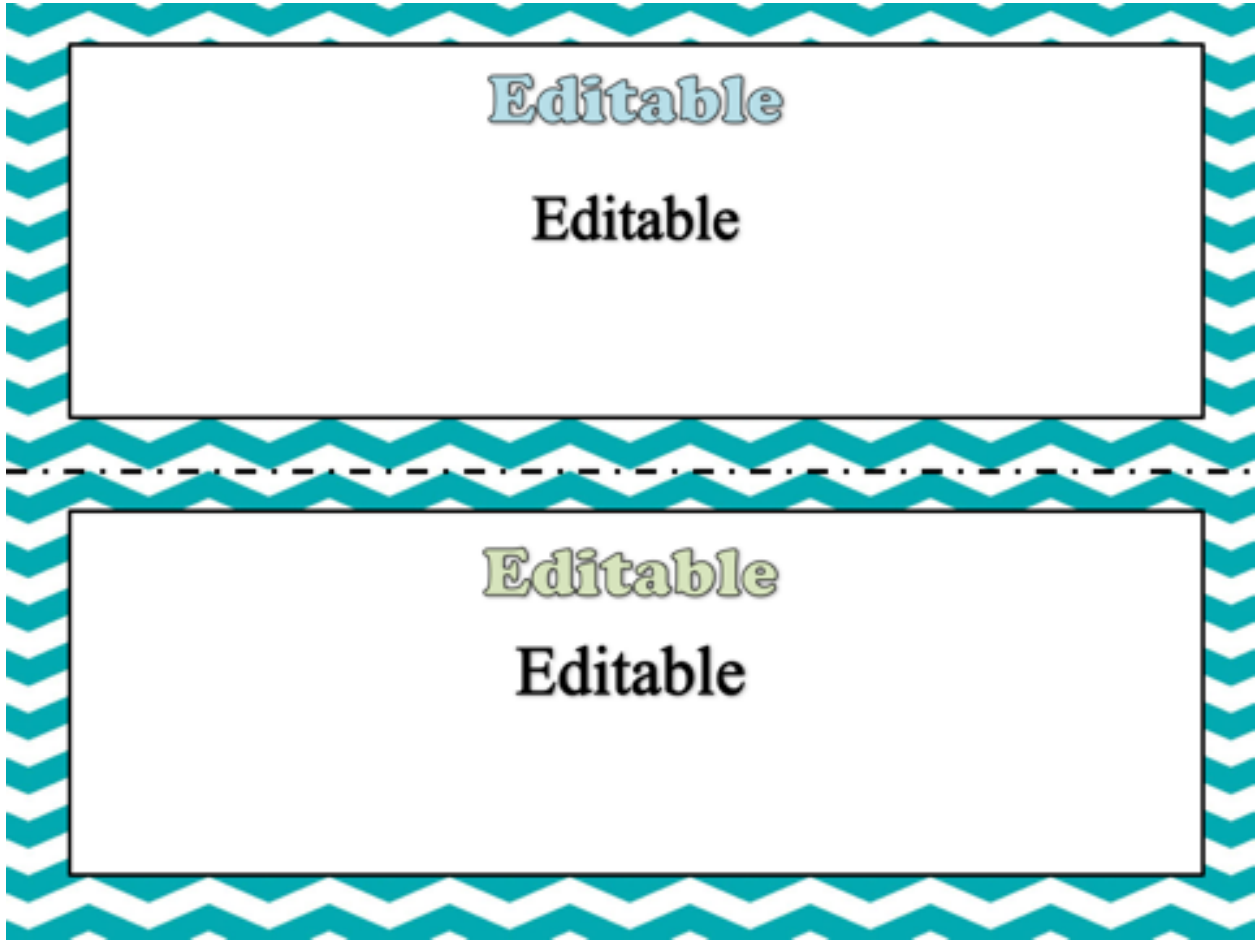
Everyone, sit in silence for 60 seconds. After, share what the experience was like.

## **Fly A Kite**

Everyone, draw a picture of flying a kite.  
Share what it feels like when  
you imagine flying the kite for real.

## **Journal**

If you were to write in  
your journal tonight, what  
would be the topic and why?



*This lesson plan was adapted from:*

<https://www.teacherspayteachers.com/Product/Mindfulness-Coping-Skills-Labels-to-use-with-Jenga-Game-Neutral-Colors-2059553>