



ZEN ED

BY GENERATION ZEN

Website:

<https://officialgeneration8.wixsite.com/genzen>

Grades 8-12

PURPOSE OF THE LESSON:

As students, it can be easy to get caught up in class work, activities, and home life. In the process, students may fail to recognize certain unhealthy behaviors that may be damaging to their mental health. For example, the feeling of anxiety can be a normal part of everyday life - however, if gone unchecked, anxious thoughts and patterns can become overwhelming. Unfortunately, anxiety disorders are the most common mental health issues among teenagers (ACOG).

Anxiety can be hard to communicate, understand, and overcome, but it is crucial that students are equipped to do so. The purpose of this lesson is to educate students on the common symptoms of harmful anxiety and provide helpful resources to help students form effective coping strategies.

LEARNING OBJECTIVES:

- Students should gain a proper understanding of anxiety in everyday life
- Students should retain practical mindfulness and relaxation tips
- Teachers should provide resources for continued support



STEP-BY-STEP LESSON PLAN

1

VIDEO

Begin the lesson by watching the video “”. This video is created by students, so the class will enjoy the reenactments and relatability! Then, use the guiding questions provided to spark a discussion.

2

ACTIVITY

Next, introduce the class activity. This will require a paper and a writing utensil for each student. Optionally, the students can share their creations with a partner.

3

BROCHURE

The follow-up brochure summarizes the key points of the lesson. It also points the students to important online resources for further exploration. If possible, print the brochure out for each child. Alternatively, it can be downloaded and shared to the students virtually.

VIDEO



**Breathe Easy: Mindfulness for
Teen Anxiety**



**CLICK HERE FOR
THE VIDEO LINK!**



GUIDING QUESTIONS

1. What are some things that make you feel anxious or stressed at school or at home, and how do you usually handle those feelings?"
2. "Can you think of a time when talking to someone helped you feel better about a stressful situation? Who did you talk to, and what did they do that was helpful?"
3. "What are some fun or relaxing activities you can do when you're feeling overwhelmed or anxious? How do these activities help you feel better?"
4. "How can practicing deep breathing or mindfulness exercises help you manage stress? Can you think of a simple exercise you might try if you start feeling anxious?"
5. "Why is it important to take breaks and give yourself time to relax during busy or stressful times? What are some ways you can build relaxation time into your day?"

TEACHER INSTRUCTIONS

CLASS ACTIVITY



READ

Transcendentalism was a widespread movement in the 19th century that encouraged self-expression, creativity, and a deeper connection with nature. Today, let's experience the transcendentalist way! You will each practice mindfulness and self-reflection through your own choice of artistic expression.



CONDUCT

Provide the prompts given on the next page and allow the students to choose which one they will focus on for their reflection. Explain that they can answer the prompt through writing or a drawing. If possible, take the students to an open area outside for 10-15 minutes. This will allow them to experience the benefits of nature while completing their reflection. Lastly, explain that the benefits of this activity included greater self-awareness, reduced stress, and even improved learning ability.

PROMPTS

1

Describe a place in nature that makes you feel calm and happy. What do you see, hear, and smell in this place? How do you feel when you spend time there?

2

Think about something simple that makes you very happy, like playing with a pet or reading a book. Write about why this simple thing is so special to you and how it makes you feel peaceful.

3

Write about how you feel connected to the world around you. Do you feel a special bond with nature, animals, or people? How does this connection help keep you grounded everyday?

4

Write about three things you are grateful for today. How do these things make your life better, and how do they make you feel? Why is it important to be grateful?

CLICK THE IMAGE BELOW FOR THE FULL PDF!



THE 5-4-3-2-1 METHOD HELPS EASE ANXIETY AND FOSTERS A CALMER MIND. TO USE IT, IN A STATE OF STRESS OR ANXIETY ACKNOWLEDGE...

- 5 THINGS YOU CAN SEE
- 4 THINGS YOU CAN TOUCH
- 3 THINGS YOU CAN HEAR
- 2 THINGS YOU CAN SMELL
- 1 THING YOU CAN TASTE

5-4-3-2-1 METHOD

WHAT IS ANXIETY?

ANXIETY, OR WORRY, IS A NORMAL PART OF EVERYDAY LIFE IN RESPONSE TO STRESS.



HOWEVER, ANXIETY CAN BECOME HARMFUL WHEN IT GOES UNMANAGED FOR A LONG TIME.

A GENERATION ZEN LESSON

ZEN ED

EDUCATIONAL BROCHURE

NEXT STEPS

TALK TO A TRUSTED ADULT ABOUT YOUR FEELINGS AND EXPERIENCES



VISIT [MIND.ORG.UK](https://www.mind.org.uk) FOR MORE MINDFULNESS INFORMATION AND ADVICE



JOURNALING IS ANOTHER WAY TO BECOME MORE MINDFUL AND RELAXED.

WRITING DOWN THOUGHTS AND FEELINGS HELPS REDUCE STRESS AND ENHANCES SELF-AWARENESS.

HAVE A JOURNAL

ART THERAPY



ART THERAPY IS AN EFFECTIVE WAY TO ENHANCE MINDFULNESS AS IT ENCOURAGES FOCUS ON THE PRESENT MOMENT THROUGH ACTIVITIES LIKE COLORING, PAINTING, OR DRAWING. THESE PRACTICES CAN REDUCE STRESS AND PROMOTE RELAXATION, WHICH HELPS CULTIVATE INNER PEACE AND EMOTIONAL WELL-BEING.