

Mindfulness

Mindfulness focuses on awareness and acceptance. Being mindful or aware of ourselves and our surroundings and then accepting it allows us to be in a natural state of peace and happiness. (McKenzie, 2015). Feelings of stress usually don't combine with feelings of peace and happiness. It may seem that being fully aware of ourselves and our surroundings is intimidating instead of helpful, but being mindful is a factor that leads to flow—intense concentration (Egbert, 2004). This intense concentration may be the cause of higher productivity. Mindfulness, as the basic ability to be fully present, can potentially benefit language learning outcomes since it helps to better focus our attention and avoid distractions that may keep us from reaching our goals. Awareness and acceptance are important qualities to practice while focusing on specific strengths and weaknesses in character and personality because comparison and judgment may be factors people use against themselves, causing feelings of negativity. The lesson plans included in this chapter integrate mindfulness with language learning activities and were designed to help learners improve their overall well-being as they develop language skills.

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Overview
Overview - Intermediate Low
Overview - Intermediate High
Mindful People
Mindful People - Intermediate Low
Mindful People - Intermediate High
Responding to Disappointments

Responding to Disappointments - Intermediate Low
Responding to Disappointments - Intermediate High
Perfectionism
Perfectionism - Intermediate Low
Perfectionism - Intermediate High
The Five Senses
The Five Senses - Intermediate Low
The Five Senses - Intermediate High
Connecting to the Past
Connecting to the Past - Intermediate Low
Connecting to the Past - Intermediate High
Self-Compassion
Self-Compassion - Intermediate Low
Self-Compassion - Intermediate High
Perspective
Perspective - Intermediate Low
Perspective - Intermediate High
Handling Strong Emotions
Handling Strong Emotions - Intermediate Low
Handling Strong Emotions - Intermediate High
Mindful Academic Relationships
Mindful Academic Relationships - Intermediate Low
Mindful Academic Relationships - Intermediate High
Mindful Learning
Mindful Learning - Intermediate Low
Mindful Learning - Intermediate High
Cultural Mindfulness
Cultural Mindfulness - Intermediate Low
Cultural Mindfulness - Intermediate High

Selective Attention
Selective Attention - Intermediate Low
Selective Attention - Intermediate High



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