



# GOLDEN RULE PROJECT

Grade  
8-12

Time  
15-60  
minutes

Social  
Studies  
Core

## Mini-Mindfulness

**Extensions:** This activity can be part of a full week; it gets the students quiet and helps them learn how to listen. Students can then draw the place they imagined. Weekly practice can make this an important part of a classroom community.

**Reflection:** How do you feel after the exercise? Are you more relaxed? Did you have trouble staying focused?

**Notes:** Depending on the age and size of the group, this activity can go really smoothly. With a large group, it might be helpful to break into two or three smaller groups.

### Core Standards – Social Studies:

**K-3<sup>rd</sup> Grade:** Standard II-Objective 1-Indicators d & f: “Students will communicate positive ideas of self, and express feelings in appropriate ways.”