Building Awareness of your Intentions
Transformative Life Skills (TLS) Curriculum – pages 185 to 194

Lesson Objectives
1. Students will learn what an intention is and why intentions are important.
2. Students will have an opportunity to set intentions for their TLS practice.

Pose of the Day: Bird Pose
- Strengthens and firms the legs and abdominal muscles
- Increases stability of the hips and ankles
- Improves balance

Activate Background Knowledge
An intention is an attitude or aim that you consciously choose to work toward. Setting an intention can help you reach your goals little by little, by reminding you of the attitudes and actions you need to achieve them. For example, if your goal is to graduate, you might set an intention to go to class every day, even if your friends skip. If your goal is to be a better sister or brother, you might make an intention to have patience even when your siblings are irritating you. Setting an intention can help us not to get carried away by negativity in our environment. It can also help us keep our focus when we know we are going into a difficult conversation or conflict. By setting intentions, we can move closer to our goals, day by day.

Check-In Questions
What is a goal that you have, and what’s an intention you can set to help you reach that goal?

Lesson Sequence and Timeline

Review Expectations & Daily Agenda ..................... 2 minutes
Activate Background Knowledge & Check-In Questions .......... 3-5 minutes
Opening Bell & Focused Breathing ..................... 2 minutes
Mindful Movement & Pose of the Day ..................... 6 minutes
Mindful Breathing: Heartbeat Experiment ................ 3 minutes
Silent Sitting & Closing Bell .............................. 1 minute
Connection Question ..................... 3 minutes

20 minutes total
## Action

| 1 | Mountain | • Inhale, and lift the top of your head up towards the ceiling.  
• Exhale, let your shoulders and arms relax. Repeat 3 times.  
• Notice where feet connect to the floor.  
• Straight spine and body. |
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| 2 | Arm Movements | • Inhale count of 4 taking the hands forward and out to the sides.  
• Exhale count of 8 bringing the hands back together and into the chest.  
• Notice the fingers reaching out wide and then pressing together as they come back into the chest. |
| 3 | Forward Warrior | Right leg back:  
• Inhale, straighten both legs, reaching arms up.  
• Exhale, bend the front leg and bring our hands to our chest. Repeat 2 times.  
Continue with Bird Pose.  
• Breath through any stress you might feel.  
• Notice if your legs feel warm, or tired or stretching. |
| 4 | Bird | From Forward Warrior:  
• Extend your arms out to the sides to help you balance.  
• Lean forward and start to lift your right leg off the floor. You can lift it just a few inches or higher if you feel comfortable.  
• Keep your breath flowing as you try the pose  
• Exhale, lower right leg to forward warrior.  
Return to Mountain pose and repeat Forward Warrior and Bird with left leg back.  
• If you made an intention for your practice today, remember what it is.  
• If you lose your balance, smooth out your breath to calm yourself before you try it again. |
| 5 | Shoulder Movements | • Inhale, shrug shoulders up towards ears.  
• Exhale, let your shoulders drop. Repeat 3 times.  
• Inhale, rolling the shoulders up and back.  
• Exhale, bringing shoulders down and forward. Repeat 3 times.  
• Notice if you feel your shoulders getting warmer |

## Connection Questions
How is everyone feeling? It can be very helpful to center yourself and set an intention before you enter into a difficult conversation or an emotionally charged environment. Which of the following intentions might you set for yourself in this situation, and why would you choose that one? • Have patience • Listen • Stay cool no matter what comes my way. Or, do you have another idea for an intention?