

## **Mindfulness prompts for math class**

developed by Luke Wolcott

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The prompt is changed every Monday in a course that meets MWF. Each week carries over some elements from previous weeks, and adds something new.

Here are four weeks of suggested prompts. After four weeks, I usually pick and choose, add and subtract, with less rigidity. And on any given day, depending on the mood in the room, I may add some lines (e.g. "Start again.") or leave some out.

The instructions are spread out over the time (1.5 to 2 minutes), with plenty of silence.

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### **Week #1: (1min 30sec)**

**A = {**

Sit in a comfortable upright position with your feet planted flat on the ground. Rest your hands on your thighs or on your desk. Eyes open or closed, doesn't matter.

Now just breathe. Refreshing, comfortable and natural breaths.

**}**

Don't worry about technique, just allow relaxed breaths to enter deeply and exhale fully.

For the next 60 seconds, your task is to focus all your attention on your breathing.

When you're inhaling, notice and feel the inhalation -- in your nose, throat, and belly.

When you're exhaling, notice and feel the exhalation -- in your nose, throat, and belly.

Don't worry about whether you're doing it right.

**B = {**

When your mind wanders, start again. Patiently and without judgement let go of your thoughts and return your awareness to breathing.

**}**

You can think those thoughts later, now your job is to focus on the sensations of breathing.

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**Week #2: (1min 45sec)**

[A]

**C = {**

Let your mind calm down, and relax the muscles of your face. Relax your eyes and tongue.

Focus all your attention on the feeling of the air entering and exiting your nostrils.

Try to observe your breath without changing it or controlling it.

}

[B]

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**Week #3: (2min)**

[A] + [C]

The goal of mindfulness is not to induce any special or particular experience. The goal is to observe things as they are, not as you want them to be.

If your mind is agitated at this moment, notice it is agitated. If your mind is dull at this moment, notice it is dull. Just breathe, and watch things change.

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**Week #4: (2min)**

[A] + [C]

We practice mindfulness using quiet and stillness, so that we can turn off some external signals and attend to the internal noise.

Gradually, you can become more mindful during each moment of the day. When you engage the world mindfully, you can willingly respond, rather than unwillingly react.

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