

# Vivi Teacher Tip:

## Mindful Moment with Wellness



### What is a Mindful Moment with Wellness?

Students engage in a Mindful Moment with Vivi's Wellness feature to re-center and re-energize whenever mindfulness might be helpful (e.g., following a transition, based on the results of Emoji Entry, after lunch).



### Research Connections:

Mindful Moment with Wellness provides students with the opportunity to re-center as humans and as learners. It is both:

- A helpful tool for **refocusing learners** so that they are better prepared to **actively engage** in meaningful learning opportunities.
- An opportunity to **invest time in relationship and trust building** in order to foster a strong culture where students **feel supported and socially connected**.



**Socially  
Connected**



**Actively  
Engaging**

### Educator Tips & Tricks:

"Headspace has allowed students and staff at my school to engage with mindfulness techniques during class, meetings, and during restorative circles. Being able to easily access Headspace [through Vivi's Wellness feature] has really helped with my transition to mindfulness in my classroom!"

**Indira Esparza Galeana**

Teacher, 9th-Grade Ethnic Studies,  
12th-Grade Advanced Placement Government  
The Preuss School, UCSD

### Experience it yourself

- Use the Wellness feature on your own and **reflect on your experience**. How does it make you feel? What does it bring to mind? This will enable you to **better frame the experience** for students.

### Try this strategy...

- At the **start of a lesson**
- Immediately **before or after transitions** (e.g., returning from lunch or recess)
- When the results of a **poll** or [Emoji Entry](#) suggest it might be helpful

Research sourced from [The Learning Accelerator](#)

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### Try it in your own classroom!



#### ✓ Hear from other Vivi Users

Hear from Indira Esparza Galeana – social studies, ethnic studies, and AP Government teacher at The Preuss School UC San Diego – about how she uses [Mindful Moment with Wellness](#) to help students re-center and re-energize.

#### ✓ Learn how to introduce mindfulness with purpose

Take the time to [introduce mindfulness with intentionality](#). Ensure students understand the benefits of mindfulness, provide helpful cues to support their focus, and debrief their first experiences with the Wellness feature as a class.



#### During [Mindful Moments](#) we...

- Clear our desks
- Give our attention to the exercise.
- Help our classmates to focus by keeping our voices off, our gaze soft, and our hands to ourselves.

#### ✓ Create expectations to ensure success

Once students know what Mindful Moments look and feel like, work with them to co-create expectations for Mindful Moments. Review those expectations before engaging with the Wellness feature, and invite students to revise the expectations on a regular basis.

