

FOUR PILLARS CLASSROOM CURRICULUM

SAMPLE LESSON PLANS



MINDFULNESS PILLAR

[Lesson 1 - Mindful Posture Grades 3-5 - Click here](#)

[Lesson 9 - Mindfulness of Emotions Grades 3-5 - Click here](#)



COMMUNITY PILLAR

[Lesson 1 - Intro to Wellbeing Community Grades K-2 - Click here](#)

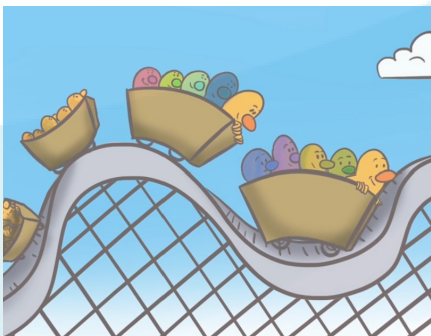
[Lesson 7 - Loving Kindness Grades K-2 - Click here](#)



SELF CURIOSITY PILLAR

[Lesson 1 - Introduction to Self Curiosity Grades K-2 - Click here](#)

[Lesson 7 - Being the Observer K-2 - Click here](#)



CONTENTMENT & BALANCE PILLAR

[Lesson 1 - Introduction to Contentment and Balance Grades 6-8 - Click here](#)

[Lesson 4 - Allowing Unpleasant Emotions to Come and Go Grades 6-8 - Click here](#)