

Curriculum Unit
Title

Mindfulness and Poetry

Author

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KEY LEARNING, ENDURING UNDERSTANDING, ETC.

Living and nonliving things are interdependent.
Living things impact the ecosystem as they satisfy their basic needs for survival.

ESSENTIAL QUESTION(S) for the UNIT

What is mindfulness? What are benefits of mindfulness? What is poetry? How can I express my mindful experiences with poetry?
How can I experience poetry mindfully? How can I experience art mindfully? How can I use poetry to express my experience with art?

CONCEPT A

CONCEPT B

CONCEPT C

Poetry

Mindfulness

Using mindfulness to write poetry

ESSENTIAL QUESTIONS A

ESSENTIAL QUESTIONS B

ESSENTIAL QUESTIONS C

What is poetry?
What is the purpose of listening to poetry?
What is the purpose of writing poetry?

What is mindfulness?
How can I use mindfulness to help me learn?
How can I use mindfulness when writing poetry?

How can I experience the world around me mindfully?
How can I write poetry mindfully?
How can I listen to poetry mindfully?

VOCABULARY A

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Poetry, ekphrasis, Paint Chip Poetry, Erasure Poetry, Free Verse, Acrostic, I Am Poem, Haiku, Concrete Poetry, Prose

Mindfulness, meditation, breath, awareness, social, emotional, present moment, reactionary, connection, relationships

Poetry, notice, details, focus, feelings, rhythm, conventions, syllables, rhyme.

ADDITIONAL INFORMATION/MATERIAL/TEXT/FILM/RESOURCES

1. "Experience Calm." Calm - Meditation Techniques for Sleep and Stress Reduction, www.calm.com/.
2. Rechtschaffen, Daniel J. *The Mindful Education Workbook: Lessons for Teaching Mindfulness to Students*. New York: W.W. Norton & Company, 2016.
3. Routman, Regie. *Kids Poems: Teaching Second Graders to Love Writing Poetry*. New York: Scholastic, 2000.