##### 

How can we apply the practice of mindfulness awareness in face-to-face (in-person), blended (hybrid), fully online, or hyflex (all) classrooms?

Possible resources that you can modify to suit your learners (young and adult:

* <https://www.waterford.org/resources/mindfulnes-activities-for-kids>
* <https://www.suu.edu/blog/2021/10/mindfulness-techniques-students.html>

| Title of Activity | Description and Purpose | Instructions (Step-by-step) | Audience and/or  Age Groups | Class Type (online, hybrid, in-person, hyflex) |
| --- | --- | --- | --- | --- |
| Pause with the 3x3 Check-In for Public Health Midwives | This activity helps public health midwives quickly reset and manage stress during demanding shifts or community visits. The aim is to promote emotional regulation, mindfulness, and focus using the 3x3 Method.  The purpose is to support emotional regulation, focus, and mindfulness using a simple, portable technique. | **Pause and look around you.** Silently identify one physical object in your environment (e.g., "That’s a pen"). Keep the label neutral—avoid emotional or descriptive language.  **Take a deep breath.** Inhale slowly and exhale fully while focusing on the identified object. Feel your breath as it moves in and out.  **Repeat this process two more times** with two different objects, taking a deep breath after naming each one. Observe how you feel after completing all three rounds. | Adult Public Health Midwife | in-person |