







## Reflecting on Instruction: Yoyo Meditation

Six Essential Components		Examples of 6 essentials observed in video of activity	Reflection notes to adjust Instruction
	1. Builds on <b>student's strengths and interest, opportunity for choice-making</b>	Katrina brought this rhyme to me, as she recalled a mantra that was taught by a former elementary school teacher. I only added the props and the calming breathing.	
	2. Includes <b>peers in the interaction</b>	Not included, but this would be a good addition for upcoming sessions.	
	3. <b>Creates an atmosphere of play</b> (social and/or symbolic) with modeling and encouragement		
	4. <b>Provides a context for activity</b> through predictable routines, consistent and accessible locations, adequate space for enactment and story creation	<ul style="list-style-type: none"> <li>• The exercise is a familiar one.</li> <li>• She is comfortably seated in the chair with room to swing the “yoyo”.</li> <li>• The adult is nearby, but not so close she will interfere with the movement.</li> </ul>	
	5. <b>Includes</b> the use of <b>props</b> and <b>actions</b> and <b>physical enactment</b>	<ul style="list-style-type: none"> <li>• The “yoyo” is represented by the lanyard and symbol.</li> <li>• The student swings the “yoyo” back and forth as she chants.</li> <li>• The lanyard and yoyo symbol (later the real yoyo) are portable, and she carried them in her backpack as a reminder of the calming strategy. At times, she would just locate and find the yoyo and it would help her calm down.</li> </ul>	

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	<p>6. <b>Adult is flexible and supportive and provides scaffolding</b> between highly directive and participatory role and non-directive encourager and scribe.</p>	<ul style="list-style-type: none"> <li>• Student receives encouragement and support from the adult as she recites the mantra with her and counts down the time of being quiet.</li> <li>• The adult prompts her to describe her new emotional state by supplying the phrase, “You were tense and now you feel ....”</li> </ul>	