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Using Inquiry Based Experiential Learning to Teach Mindfulness to Students and Teachers

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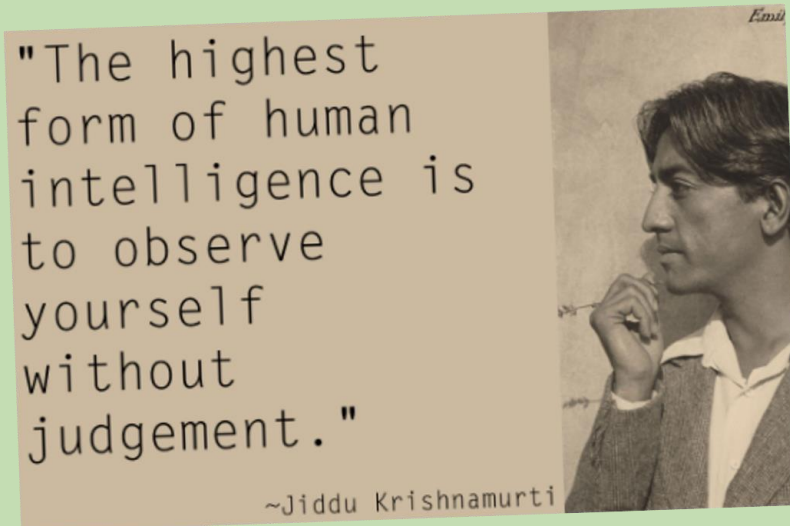
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Week 2: Leading with Presence



Dr. Jordan Perez Fullam & Dr. Kurt Kowalski

Agenda

- Guided meditation: mindfulness of breath (15 min)
- Debrief in breakout circles (15 min)
- Presentation: empathic responses (10 min)
- Skills practice (20 min)
- What is the role of mindfulness in mindful communication? (15 min)



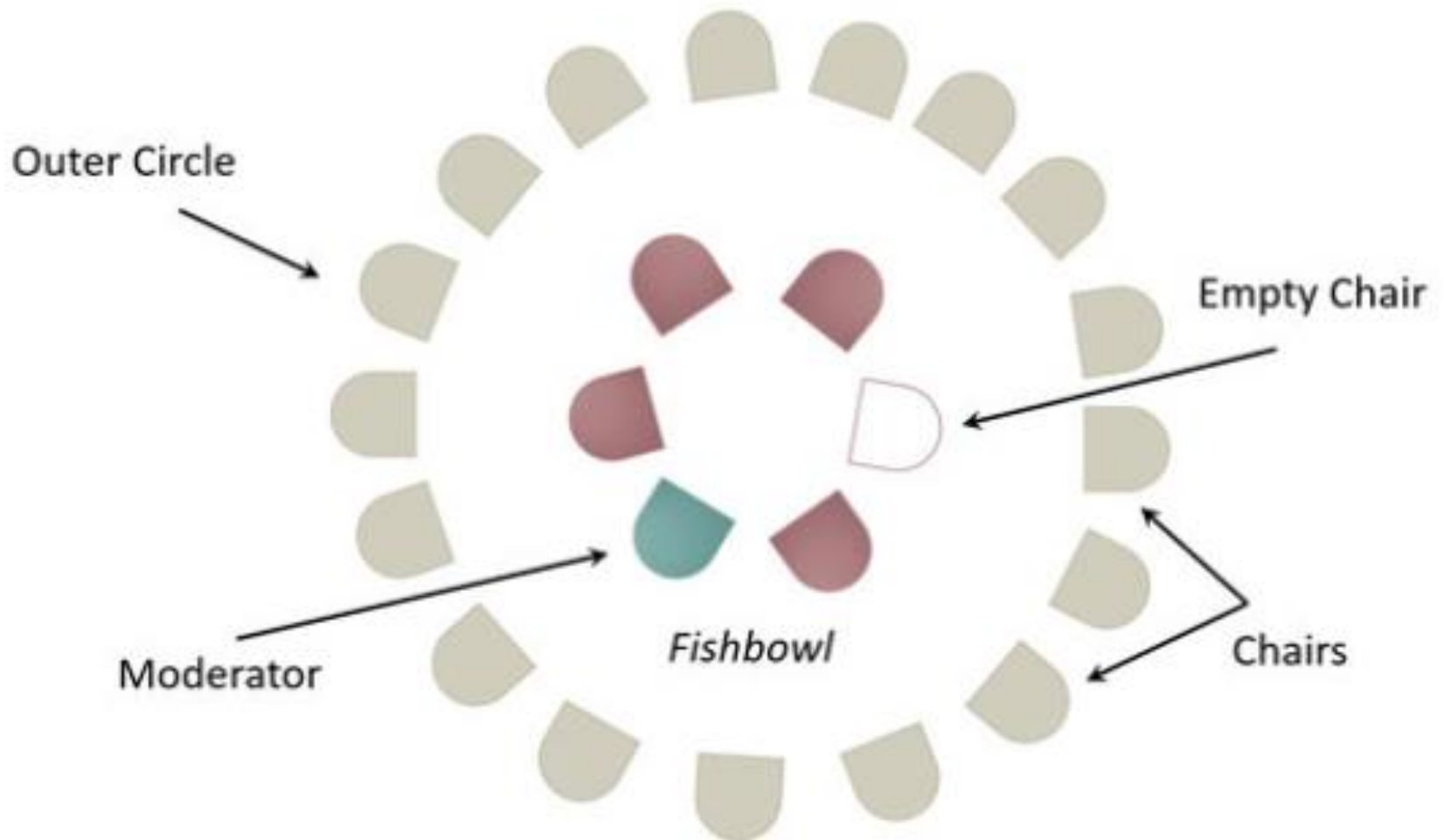
Debrief Discussion (a virtual fishbowl circle)

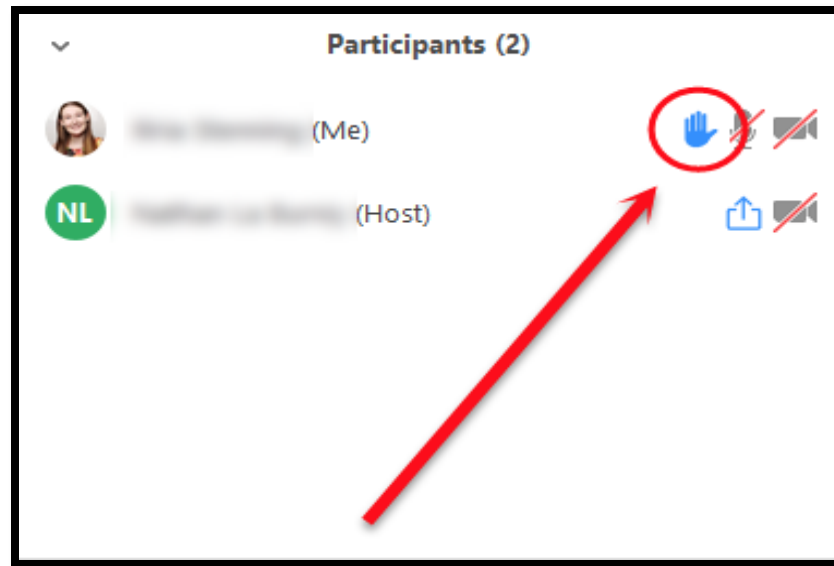
Four participants volunteer to share:

- (1) What did you notice in today's guided meditation?
- (2) How might this way of paying attention be useful for you?

Circle Norms

- ❖ **Say just enough.**
- ❖ **It's always okay to pass.**





- Use "Manage Participant" function to virtually raise hand.
- Having your hand raised during circle discussions indicates that ***you are in the inner circle.***
- Faciliator will post the speaker order in the chat box before passing the talking piece.



Debrief Discussion (a virtual fishbowl circle)

Four participants volunteer to share:

- (1) What did you notice in today's guided meditation?
- (2) How might this way of paying attention be useful for you?

Agenda

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Jackal Language

- ❖ Our vocabulary for judgement and criticism is very developed and is often our default setting.
- ❖ Jackals also use the language of generalization (I. E., "You *never...* I *always...*").
- ❖ Jackals may be inexperienced at using the language of feelings and needs.
- ❖ These characteristics of jackal language make conflict more likely; they also make it less likely that others will understand us.

(Rosenberg)

Skills in Mindful Listening

- ✓ Observation without judgment
- ✓ Empathic listening responses:
 - You mimic or paraphrase
 - You reflect feeling
 - You paraphrase and reflect feeling
 - Silent empathic response (Covey)

 - You reflect feelings and needs (Rosenberg)

Tiana: I want you to pack all your stuff and go find someplace else to live!

Mimic: You want me to pack all my stuff and find someplace else to live?

Tiana: Yeah, and you can take Jackal with you!

Paraphrase: You want me and Jackal to move out.

Tiana: Yeah! I'm tired of hearing you yapping all day with that puppet. Doesn't anyone around here know I have work to do?

Paraphrase and Reflect Feeling: You have work to do and you're feeling frustrated?

Tiana: Yes!

Silent Empathic Response:

(Check in with yourself, return to presence, seek to understand where the person is coming from, seek to "feel with" the other person.)

Reflect Feelings and Needs:

What I'm hearing is that you're feeling frustrated because you need to do your work.

Rosenberg and NVC

- You reflect feelings and needs:

Are you *feeling* _____

because you *need* _____ ?

I-MESSAGE WORKSHEET

My purpose is (State a constructive relational hope, goal, etc.) _____

I feel and/or think (State feelings and/or thoughts that occur when the problem activity occurs.) _____

I feel angry, afraid, and
embarrassed

When (Describe the problem activity etc.) _____

when you push me in the hallway

Because (Describe the reason the activity is a problem for you.) _____

because I have a need for safety
and respect.

And, my preference would be (State one or two options that you think might resolve the problem activity. One option could be to invite the other to do some mutual problem solving with you.) _____

Some Basic Feelings We All Have



Feelings when needs "are" fulfilled

-
- | | | | |
|-------------|--------------|---------------|--------------|
| • Amazed | • Joyous | • Comfortable | • Moved |
| • Confident | • Optimistic | • Eager | • Proud |
| • Energetic | • Relieved | • Fulfilled | • Stimulated |
| • Glad | • Surprised | • Hopeful | • Thankful |
| • Inspired | • Touched | • Intrigued | • Trustful |

Feelings when needs "are not" fulfilled

-
- | | | | |
|----------------|-------------|---------------|-----------------|
| • Angry | • Hopeless | • Annoyed | • Impatient |
| • Confused | • Irritated | • Concerned | • Lonely |
| • Disappointed | • Nervous | • Discouraged | • Overwhelmed |
| • Distressed | • Puzzled | • Embarrassed | • Reluctant |
| • Frustrated | • Sad | • Helpless | • Uncomfortable |

Some Basic Needs We All Have



Autonomy

-
- Choosing dreams/goals/values
 - Choosing plans for fulfilling one's dreams, goals, values

Celebration

-
- Celebrate the creation of life and dreams fulfilled
 - Celebrate losses: loved ones, dreams, etc. (mourning)

Integrity

-
- Authenticity • Creativity
 - Meaning • Self-worth

Interdependence

-
- Acceptance • Appreciation
 - Closeness • Community
 - Consideration
 - Contribute to the enrichment of life
 - Emotional Safety • Empathy

Physical Nurturance

-
- Air • Food
 - Movement, exercise
 - Protection from life-threatening forms of life: viruses, bacteria, insects, predatory animals
 - Rest • Sexual expression
 - Shelter • Touch • Water

Play

-
- Fun • Laughter

Spiritual Communion

-
- Beauty • Harmony
 - Inspiration • Order • Peace
-
- Honesty (the empowering honesty that enables us to learn from our limitations)
 - Love • Reassurance
 - Respect • Support
 - Trust • Understanding

Reflect Feelings and Needs:

What I'm hearing is that you're feeling frustrated because you need to do your work.

Or...

- ❖ Are you feeling frustrated because it's important to you that you can work in peace?
- ❖ Are you feeling frustrated because you really want some peace and quiet?
- ❖ Are you feeling frustrated because you value your work?

(Sofer)

Skills in Mindful Listening

- ✓ Empathic listening responses:
 - You mimic or paraphrase
 - You translate as observation without judgment
 - You reflect feeling
 - You paraphrase and reflect feeling
 - Silent empathic response
 - You reflect feelings and needs

Agenda

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- What is the role of mindfulness in mindful communication? (15 min)



JACKAL MOTIVATIONS

- To change another
- To control another
- To punish another
- To get my own way



JACKAL is used to represent that part of us which blames, attacks, and/or runs away.

JACKAL language and behavior alert us to look deeper for the underlying feelings, needs, and values in self and in others.

...just as a flashing warning-light on the dashboard of our car alerts us to look under the hood to see what is needed.

GIRAFFE MOTIVATIONS

- To enrich life
- To connect with self & with others
- To be self-responsible
- To create mutual understanding



GIRAFFE is used to represent the part of us which is authentic and compassionate.

GIRAFFE language and behavior affirm we are taking responsibility for our feelings, needs, and actions, and we are caring for others in the same way.

...symbolized by the giraffe's very large heart (averaging 27 lbs.), and it's height (averaging 16'), giving it a tall perspective of life around it.



Part 1: A Jackal Statement in Your Life

1. Think of a time when you experienced an interaction or conversation that was uncomfortable for you. This could be an interaction with some tension or difficult emotions involved, or when you felt communication had broken down. The interaction can be in a personal or professional context.
2. Think of where you were when this interaction took place. Think of who was there and how you felt at the time.
3. Now, think of a statement someone said that might have been in Jackal language. For example, think of any statement you heard that included judgment, criticism, blame, generalizations, or assumptions about others' intentions.
4. Write the Jackal statement in the space provided.



Students, write your response!

Pear Deck Interactive Slide
Do not remove this bar



Part 2: A Jackal Statement of Your Own

1. Think of a time when you experienced an interaction or conversation that was uncomfortable for you. This could be an interaction with some tension or difficult emotions involved, or when you felt communication had broken down. The interaction can be in a personal or professional context. It can be the same interaction you used for the first prompt.
2. Think of where you were when this interaction took place. Think of who was there and how you felt at the time.
3. Now, think of a statement **you** said that might have been in Jackal language. For example, think of any statement you said that included judgment, criticism, blame, generalizations, or assumptions about others' intentions.
4. Write the Jackal statement in the space provided.



Students, write your response!

Pear Deck Interactive Slide
Do not remove this bar

Tiana: Ruth is not a drama queen! She's my friend!

Pause:

(Check in with myself, return to presence, set intentions to understanding and compassion.)

**What is the role of
mindfulness in mindful
communication?**

*Seek first to understand,
then to be understood*

What is the role of mindfulness in mindful communication?

- ❖ Becoming aware of our default settings when communicating in different contexts**
- ❖ Becoming aware of our own feelings and needs**
- ❖ Bringing intentionality to our communication; bringing connection to our relationships**

The Skills of Mindful Communication



A large iceberg floating in a clear blue ocean. The tip of the iceberg is visible above the water, while the vast, jagged, and textured mass of the iceberg is submerged below the surface. The sky is a clear, light blue, and the horizon line is visible in the distance.

The Skills of Mindful Communication

If I sense you're using some technique, I sense duplicity, manipulation. I wonder why you're doing it, what your motives are. And I don't feel safe enough to open myself up to you. (Covey)

The Skills of Mindful Communication



A large iceberg floating in the ocean. The tip of the iceberg is visible above the water surface, while the vast majority of the iceberg is submerged underwater, illustrating the concept of hidden character or skills. The water is a clear, deep blue, and the sky is a lighter blue.

The Skills of Mindful Communication

The technique, the tip of the iceberg, has to come out of the massive base of character underneath. (Covey)

The Skills of Mindful Communication





The Skills of Mindful Communication

*Leading with
Presence*

*Coming from
Curiosity and Care*

(Oren Jay Sofer)