

Mindful Explorations



IWitness offers a new series of testimony-based mini-lessons for students: *Mindful Explorations* are brief, powerful lesson plans that promote social-emotional skills and capacities.

Each lesson provides a focus question, three 10-minute activities with clips of testimony, and a closing reflection question.

Social-Emotional Learning (SEL)

Social-emotional skills help students cope with daily challenges, build positive relationships, and make informed decisions that can help them counter hatred wherever they see it.

Testimony and SEL

Testimony calls to our shared humanity. These life histories forge personal, relatable connections with students through stories of everyday experiences—attending school, encountering propaganda—as well as through more extreme narratives—being displaced, losing a loved one.

Mindful Explorations draw on the connective power of these stories to develop social-emotional competencies at a time when youth need it most.

Themes

IDENTITY



GRATITUDE



OVERCOMING OBSTACLES



RESILIENCE



BELONGING



JUSTICE

