

From the desk:  
Catherine Rosasco-Mitchell - Wellness Through Movement  
Re: **Introductory Letter to Teachers for Get Sensational Attention video**

## Get Sensational Attention Video (Pono Breath)

**Videos & Program:** <http://wellnessthroughmovement.com/programs-2/>

**Get Sensational Attention video uses the “Pono Breath” technique** was devised as a mindfulness program by Wellness Through Movement (WTM) using the body or sensory sensation to help children understand one self and how to become **engaged learners**. Attention is trained to turn inward giving the child insight to a different kind of knowledge complimentary to ideas and concepts presented in the classroom.

**History and Program:** The program WTM teaches awareness through the “feeling nature of who we are.” Now WTM has taken the simplest lessons of the program and put them in a book and video any teacher or parent can utilize and adapt to their children’s lives.

The program has proven effective in improving character and attention while decreasing stress. Research in similar mindfulness lessons has proven effective in **improving grades, behavior and attendance**. However, unlike any other mindfulness programs geared for middle school and older students, WTM targets elementary children and uses the sensory body (sensation of the body) to improve self awareness and responsibility. Neuroanatomist Carla Hannaford and Jill Bolte Taylor explain that **children are feeling creatures** that think, not thinking creatures that feel (Hannaford, 2005; Bolte Taylor 2006). This principle is fundamental to the WTM program.

### MORE INFORMATION

#### 1. Implement Technique in Classroom:

- Services for Teachers: <http://wellnessthroughmovement.com/programs-2/>
- Book link: [A New SENSORY Self Awareness](#)
- WTM Blog: <http://wellnessthroughmovement.com/blog/>
- Email: [info@WellnessThroughMovement.com](mailto:info@WellnessThroughMovement.com)

#### 2. Collaborators from Kohala Elementary:

- Principal Danny Garcia
- School Counselor Lei Moore
- Behavioral Specialist Elizabeth Schilling,
- Feldenkrais Practitioner Catherine Rosasco-Mitchell

#### 3. Research details: <http://wellnessthroughmovement.com/resources/>

These Questions are to help use the “Get Sensational Attention” video in the most effective in teaching your students these principles.

From the desk:

Catherine Rosasco-Mitchell - Wellness Through Movement

Re: **Introductory Letter to Teachers for *Get Sensational Attention* video**

### Questions for Students from Segment I

1. Have you ever not heard someone while they are speaking to you?
2. Why do you think Jimmy and Sarah couldn't hear their teacher?
3. Have you ever gotten in trouble and not know why?

### Questions for Students from Segment II

1. Have you ever got mad at your friend for getting in trouble? What happen?
2. How did Jimmy remember "Pono" (Homebreath)?
3. Why is "time out" helpful?
4. Have you ever had a friend you were mad at want to make up and you didn't feel like making up? Why?
5. How do you do the "Homebreath?"
6. What are you suppose to pay attention to while exhaling saying "Hommmmmmmme?"
7. Is "Home" a breathing technique?
8. How long do you stay in "Home?"

### Questions for Students Segment III

1. What are you suppose to pay attention to when you close your eyes and hum "Hommmmmme?"
2. Have you ever tried to do "Home" when you are upset?
3. What was different after practicing the "Homebreath?"
  - a. Did anything change in how you talked to your friend?
  - b. Did you realize anything new in the situation? If so what?
  - c. If not could you really feel "Home" inside after practicing? What were you thinking instead?

### Questions for Students from Segment IV

1. Is the "Home" a way to breath or a feeling after doing the breathing technique?
2. What happen when Jimmy felt better? Why?
3. How did Jimmy feel different after the Homebreath? Was it physical or mental?
4. Can you do the "Homebreath" when you are upset?
5. What can you do if you don't feel like doing the Homebreath?