

## Grading Rubric: Practice Guiding a Group in a Mindfulness Practice (50 points)

Name: \_\_\_\_\_

Practice: Each student is required to lead the class in a mindfulness breath, chant, sitting, etc. exercise. The expectation is that YOU will lead the class in the exercise (gently close your eyes...notice how your body sits on the chair...the lightness or heaviness of your hands on your lap...etc., thus you may need to practice this many times prior your presentation date so you can guide the class through this type of meditation.

### Grading Rubric: Leading a Practice

<b>Knowledge of Material:</b> students know the practice well enough to lead the class	/20
<b>Pacing:</b> students were able to slow down or speed up as necessary and add guidance when necessary to help the students in this particular practice	/10
<b>TOTAL</b>	<b>/30</b>

Handout: As part of this assignment each student should also submit a one-page handout. Handouts should be submitted on Blazeview and are due the day your lead the practice. The Handout should include the following:

1. The name of the practice
2. A description of the practice
3. A short explanation of how or for what this practice maybe helpful
4. A excerpt of how one might do this practice or what they might say
5. Several links or resources for this particular practice (don't just use the ones I provided)

### Grading Rubric: Handout

<b>Graduate Level Writing:</b> Organization, Mechanics, and Clarity of Writing	/10
<b>Content:</b> All relevant information is included	/10
Loss of points for not following directions	
<b>TOTAL</b>	<b>/20</b>

Total: Practice + Handout =	/50
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