**Inquiry Planning Template**

***Creating Your Road Map***

* “An Inquiry Brief is a detailed outline of your inquiry project, which is completed before your research study begins. Through the process of developing a brief, teacher-inquirers commit their energies to one idea. The process also helps members gain insights into their wondering(s), and the “doability” of action research becomes apparent. Through the develop­ment of an inquiry brief, PLC members develop a sense of direction and know where to go next” (Dana & Yendol-Hoppey, 2008).

**Purpose:** *What passions or dilemmas have led you to pursue your wondering or inquiry question?* (Usually 3-5 paragraphs)

Mindfulness is a topic I have heard a lot about, but didn’t actually know much about or truly understood its value and usefulness. I was introduced to mindfulness when I was getting my degree in counseling, and have since been exposed to it through conferences, presentations, and discussions with colleagues and friends in counseling. What I once thought was a heavily time-committed and difficult practice to indulge in and appreciate is actually more of a concept and a “way of life,” and something that can be done by most people with a little bit of practice. Mindfulness is more about awareness: awareness of self, of your bodies, our surroundings, or emotions, our thoughts, and so much more.

As a school counselor, my job often involves helping children learn how to regulate their emotions and channel them in a positive way. This can be done with things like anger, frustration, sadness, hurt, and even emotions like excitement and happiness. With children, what is important is to help them first identify their emotions that they’re experiencing, and then help them identify “how” they’re experiencing it—where in my body do I feel my anger, my frustration, or my hurt? How does my body feel? What thoughts run through my head when I experience these emotions? My goal with children is to foster a sense of self-awareness and emotional intelligence, helping them be more aware of their bodies and their feelings, which helps guide them into how to deal with and cope with certain emotions.

My work with children leads me to wonder how mindfulness may help children with their own self awareness and emotional regulation. There is research around mindfulness and attention deficits, but not a lot of research on mindfulness and emotional regulation.

**Question or Wondering**

How does mindfulness help children self-regulate their emotions? How does mindfulness help foster emotional self awareness in children?

**Method**

School counselor will engage in mindfulness training

Run approximately six mindfulness sessions with a select group of students, students who have been identified as having difficulty regulating their emotions.

**Data Collection**

Teacher observation/teacher report form/teacher interview

Counselor notes and observations following each mindfulness session