Three Centers Check-in: A practice to support whole-person presence in the classroom

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uf mindfulness

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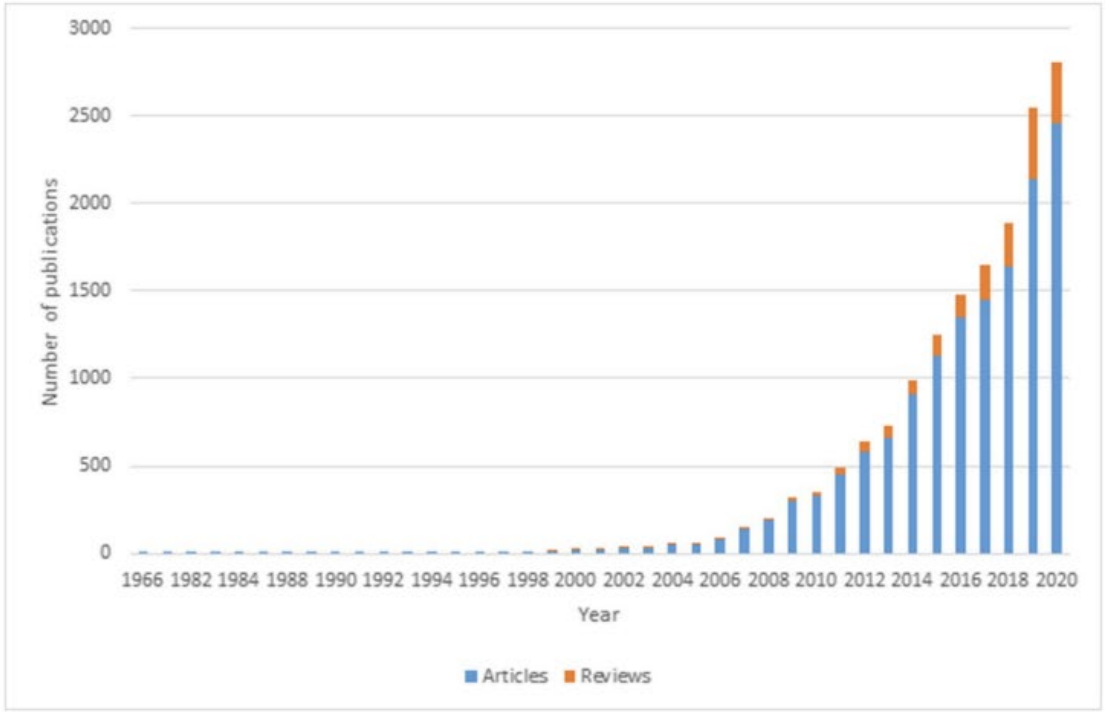
Mindfulness

uf mindfulness

Fig. 1 Number of publications on mindfulness indexed in Web of Science 1966–2020



(Baminiwatta & Solangaarachchi, 2021)

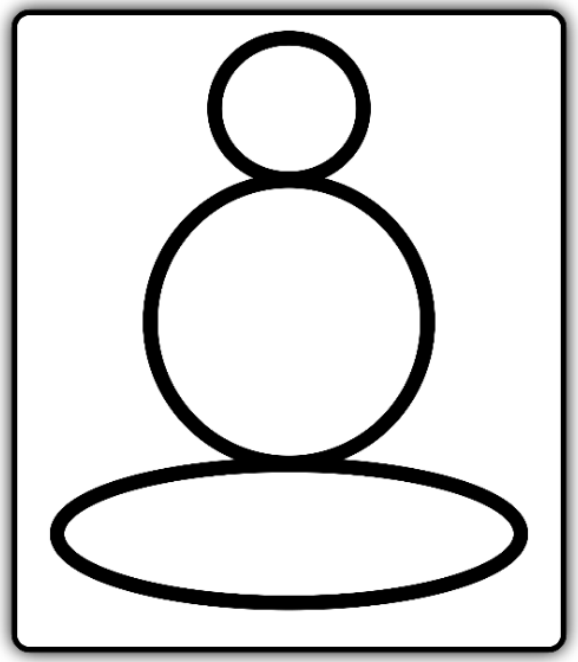
The Three Centers

Head

Heart

Body

Three Centers Check-In



Intelligence of the Three Centers

Intellectual

Emotional

Somatic

What was your experience?

Student Experiences

"This practice has allowed me to observe my thoughts and feeling from a distance, which helps me make more decisions that benefit the people around me and myself."

"I have found this to be incredibly grounding and allows much more intense focus much more quickly. I believe this is because I am properly orienting myself toward something rather than impatiently trying to jump from one thing to the next. I think I will then be able to remember my own needs more efficiently (i.e., eating, drinking water, etc.) as well as being more present with and attentive to those around me."

"Something that has helped me a lot during class has been the three-center check-ins. In specific, taking time to breathe into the heart sensations has allowed me to become more aware of my emotions, which I find difficult to tap into usually. It's very simple to use this in daily life, as I can just close my eyes and focus internally for a few seconds when there are tough situations that I am either intaking physically or overthinking about. This practice particularly speaks to me because of the different feelings it forces to the surface, which I may otherwise have suppressed."

Student Experiences

“I love doing the centers practice before classes. It not only helps me get in touch with my head and body, but it also allows me to strengthen the connection I have with my emotions.”

“I really enjoyed what we did in the beginning of class to check on our centers. When we first started, I found it a little hard to keep my mind from wandering and to really connect to what was present. As the weeks progressed, I found it easier to fully engage and let my mind focus and found that I was more present for not only that day’s class, but for the rest of my afternoon, too.”

“I have genuinely benefited from our mindfulness check-ins in class. This a way to practice your awareness of the three centers of intelligence and recognize how these centers are working in the present. This practice speaks to me because it is a simple way to thoroughly check in with yourself. In a few minutes you can completely assess and absorb yourself to gain control of the moment. This can be very useful in my life; it gives me the power of control. I hope to use this in my daily life to end the day with reflection and reset. I also want to have the ability to check in with my centers in the moment, with practice I can use mindfulness to take control of myself in stressful situations to help me make better, more impactful decisions.”

Intelligence of the Three Centers

Intellectual

Emotional

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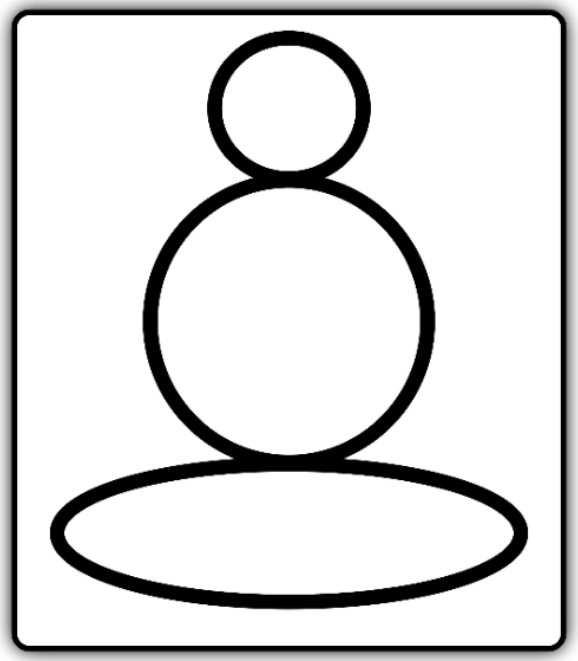
Images: https://www.roeselienraimond.com/

Three Centers Integration with Content



Resources

Baminiwatta, A., & Solangaarachchi, I. (2021). Trends and developments in mindfulness research over 55 Years: A bibliometric analysis of publications indexed in Web of Science. *Mindfulness, 12*(9), 2099–2116. https://doi.org/10.1007/s12671-021-01681-x

Meditation Recording: The 3-Center Check-in with Natalie Bell (Center for Mindful Self-Compassion)

Insight Timer (free): 3 Centers Check-in & Three Center Practice

Simple Script for 3 Center Check-In from Pam Weiss (pdf)