

Figure 1.3: BLOOM Framework—Practical Implementation Guide

Breathe and Ground

Common Challenge: Having one's mind wander during breathing practice

Solutions:

- Count breaths from one to five; then restart.
- Focus on physical sensations (feet on floor, back against chair).
- Use a silent word like *here* or *now* with each breath.

Listen Inward

Common Challenge: Getting caught in self-judgment

Solutions:

- Label thoughts simply (*planning, worrying, remembering*).
- Use the phrase "I notice . . ." to create an observer's perspective.
- Set a thirty-second timer for brief self-check-ins.

Open to Others

Common Challenge: Rushing to fix or advise

Solutions:

- Silently count to three before responding.
- Ask yourself, "What else might I need to understand?"
- Notice when you're formulating responses instead of listening.

Observe Context

Common Challenge: Missing environmental cues

Solutions:

- Do a quick three-point scan (teacher, space, and materials).
- Notice energy levels and the time of day.
- Check for external pressures affecting the situation.

Move Forward Mindfully

Common Challenge: Losing presence in action

Solutions:

- Use physical movements as mindfulness anchors.
- Take one conscious breath between two coaching actions.
- Maintain soft focus while speaking or listening.