

STOP Rap

S – Stop where you are and whatever you are doing. Bring your attention to the present moment.



T – Take and feel three deep, slow breaths.



O – Observe your surroundings. What do you hear, see, or touch?



P – Proceed with what you were doing, with attention and care.



Rap songs are poetry with a beat. In your group, write and perform a poem or rap that includes the benefits of mindfulness and the STOP method. Remember, all students in your group must be involved. Review the rubric so you know how you will be assessed before you begin working on your rap. Then write your poem or rap on the back or on a separate piece of paper.

Rubric scores:

1 – Developing

2 – Approaching proficiency

3 – Proficient

4 – Above and beyond proficiency

Each group will be assessed on:

Delivery (Eye contact, volume, pace, pitch, tone, and expression)

1 2 3 4

Persuasive Elements (Why practice mindfulness? How can it change your lifestyle? Why use STOP?)

1 2 3 4

Rap/Musical Elements (Beat, rhythm, flow, dynamics)

1 2 3 4

Content (Who, what, when, where, why? Is everyone in the group involved?)

1 2 3 4