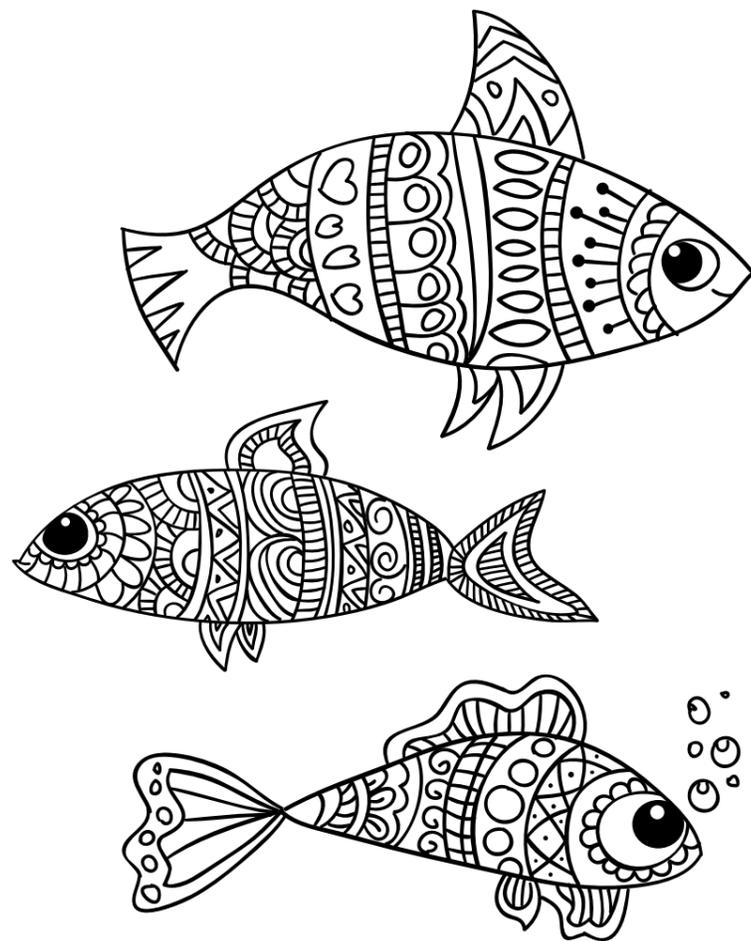


LESSON 5

MINDFUL BODIES

LESSON 5

Mindful bodies



Learning Intentions:

We are learning to:

- Recall what mindfulness is.
- We are learning to practise being mindful.

Resources:

- Butchers paper or whiteboard (for brainstorming).
- Student Journals.
- Video Resource List.

Outline:

Activity 1: Tune in (10 mins)

- Ask the students if anyone knows what being mindful or being present means? When do you do this? Have a class discussion.
- Then explain that being mindful means sitting in a relaxed position, not leaning on or against anything, with still feet and toes, still hands and fingers and relaxed shoulders. Now close your eyes softly and listen to the sounds you can hear.
- Have the students close their eyes for a full two minutes and focus only on the sounds they can hear.
- At the end of the two minutes, discuss with students what they heard, and how they were being mindful during this activity.

Activity 2: Brainstorm (5 mins)

- Discuss how being mindful takes a little bit of time. It's about taking time out and being in the moment, thinking about the moment, and appreciating that moment.
- Pose a challenge: Do you think you could be in the moment for a whole minute?
- Time the students as they sit still and quiet for a whole minute. When finished, praise them.
- Ask the students and brainstorm: What did you think about when you were being mindful?

Activity 3: Student activity (5–10 mins)

- Discuss that when being mindful, we need to free our minds of all their thoughts and worries. It's hard, but we need to try to just focus on being in this moment. Something that can help is concentrating on our breathing.
- Ask the students to lay down. Remind students that being mindful means being in a relaxed position away from distractions.
- Tell the students: "I want you to close your eyes and think about your breath, going in, and going out, going in, and going out. Think about your breathing, be mindful in your body and focus on breathing in and breathing out."
- After about a minute praise the students again, and congratulate them on their mindfulness attempts today.

Activity 4: Video and Student Journal activity (20 mins)

- Explain to students that we can be mindful even when we do things.
- Invite them to open their Student Journal and turn to the colouring picture. Ask them to remain mindful whilst they colour the picture—which means being quiet, in the moment, and focusing on breathing and freeing the mind.
- Put on **Video 105** from the Video Resource List (music) whilst the students complete their colouring.

Extension Activity: (10 mins)

- Students who complete the mindful colouring early can continue on another mindfulness colouring at the back of their Student Journals.