

MINDFUL OUTDOORS

THE RESILIENCE PROJECT

LESSON 19

Mindful outdoors

Mindfulness magnified

Draw a detailed picture of your chosen item in the magnifying glass below:

Extension activity

Draw some of the things you can see surrounding your chosen item.

Learning Intentions:

We are learning to: use nature to practise being mindful.

Resources:

- Stopwatch.
- Student Journals.
- Magnifying glass (optional).

Outline:

Activity 1: Introduction (15 mins)

- Reflect on the definition of mindfulness.
- Complete the table as a class by brainstorming 'things that keep us busy' and 'things that keep us calm and relaxed'.
- Discuss the importance of allowing time for the 'calm' things every day.

Things that keep us busy:	Things that keep us calm and relaxed:
School	Family
Sport	Pets
Video games	Reading

Activity 2: Mindful Outdoors (25 mins)

- Discuss: Allowing time to connect to nature, to feel the sun, grass, wind and trees, helps to encourage relaxation and foster deeper connections to our environment. Today, students are encouraged to practise mindfulness outside.
- Begin with five count belly breathing, on the grass or outside. Then take time to walk slowly around the school.
- Ask students to sit on the grass, under a tree, or on tan bark.
- Students look very closely at one thing they can see outside (using their magnifying glass if available), e.g. blade of grass, a plant, bark on a tree. Draw a detailed picture of that outside object in the magnifying glass in their Student Journals.

Activity 3: Reflection (10 mins)

- Ask students how they felt today and what they noticed when outdoors. What did they notice about their thoughts? What did you notice when you were only concentrating on one thing?

Extension Activity: (5 mins)

- Around the outside of the magnifying glass students draw what they can see surrounding their initial focus.