

# LESSON 9

## PRACTISING MINDFULNESS

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**Mindfulness Treasure Hunt**  
You are to find:

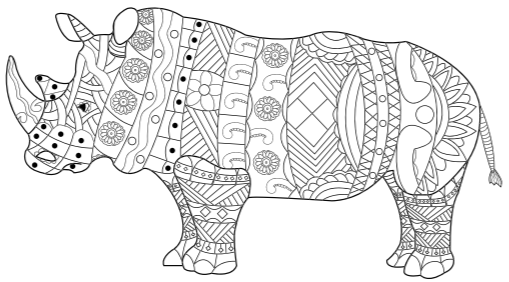
Five colours:  
1. \_\_\_\_\_  
2. \_\_\_\_\_  
3. \_\_\_\_\_  
4. \_\_\_\_\_  
5. \_\_\_\_\_

Three sounds:  
1. \_\_\_\_\_  
2. \_\_\_\_\_  
3. \_\_\_\_\_

Two textures:  
1. \_\_\_\_\_  
2. \_\_\_\_\_


Four shapes:  
1. \_\_\_\_\_  
2. \_\_\_\_\_  
3. \_\_\_\_\_  
4. \_\_\_\_\_

One emotion:  
1. \_\_\_\_\_



**Take it home:** There are lots of mindful colouring books available. See if you can purchase some to have at home. Mindful colouring is a great activity when you are feeling stressed, overwhelmed or just to fill in time.

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**EXTENSION ACTIVITY**  
**Journal Entry:**  
What are three little things you noticed today? These could be within your body, in the classroom, about someone else, or on a walk.

1. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### Learning Intentions:

- Students will practice mindfulness activities.

### Resources:

- Student Journals.
- Video Resource List.
- Speakers to play meditation.
- Coloured pencils/textas.
- Access to the Resilience Project App OR Insight Timer meditation app.

### Outline:

#### Activity 1: Meditation (5 mins)

- Select a meditation from The Resilience Project app OR the Insight Timer meditation app that the students haven't heard recently.

#### Activity 2: Mindfulness treasure hunt (20 mins)

- Have students look around the classroom or outside. This is best done in silence.
- Students should look for the following and record the location of these items in their Student Journals:
  - › Five colours
  - › Four shapes
  - › Three sounds
  - › Two textures
  - › One emotion you feel
- Share with the class.

#### Activity 3: Mindfulness colouring (25 mins)

- Ask students to spend the remainder of the lesson completing the mindfulness colouring sheets provided in their Student Journals. Play some music in the background.

#### Extension Activity 1: Student Journal activity (5 mins)

- Have students complete the Student Journal entry in their Student Journals; 'What are three things you noticed today?'

#### Extension Activity 2: Design your own (10–20 mins)

- Ask students to design their own mindful colouring picture.