

# LESSON 5

## SMILE THAT MIND

### Victorian Curriculum

#### HEALTH AND PHYSICAL EDUCATION

##### Personal, Social and Community Health

- **Being healthy, safe and active** - Practise strategies they can use when they need help with a task, problem or situation at home and/or at school.

#### PERSONAL AND SOCIAL CAPABILITY

##### Self Awareness and Management

- **Recognition and expression of emotions** - Extend their vocabulary through which to recognise and describe emotions and when, how and with whom it is appropriate to share emotions.

#### Learning Intentions:

- To participate in mindful techniques.
- To behave appropriately during the mindful session.
- To discuss how being mindful made them feel.

#### Resources:

- Video Resource List.
- Coloured pencils.
- Student workbook.

#### Outline:

##### Activity 1: Meditation (10mins)

- When students enter the classroom, ask them to find a spot around the room.
- Watch **Video 203** from the Video Resource List.

##### Activity 2: Workbook Activity (20mins)

- Send students off to their tables and ask them to open their workbooks and colour the picture provided.
- While they colour, play **Video 204** (music) from the Video Resource List.

##### Activity 3: Discussion (10mins)

- Discuss: How do you feel? How has that small, simple exercise changed the way you were feeling? Do you feel calmer and relaxed? What contributed to you feeling calmer and more relaxed? Would we say we were being mindful? What does it mean to be mindful?

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