

# LESSON 12

## NOTICING DETAIL

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**CHECK IN:** Complete the table below to indicate how you are feeling right now.

|        | Low |   |   |   | High |
|--------|-----|---|---|---|------|
| Energy | 1   | 2 | 3 | 4 |      |
| Mood   | 1   | 2 | 3 | 4 |      |
| Focus  | 1   | 2 | 3 | 4 |      |

What's missing?

Game 1 results:

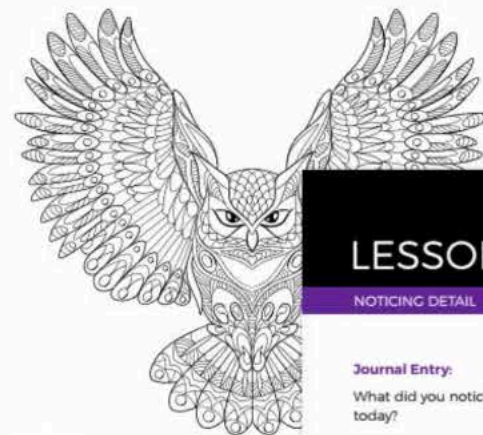
Do a Smiling Mind - Body Scan

**CHECK IN:**

|        | Low |   |   |   |  |
|--------|-----|---|---|---|--|
| Energy | 1   | 2 | 3 | 4 |  |
| Mood   | 1   | 2 | 3 | 4 |  |
| Focus  | 1   | 2 | 3 | 4 |  |

What's missing?

Game 2 results:



### LESSON 12

#### NOTICING DETAIL

**Journal Entry:**

What did you notice about the thoughts going through your mind today?

How did your focus change over the lesson?

**CHECK IN:**

|        | Low |   |   |   |   |  |
|--------|-----|---|---|---|---|--|
| Energy | 1   | 2 | 3 | 4 | 5 |  |
| Mood   | 1   | 2 | 3 | 4 | 5 |  |
| Focus  | 1   | 2 | 3 | 4 | 5 |  |

#### Australian Curriculum

#### PERSONAL AND SOCIAL LEARNING

##### Self-awareness:

##### Recognise emotions

- Examine influences on and consequences of their emotional responses in learning, social and work-related contexts.

##### Self-management:

##### Express emotions appropriately

- Forecast the consequences of expressing emotions inappropriately and devise measures to regulate behaviour.

##### Develop Self-discipline and set goals:

- Select, use and analyse strategies that assist in regulating behaviour and achieving personal and learning goals.

#### HEALTH AND PHYSICAL EDUCATION

##### Being healthy, safe and active:

- Practise and apply strategies to seek help for themselves or others.
- Investigate and select strategies to promote health, safety and wellbeing.

##### Learning intentions:

- For students to develop mindfulness and focus on objects.
- For students to begin noticing details.

##### Resources:

- Whiteboard and markers.
- Internet access and speakers (ensure you have registered for Smiling Mind).
- Tray of 10-15 objects.

#### Outline:

##### Activity 1: Check in (5 mins)

- CHECK IN: Students complete the table to indicate how they are feeling.

##### Activity 2: What's Missing (25 mins)

- Set out a tray of objects at the front of the room OR draw a series of random shapes, objects, numbers or letters on the whiteboard.
- Give students a few minutes to look and memorise the objects. Then remove two objects and have students try to identify what the objects were and record them in their workbooks.
- Game 1 Results:
- Do a Smiling Mind—Body Scan.
- CHECK IN: Students complete the table to indicate how they are feeling.
- Repeat the 'What's Missing?' game.
- Game 2 Results:

##### Activity 3: Workbook Activity (20 mins)

- Colouring Activity in workbooks.

##### Journal Entry: (5 mins)

- What did you notice about the thoughts going through your mind today?
- How did your focus change over the lesson?