

THE MINDFUL SCHOOL

Student Lessons - Level 1



CONCEPT:

MINDFUL BREATHING

EXERCISE NAME:

THE POWER OF COLORS

EXPLANATION:

THIS ACTIVITY INVITES CHILDREN ASSOCIATE DIFFERENT COLOURS WITH DIFFERENT EMOTIONS THROUGH GUIDED MEDITATION.

METHODOLOGY

- INVITE CHILDREN TO CLOSE THEIR EYES AND IMAGINE A CHALLENGING EMOTION AS A COLOUR. FOR EXAMPLE - RED MAY REPRESENT WORRY. INVITE CHILDREN TO VISUALISE THIS COLOUR, TAKE A DEEP BREATH IN AND BLOW ALL THE WORRIES OUT AND VISUALISE THE RED COLOUR FADING AWAY! IMAGINE BLOWING THE COLOUR RED OUT OF YOUR BODY FOR A COUNT OF THREE.
- INVITE CHILDREN TO BREATHE IN A HEALING, WARMING, HAPPY COLOUR, FOR EXAMPLE GREEN. ASK CHILDREN TO IMAGINE THIS HEALING LIGHT TRAVELING ALL AROUND THE BODY AS THEY INHALE. THIS CAN BE REPEATED WITH OTHER CALMING COLOURS - INHALING FOR A COUNT OF THREE AND EXHALING.
- CHILDREN CAN BE INVITED TO PUT THEIR HANDS ON THEIR HEART, CONTINUE WITH THEIR DEEP BREATHS AND CONTINUE TO IMAGINE CALMING, LOVING COLOURS FILLING THEIR BODY UNTIL ALL OF THE CHILDREN'S WORRIES ARE GONE.

REFLECTION QUESTIONS (CHILDREN OR FACILITATOR)

WHICH COLOURS DID YOU CHOSE TO REPRESENT DIFFERENT EMOTIONS? DID IMAGINING THE COLOUR FADING AWAY HELP YOU TO CALM DOWN? DO YOU THINK YOU COULD USE THIS PRACTICE IN THE FUTURE FOR CHALLENGING EMOTIONS?

REFERENCES:

FSTORY BREATHE.

LESSON #:

3

LESSON RESOURCES

