

THE MINDFUL SCHOOL

Student Lessons - Level 1



CONCEPT:

MINDFUL BREATHING

EXERCISE NAME:

WE ARE ICE!

EXPLANATION:

THIS ACTIVITY WILL TAKE PLACE DURING A PHYSICAL EDUCATION LESSON/CLASSROOM. CHILDREN WILL IMAGINE THAT THEY ARE A PIECE OF ICE. CHILDREN WILL LISTEN TO MUSIC AND WILL BE GUIDED THROUGH A SERIES OF VISUALISATIONS AND MOVEMENTS.

METHODOLOGY

- CHILDREN WILL BE ENCOURAGED TO MOVE TO THE RHYTHM OF THE MUSIC THOUGH WHICH THEY WILL HEAR THE SEA, SEAGULLS AND ELEMENTS OF SUMMER, CHILDREN MUST MOVE THROUGH THE SPACE. LIKE ICE THAT GRADUALLY MELTS, CHILDREN WILL LOWER THEIR BODIES UNTIL THEY ALL END UP LYING ON THE GROUND.
- TAKING ADVANTAGE OF THIS STATE OF RELAXATION OF THE STUDENTS, WE WILL TELL THEM A STORY SO THAT THEY CAN FOCUS AND VISUALIZE, AND WE WILL WORK ON BREATHING. THE SCRIPT FOR THE STORY IS AS FOLLOWS BELOW:

THE STRONG SUMMER HEAT HAS MELTED US AND TURNED US INTO WATER. LOOK AT THE BLUEST SKY, THERE ARE SEAGULLS! SEAGULLS FLY THROUGH THE SKY AND FEEL THE COOL SEA ON THEIR FACES. NOW, IMAGINE THAT YOU ARE SEAGULLS AND THAT YOU ARE FLYING HIGH, VERY HIGH. FEEL THE COOL AIR OF THE SEA. WE GO DOWN LITTLE BY LITTLE TOWARDS THE BEACH AND WE FEEL THE SOUND OF THE WAVES OF THE SEA. WE STAND ON THE SAND, IT IS HOT AND WE WATCH THE WAVES. WE BREATHE IN AIR WHEN THE WAVE COMES TOWARDS US AND WE BREATHE OUT AIR WHEN THE WAVES MOVE BACK TOWARDS THE SEA. WE APPROACH THE WATER, IT IS COOL!! WE RETURN TO OBSERVE THE WAVES, WE BREATHE VERY DEEPLY TO FILL THE BODY WITH THE SEA AIR IN 1, 2, 3 AND 4. WE HOLD THE AIR IN FOR THREE, NOTICING THE HEAT OF THE SUN, 1, 2 AND 3 AND WE EXHALE AGAIN WHEN THE WAVE MOVES AWAY IN 1, 2, 3.

REFERENCES:

FÁTIMA FLORES PÉREZ

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=FT2XFPH6CPI](https://www.youtube.com/watch?v=FT2XFPH6CPI)

LESSON #:

6

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REFLECTION QUESTIONS (CHILDREN OR FACILITATOR)

HOW DID YOUR BODY FEEL DURING THE EXERCISE? DID PRETENDING TO MELT LIKE ICE HELP YOU TO FEEL RELAXED AND FOCUSED ON YOUR BREATHING?

LESSON RESOURCES

MELTING
MELTING
MELTING

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