

THE MINDFUL SCHOOL

Student Lessons



CONCEPT:

DIGITAL GAME REVIEW

EXERCISE NAME:

WE ARE FREEZING THE DIGITAL GAME.

EXPLANATION:

IN THIS EXERCISE, THE DESIRED DIGITAL GAME IS OPENED ON A SMART BOARD OR STUDENT TABLETS. INSTEAD OF COMPLETING THE DIGITAL GAME, STUDENTS STOP THE DIGITAL GAME WHEN COMMANDED (STOP THE GAME) AND REVIEW THE DETAILS OF THE PICTURE ON THEIR SCREENS.

OBSERVING THE ENVIRONMENT, DESCRIPTION OF COLORS, SHAPES, EXAMINING PEOPLE'S OUTLOOK ARE THE OBJECTIVES OF THIS EXERCISE.

METHODOLOGY

DIGITAL GAMES ARE FAST. WHEN PLAYING IS STOPPED BY THE TEACHER'S COMMAND, THE STUDENT IS INVITED TO STAY IN THE MOMENT. WHEN STUDENTS ARE TOLD TO "LOOK AT THE IMAGE ON YOUR SCREENS NOW", STUDENTS BEGIN FOCUSING ON THE MOMENT. THEY CAN PAY ATTENTION TO THE DETAILS THAT THEY HAVEN'T DISCOVERED OR ARE NOT AWARE OF.

CONSCIOUSLY LOOKING AT THE GAME SCREEN WILL SLOW THEM DOWN. IN THIS EXERCISE, THE GAME CAN BE CONTINUED AND THE STOP COMMAND CAN BE GIVEN AGAIN.

REFLECTION QUESTIONS (CHILDREN OR FACILITATOR)

"WHAT ARE THE DETAILS YOU SEE ON THE SCREEN WHEN YOU STOP YOUR FAVOURITE GAME? COLORS, SHAPES, PEOPLE'S APPEARANCE... LET'S EXPLAIN THESE."

"WHAT DO YOU FEEL WHEN YOU START THE GAME AGAIN? FOCUS ON YOUR BODY-WHAT HAPPENS WITH YOUR BODY WHEN YOU ARE PLAYING? (YOUR HEART RATE, YOUR MOVEMENT SPEED)"

REFERENCES: ORIGINAL

LESSON #:

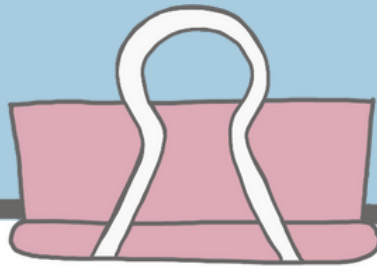
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LESSON RESOURCES



It should be noted that the game does not contain violence

GAME LIST FOR 8-10 YEAR OLD STUDENTS



- **STUMPLE GUYS**
- **NEED FOR SPEED**
- **TETRIS MARIO**
- **GEOMETRY DASH LITE**
- **RED BALL**
- **TOCA KITCHEN**

