

THE MINDFUL SCHOOL

Student Lessons



CONCEPT:

SLOW DOWN BY CHANGING THE RULES OF THE GAME

EXERCISE NAME:

CONTROLLED ARRIVAL INSTEAD OF CAR RACE

EXPLANATION:

IN THIS EXERCISE, A CAR RACING GAME FOR KIDS IS ON THE SMART BOARD. CAR RACING IS ACTUALLY A RACE AS IT IS CALLED. BUT OUR GOAL IS TO SLOW THEM DOWN. THE RULES OF THIS GAME ARE CHANGED. INSTEAD OF RACING, THE MAIN GOAL IS TO GET THE CAR TO THE DESTINATION IN A CONTROLLED MANNER.

METHODOLOGY

STUDENTS ARE FAST, EXCITED AND AGILE WHEN PLAYING CAR RACING IN ITS ORIGINAL FORM.

HOWEVER, WHEN THE RULES OF THIS GAME ARE CHANGED, THEY EXPERIENCE DRIVING THE CAR SAFELY AND SLOWLY AND CALMLY WITHOUT EXPERIENCING ANY ACTION. WHEN BEHAVIOUR CHANGES, EMOTIONS CHANGE AND A CALM CONTROLLED MOOD IS EXPERIENCED.

AT THE SAME TIME, THE FEELING OF WINNING, WHICH INCLUDES AMBITION, IS REPLACED BY THE FEELING OF RELIEF IN COMPLETING THE JOB.

REFLECTION QUESTIONS (CHILDREN OR FACILITATOR)

"WHAT WAS IT LIKE TO USE THE CARS IN A CONTROLLED MANNER INSTEAD OF RACING THEM TO REACH THE DESTINATION?"

"HOW DID YOU FEEL WHILE DRIVING THE CAR SLOWLY? LISTEN TO YOUR BODY- WHAT HAPPENED?"

REFERENCES: ORIGINAL

LESSON #:

7

LESSON RESOURCES



- *Speed car 3d*
- *Car Parking Multiplayer*
- *BUS Simulator : Ultimate*

