

THE MINDFUL SCHOOL

Student Lessons- LEVEL 1



CONCEPT:

SLOWING DOWN WHEN PLAYING DIGITAL GAMES

EXERCISE NAME:

THE DIGITAL CHARACTER I PLAY IS SLOW NOW

EXPLANATION:

TURN ON SOME SLOW MUSIC FOR THE KIDS. FOR EXAMPLE "JOHANN STRAUSS - THE BLUE DANUBE" STUDENTS ARE OVER-EXCITED AND THEREFORE UNAWARE WHILE PLAYING DIGITAL GAMES. THE PURPOSE OF THIS EXERCISE IS TO HAVE THE STUDENT DRAW A PICTURE OF THEIR FAVOURITE DIGITAL GAME CHARACTER. THIS REMOVES THE CHARACTER FROM THE GAME AND ALLOWS THE STUDENT TO ENGAGE WITH THE CHARACTER AT A SLOWER PACE.

METHODOLOGY

- TURN ON SLOW MUSIC FOR THE KIDS. FOR EXAMPLE "JOHANN STRAUSS- THE BLUE DANUBE".
- ASK THE CHILDREN TO CLOSE THEIR EYES AND IMAGINE THEY ARE PLAYING THEIR FAVOURITE GAME ON THEIR DEVICE. CAN THEY VISUALISE THEIR FAVOURITE CHARACTER?
- THE CHILDREN WILL THEN DESCRIBE THEIR FAVOURITE CHARACTER TO A PARTNER. THEN SOME CHILDREN CAN SHARE WITH THE WHOLE CLASS.

REFLECTION QUESTIONS (CHILDREN OR FACILITATOR)

"CAN YOU VISUALIZE THE GAME AND THE CHARACTER IN YOUR MIND? CAN YOU DESCRIBE WHAT YOU SEE WHEN YOU CLOSE YOUR EYES?"

"WHAT WAS IT LIKE TO THINK ABOUT THE GAME WITH MUSIC?"