

THE MINDFUL SCHOOL

Student Lessons-LEVEL 1



CONCEPT:

TAKE DAILY SCREEN BREAKS

EXERCISE NAME:

UNPLUGGING DAY!

EXPLANATION:

THIS ACTIVITY AIMS TO ENCOURAGE STUDENTS TO REDUCE SCREEN ADDICTION AND WILL STUDENTS TO SLOW DOWN BY PAYING ATTENTION TO WHAT THEY FEEL. THEY CAN BE BORED AND CONFUSED ABOUT WHAT TO DO. THEY WILL TRY TO RECOGNISE AND DESCRIBE THE EMOTIONS THEY FEEL WHEN THEY DO NOT USE TECHNOLOGY FOR A DAY.

METHODOLOGY

- EXPLAIN THE CONCEPT TO THE STUDENTS: "CHILDREN TODAY IS UNPLUGGING DAY FOR EVERYONE, (ALL TEACHERS AND STUDENTS) AT OUR SCHOOL! WE WILL NOT LOOK AT THE SCREEN WHEN WE GET HOME. THIS IS A NEW EXPERIENCE FOR ALL OF US. TOMORROW WE WILL SHARE OUR EXPERIENCES WITH EACH OTHER, WHAT WE DID AND HOW WE FELT WHEN WE RETURN TO OUR CLASSES.
- DISCUSS ALTERNATIVE WAYS THE CHILDREN COULD SPEND THEIR TIME WHEN THEY GO HOME FROM SCHOOL THAT DAY.

REFLECTION QUESTIONS (CHILDREN OR FACILITATOR)

"HOW WAS YOUR ZERO TECHNOLOGY EXPERIENCE? WHAT DID YOU FEEL? IF YOU COULD COMPARE THIS EXPERIENCE TO A COLOUR, WHICH COLOUR WOULD YOU CHOOSE? WHY THIS COLOUR?"

"WHAT WERE THE THINGS YOU ENJOYED DOING WHEN THERE WAS NO TECHNOLOGY?"

REFERENCES: ORIGINAL

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