

THE MINDFUL SCHOOL

Student Lessons



CONCEPT:

SLOWING DOWN WHEN PLAYING DIGITAL GAMES

EXERCISE NAME:

I CAN SLOW MY DIGITAL CHARACTER DOWN

EXPLANATION:

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 "VIVALDI".
- 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 MINDFULLY DRAW A PICTURE OF THEIR FAVOURITE CHARACTER USING THE TEMPLATE PROVIDED.

REFLECTION QUESTIONS (CHILDREN OR FACILITATOR)

"YOUR GAME CHARACTER WAS ACTUALLY VERY FAST, BUT DID YOU NOTICE THAT YOU WERE SLOWING DOWN WHILE LISTENING TO THIS MUSIC? WHY DO YOU THINK?"

"DO YOU THINK OUR EMOTIONS CHANGE WHEN OUR BEHAVIOURS CHANGE?
WRITE YOUR THOUGHTS IN THE THINKING BALL."

REFERENCES: ORIGINAL

LESSON #: 1

LESSON RESOURCES



A large, empty white rectangular area with a thin black border, intended for writing or drawing. It is held in place by two red binder clips at the top edge.