

THE MINDFUL SCHOOL

Student Lessons - Level 2



CONCEPT:

TO BECOME MORE MINDFUL AROUND THE TEMPTATIONS OF CONSUMERISM TO SUPPORT A SUSTAINABLE WORLD

EXERCISE NAME:

SUPPORT A MORE SUSTAINABLE WORLD - STIMULUS & FIVE MINUTE GUIDED MEDITATION

EXPLANATION:

CHILDREN AND ADULTS ARE TARGETED BY MARKETERS IN ADVERTISING CAMPAIGNS, USING MATERIALISM, BEAUTY, POPULARITY, RELATIONSHIPS AND SEXUALITY TO SELL COPIOUS UNNECESSARY PRODUCTS. THIS ACTIVITY INVITES STUDENTS TO BECOME MORE MINDFUL AROUND THE TEMPTATIONS OF CONSUMERISM TO PROTECT THEIR OWN WELLBEING AND OUR PLANET.

METHODOLOGY

- SIGNAL A SAFE AND RELAXING SPACE BY BURNING AN ECO-FRIENDLY ESSENTIAL OIL AND PLAYING SOFT MEDITATIVE MUSIC.
- SHOW THE IMAGES OF THE PEOPLE SURROUNDED BY THE CHEMICALS, PLASTICS, FIZZY DRINK CANS AND CARDBOARD PACKAGING TO THE GROUP ON A BIG SCREEN OR PRINT AND DISTRIBUTE TO SMALLER GROUPS. (SEE ATTACHED RESOURCE SHEET)
 - INVITE THE STUDENTS TO SAY WHAT THEY SEE IN THE IMAGES
 - INVITE THE STUDENTS TO SAY WHAT THEY NOTICE IN THE IMAGES
 - INVITE THE STUDENTS TO SAY WHAT THEY WONDER ABOUT THE IMAGES
- ASK STUDENTS TO SIT WITH THEIR FEET ON THE FLOOR, THEIR BACKS STRAIGHT, THEIR HANDS RESTING UPON THEIR THIGHS AND THEIR EYES CLOSED FOR A GUIDED MEDITATION THAT WILL LAST 5 MINUTES.
- SLOWLY READ THE FOLLOWING SCRIPT.



LET US BEGIN A MEDITATION ABOUT SUPPORTING A MORE SUSTAINABLE WORLD.

YOU'VE WORN THE TOP FOR 6 HOURS SO YOU THROW IT INTO THE LAUDRY TO BE WASHED. YOU FANCY ANOTHER NEW PAIR OF TRACKSUIT BOTTOMS BECAUSE YOU SAW YOUR FAVOURITE TIC-TOCER WEAR THEM. YOU ASK YOUR DAD TO DRIVE YOU TO THE SHOPING CENTRE IN HIS DIESEL CAR. HE BUYS A COFFEE WHILE HE'S PAYING FOR THE FUEL. YOU BUY A BOTTLE OF WATER AT THE SHOP BECAUSE YOU KNOW IT'S HEALTHY TO STAY HYDRATED. FIZZY DRINKS GIVE YOU A LIFT AND TASTE GOOD SO YOU ASK YOUR DAD TO BUY YOU A COKE. YOU ARE HOPING FOR THE LATEST MOBILE PHONE FOR CHRISTMAS. THERE'S NO CHOCOLATE LEFT AT HOME SO YOU KNOW YOU NEED TO BUY SOME ON THE WAY HOME.

WE CONSUME COUNTLESS THINGS EVERYDAY, OFTEN WITHOUT GIVING IT A SECOND THOUGHT. WORLDWIDE CONSUMPTION INCREASES EVERY YEAR AND THE CONSEQUENCES FOR US AND OUR PLANET ARE ALREADY EVIDENT.

WHY DO WE FIND IT SO DIFFICULT TO MAKE DO WITH LESS? OUR ANCESTORS CAPABLY SUPPORTED AND NOURISHED THEMSELVES WITHOUT ANY OF THIS CONSUMERISM.

HOW MUCH IS ENOUGH FOR A GOOD LIFE?

ON AVERAGE ADULTS BUY 60 NEW ITEMS OF CLOTHING EVERY YEAR. AFTERALL, SHOPPING IS A MINDLESS HOBBY FOR MANY PEOPLE. EACH WASHING MACHINE CYCLE RELEASES OVER 700,000 FINE PLASTIC FIBRES AND CHEMICALS INTO THE ENVIRONMENT WHICH CAN POISON SEA CREATURES WHEN INGESTED, AND KILL THEIR SOURCES OF FOOD. WASHING MACHINES RUN ON ELECTRICITY WHICH CASUES FOSSIL FUEL GREENHOUSE GAS EMISSIONS INTO THE ATMOSPHERE.

THE ENTIRE LIFE CYCLE OF DISPOSABLE WATER BOTTLES USED FOSSIL FUELS, CONTRIBUTES TO GLOBAL WARMING AND CAUSES POLLUTION. AROUND 80% OF BOTTLES BECOME LITTER AND THE BOTTLING PROCESS RELEASES 2.5 MILLION TONS OF CARBON DIOXIDE IN THE ATMOSPHERE EACH YEAR.

METHODOLOGY CONTINUED



THE FIZZ IN CARBONATED DRINKS COMES FROM CARBON DIOXIDE, THE MOST SIGNIFICANT CONTRIBUTOR TO CLIMATE CHANGE. THERE ARE ALSO SERIOUS ENVIRONMENTAL AND HUMAN RIGHTS CONCERNS RELATED TO SUGAR CANE PRODUCTION. SUGAR FROM FRUCTOSE SYRUP IS USUALLY GROWN IN CHEMICAL-INTENSIVE MONOCULTURES THAT DEplete SOIL.

IF NOT RECYCLED, CARDBOARD USED EXTENSIVELY FOR PACKAGING, WILL PRODUCE METHANE (THE GREENHOUSE GAS) AS IT BREAKS DOWN, AND CONTRIBUTE TO GLOBAL WARMING. IT WILL ALSO TAKE UP SPACE IN A LANDFILL AND NEGATIVELY EFFECT WILDLIFE IF NOT RECYCLED AS MORE TREES WILL NEED TO BE CUT DOWN.

FOR A SUSTAINABLE LIFESTYLE WE SHOULD NOT CONSUME ANY MORE THAN TWO TONS OF THE GREENHOUSE GAS CARBON DIOXIDE PER PERSON PER YEAR BUT MOST PEOPLE CONSUME FIVE TIMES THAT AMOUNT. WE OFTEN DON'T HAVE ANY IDEA ABOUT THE CONSUMPTION SINS WE ARE COMMITTING EVERY DAY.

IN THE WORLD WE LIVE IN TODAY IT IS EASY TO GET SUCKED INTO TAKING THINGS, USING THINGS, RECEIVING THINGS AND GIFTING TOKENISTIC THINGS FOR PLEASURE WHICH ONLY LASTS MOMENTARILY.

WHAT WILL YOU DO TO BE MORE RESPONSIBLE? LET'S TAKE A MOMENT TO APOLOGISE TO THE EARTH, EACH OTHER AND THE FUTURE GENERATIONS FOR MINDLESSLY GIVING IN TO CONSUMERISM.

WRAP YOUR ARMS AROUND THE WORLD. I AM SORRY FOR HARMING YOU.
WRAP YOUR ARMS AROUND PEOPLE EFFECTED BY GLOBAL WARMING. I AM SORRY FOR HARMING YOU.

WRAP YOUR ARMS AROUND THE NEXT GENERATION OF CHILDREN. I AM SORRY FOR HARMING YOU. I HAVE THE POWER TO MAKE IT BETTER AND I WILL.

LET'S COMMIT TO BEING MORE MINDFUL ABOUT USING UNECESSARY RESOURCES. LET'S ACKNOWLEDGE THAT WE CAN FIND OUR HAPPINESS IN RECOGNISING AND BEING GRATEFUL FOR THE SIMPLE LOVING INTERACTIONS WITH OTHERS.

REFLECTION QUESTIONS (CHILDREN OR FACILITATOR)

"WHERE CAN WE MAKE CUTBACKS IN THE AMOUNT OF PRODUCTS WE CONSUME?"

"WHAT ARE YOU PERSONALLY WILLING TO DO WITHOUT?"

REFERENCES:

EARTH 911 - [HTTPS://EARTH911.COM](https://earth911.com)
'HOW DO WE WANT TO LIVE?' EXHIBITION, FUTURIUM MUSUEM, BERLIN, 2022

LESSON #:

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LESSON RESOURCES



REFERENCES:

PHOTO 'HOW DO WE WANT TO LIVE? EXHIBITION,
FUTURIUM MUSUEM, BERLIN, 2022



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PHOTO 'HOW DO WE WANT TO LIVE? EXHIBITION,
FUTURIUM MUSEUM, BERLIN, 2022



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