

THE MINDFUL SCHOOL

Student Lessons - Level 2



CONCEPT:

TO BECOME MORE MINDFUL AROUND DISPOSAL OF OUR UNWANTED POSSESSIONS

EXERCISE NAME:

THE GIFT BANK

EXPLANATION:

THIS ACTIVITY INVITES STUDENTS TO BECOME MORE MINDFUL AROUND DISPOSAL OF THEIR UNWANTED POSSESSIONS. IT EMPOWERS THEM TO BE INNOVATIVE AND CHARITABLE BY THINKING ABOUT WAYS THEIR UNWANTED THINGS COULD BE REUSED OR RECYCLED BY OTHERS.

METHODOLOGY

- THE CHILDREN SIT IN A CIRCLE.
- ASK THE CHILDREN TO WRITE DOWN ON A PIECE OF PAPER, SOMETHING THEY OWN, WHICH THEY DON'T PLAY WITH OR USE ANYMORE. (THE ITEM CANNOT BE BROKEN)
- INVITE THEM TO SCRUNCH UP THEIR PIECE OF PAPER WITH THEIR UNWANTED ITEM ON IT AND THROW IT INTO THE MIDDLE OF THE CIRCLE.
- ASK STUDENTS TO PICK UP SOMEONE ELSE'S PIECE OF PAPER, UNFOLD IT AND READ THE ITEM.
- QUESTION IF THAT ITEM COULD BE VALUABLE TO SOMEONE ELSE AND SOMEONE TO EXPLAIN WHO MIGHT USE IT.
- ASK THE STUDENTS TO TURN TO THE PERSON SITTING BESIDE THEM IN THE CIRCLE AND DISCUSS HOW THE TWO ITEMS THEY REVEALED COULD BE REUSED.
- ASK 3 PAIRS OF STUDENTS TO GIVE THEIR FEEDBACK TO THE WHOLE GROUP.
- SHOW THE PHOTO ON THE RESOURCES PAGE TO THE GROUP AND EXPLAIN THAT THIS IS A PUBLIC 'GIFT BANK' ON A STREET IN BERLIN. EXPLAIN THAT PEOPLE CAN LEAVE UNWANTED ITEMS IN GOOD CONDITION THERE AS A GIFT FOR SOMEONE ELSE WHO WANTS THE ITEM.
- START A 'WALKING DEBATE' WITH THE STUDENTS USING THE BELOW STATEMENTS TO STIMULATE DISCUSSION. (STUDENTS WHO AGREE GO TO RIGHT OF THE ROOM, DISAGREE TO THE LEFT AND UNDECIDED STAY IN MIDDLE)

REFERENCES:

LESSON #:

11

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METHODOLOGY

1. A GIFT BANK IS AN ENVIRONMENTALLY FRIENDLY INITIATIVE
2. THROWING UNWANTED ITEMS IN THE WASTE BIN IS A GOOD IDEA.
3. A PUBLIC GIFT BANK WOULD WORK IN MY ESTATE/AREA

QUESTION SOME STUDENTS IN EACH OF THE STANCE SECTIONS AS TO WHY THEY CHOSE THEIR POSITION.

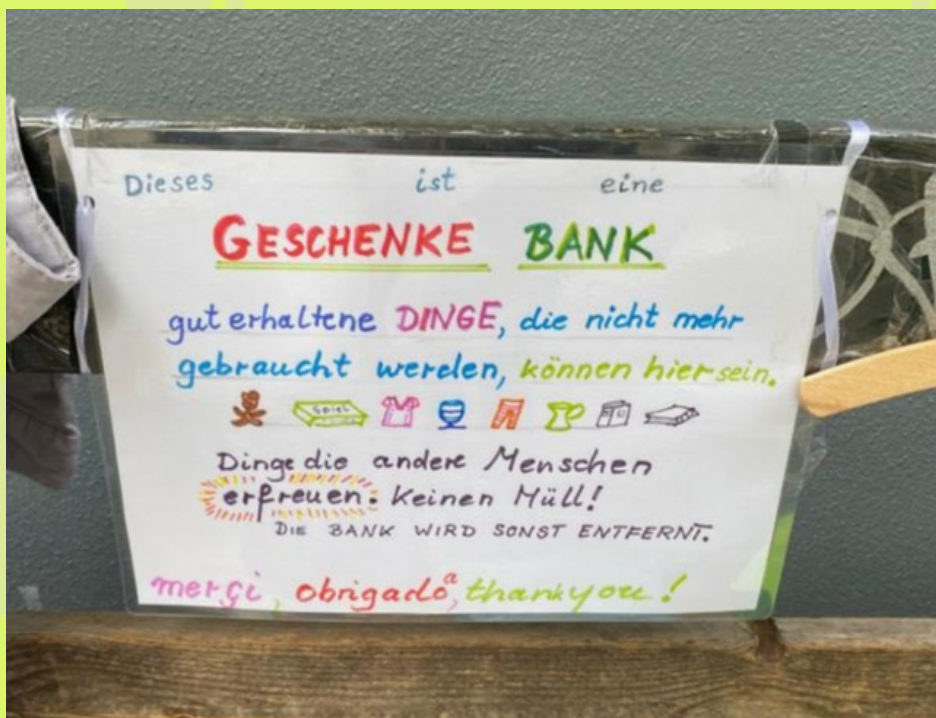
REFLECTION:

"COULD A GIFT BANK WORK IN OUR SCHOOL?", "WHAT OTHER OPTIONS DO WE HAVE FOR RECYCLING/REUSING UNWANTED POSSESSIONS?". WILL YOU BE MORE MINDFUL GOING FORWARD BEFORE YOU THROW SOMETHING AWAY? ENCOURAGE THE STUDENTS TO COMMIT TO AN ACTION THEY CAN TAKE.

LESSON RESOURCES



THIS IS A GIFT BANK ON A STREET IN ONE OF BERLIN'S NEIGHBOURHOODS.



"YOU MAY LEAVE ITEMS IN GOOD CONDITION WHICH YOU NO LONGER NEED HERE. THINGS WHICH WILL DELIGHT OTHER PEOPLE. NO RUBBISH! OTHERWISE THIS BANK WILL BE CLOSED DOWN. THANK YOU!"