

THE MINDFUL SCHOOL

Student Lessons - Level 2



CONCEPT:

HEALTH AND WELLBEING FOR OLDER CHILDREN

EXERCISE NAME:

MY HEALTH AND WELLBEING

EXPLANATION:

THE CHILDREN WILL DEFINE WHAT HEALTH AND WELLBEING MEAN TO THEM. THEY WILL BE INVITED TO RECOGNISE WHY LOOKING AFTER YOURSELF IS IMPORTANT BEFORE LOOKING AT THE BIGGER, GLOBAL PICTURE. "YOU CANNOT FILL FROM AN EMPTY CUP"

METHODOLOGY

- THE CHILDREN WILL WORK WITH THEIR PEERS TO DEFINE WHAT HEALTH AND WELLBEING MEANS TO THEM. THE FACILITATOR WILL INVITE THE CHILDREN TO IDENTIFY THE DIFFERENCE BETWEEN HEALTH AND WELLBEING.
- EVERY CHILD WILL LIST THE THINGS/PEOPLE THAT CAN IMPACT THEIR HEALTH AND WELLBEING.
- THE WIDER GROUP WILL BRAINSTORM SEVERAL WAYS THAT WE CAN ACHIEVE GOOD HEALTH AND WELLBEING.
- THE CLASS WILL BREAK INTO SMALLER GROUPS, WHERE THEY WILL MAKE A HEALTH AND WELLBEING PLAN FOR AN 11-YEAR-OLD STUDENT. THE PLAN WILL RECOMMEND A VARIETY OF WAYS THAT ONE CAN ACHIEVE A HEALTHIER LIFESTYLE.
- AFTER 10 MINUTES, EACH GROUP WILL SHARE THEIR WELLBEING PLAN. THEY WILL COMPARE THEIR PLANS WITH EVERYONE ELSE'S. THE CHILDREN WILL PROVIDE EACH GROUP WITH FEEDBACK, IDENTIFYING THINGS THAT THEY THINK WOULD WORK AND GIVING REASONS WHY.
- EACH GROUP WILL HANG THEIR WELLBEING PLAN IN THE CLASSROOM, FOR THEIR PEERS TO VIEW.
- TO CONCLUDE THE LESSON, EVERY CHILD WILL CREATE THEIR OWN PERSONAL WELLBEING PLAN. THEY WILL USE THE GROUP WELLBEING PLANS TO INSPIRE AND INFORM THEIR WORK.

REFERENCES:

LESSON #:

11

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METHODOLOGY CONTINUED

- EVERY CHILD WILL BE ENCOURAGED TO REFER TO THEIR WELLBEING PLAN REGULARLY, REMINDING THEM TO BE PRESENT AND ACTIVELY LOOK AFTER THEIR OWN HEALTH AND WELLBEING.
- SOME SAMPLES: - DIGITAL DETOX - EATING FOODS THAT FUEL MY BODY - MEDITATION - BREATHWORK

REFLECTION:

HOW IS A CHILD MEANT TO CONTRIBUTE TO GLOBAL SUSTAINABILITY IF THEY ARE NOT MINDFULLY LOOKING AFTER THEIR OWN HEALTH AND WELLBEING? HOW CAN A CHILD LOOK AFTER THEIR HEALTH AND WELLBEING MINDFULLY AND REGULARLY?

LESSON RESOURCES

UNITED NATIONS SUSTAINABLE DEVELOPMENT GOALS: GOAL 3

