

THE MINDFUL SCHOOL

Student Lessons - Level 1 & 2



CONCEPT:

CREATE A SENSORY GARDEN FOR MINDFUL MOMENTS

EXERCISE NAME:

SENSORY GARDEN

EXPLANATION:

THIS ACTIVITY INVITES STUDENTS TO CREATE A SENSORY GARDEN IN THEIR SCHOOL. BOTH THE CREATION OF THE GARDEN AND IT'S USE THEREAFTER CAN BE USED AS PART OF THE CREATIVE MINDFUL PROCESS. CHILDREN ARE ENCOURAGED TO ENJOY THEIR TIME IN NATURE AND USE ALL FIVE SENSES MINDFULLY

METHODOLOGY

- CHILDREN WILL WORK IN SMALL GROUPS WITH THEIR TEACHER TO PLANT VARIOUS SEEDS/BULBS/FLOWERS IN THE DESIGNATED GARDEN AREA.
- CHILDREN WILL VISIT THE AREA TWICE WEEKLY AND WILL HAVE QUIET/REFLECTIVE TIME HERE. THEY WILL BE ENCOURAGED TO USE THEIR FIVE SENSES THROUGHOUT THEIR VISITS.
- CHILDREN WILL BE ENCOURAGED TO NOTE AND RECORD THE CHANGES THEY SEE IN THE GARDEN AS THE PLANTS AND FLOWERS BEGIN TO GROW.
- CHILDREN WILL BE MINDFUL OF THEIR SURROUNDINGS AND WILL KEEP THE AREA FREE FROM WEEDS/RUBBISH ETC.

REFLECTION QUESTIONS (CHILDREN OR FACILITATOR)

"WHAT SENSES DID YOU USE WHEN SPENDING QUIET TIME IN THE SENSORY AREA?" "WHAT CHANGES DID YOU NOTICE OVER THE DIFFERENT SEASONS?"

REFERENCES:

LESSON #:

4

LESSON RESOURCES

Example



Source: <https://www.crowdfunder.co.uk/pla-sensory-garden-for-children-to-learn-and-grow>

Planting Rota



Planting Tools, Bulbs, etc.

