

THE MINDFUL SCHOOL

Student Lessons - Level 1



CONCEPT:

TO BRING AWARENESS TO THE WORLD AROUND US
INSPIRED BY THE STORY 'I CAN SAVE THE EARTH' BY
ALISON INCHES AND VIVIANA GARAFOLI

EXERCISE NAME:

STORY BASED MEDITATION

EXPLANATION:

THIS ACTIVITY INVITES STUDENTS TO LISTEN TO A STORY
BASED ON BEING MINDFUL AND AWARE OF THE WORLD
AROUND US AND ENGAGE IN A MINDFUL MEDITATION
THEREAFTER.

METHODOLOGY

- CHILDREN WILL LISTEN TO THE STORY 'I CAN SAVE THE EARTH' BY ALISON INCHES AND VIVIANA GARAFOLI.
- INSPIRED BY THE STORY, CHILDREN WILL BE INVITED TO BRING THEIR YOGA MATS OUTDOORS AND SPEND SOME TIME BEING MINDFUL IN NATURE. CHILDREN WILL BE INVITED TO FOCUS ON FOUR THINGS THEY CAN SEE, THREE THINGS THEY CAN HEAR, TWO THINGS THEY CAN TOUCH AND ONE THING THEY CAN SMELL.
- CHILDREN WILL DRAW A PICTURE BASED ON THE USE OF THEIR SENSES OUTLINED ABOVE.
- THIS PRACTICE WILL BE MODELLED IN SCHOOL AND CHILDREN WILL BE ENCOURAGED TO PRACTICE AT HOME ALSO.

REFLECTION QUESTIONS (CHILDREN OR FACILITATOR)

"WHAT DID THE LITTLE MONSTER LEARN IN THE STORY?"

"WHAT SOUNDS DID YOU NOTICE?"

"HOW WAS YOUR DAY DIFFERENT WHEN YOU SPENT SOME MORE MINDFUL TIME
OUTDOOR AWAY FROM TECHNOLOGY?"

"DO YOU THINK YOU WOULD BE ABLE TO HAVE A TECHNOLOGY FREE DAY?"

REFERENCES:

'I Can Save the Earth' story book by Alison Inches and Viviana Garafoli

LESSON #:

7

LESSON RESOURCES

'I Can Save the Earth' story book by Alison Inches and Viviana Garafoli



Yoga Mats



Drawing Activity

I can see...

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I can hear...

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I can touch...

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I can smell...

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