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
- . THIS PRACTICE WILL BE MODELLED IN SCHOOL AND CHILDREN WILL BE ENCOURAGED TO PRACTICE AT HOME ALSO.

REFLECTION QUESTIONS (CHILDREN OR FACILITATOR)

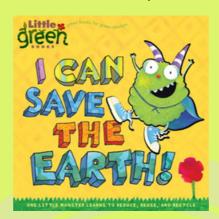
"What did the little monster learn in the story?" "WHAT SOUNDS DID YOU NOTICE?"

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

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

LESSON RESOURCES

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



Yoga Mats



Drawing Activity

