

THE MINDFUL SCHOOL

Student Lessons - Level 1



CONCEPT:

TO BRING AWARENESS TO THE IMPORTANCE OF KEEPING OUR OCEANS CLEAN

EXERCISE NAME:

'A WHALE'S TALE'

EXPLANATION:

THIS ACTIVITY INVITES STUDENTS TO WATCH A SHORT ANIMATION AND ENGAGE IN A MEDITATION TO HELP THEM EMPATHISE WITH THE CHARACTERS AND GAIN AN UNDERSTANDING OF THE IMPORTANCE OF NATURE CONSERVATION AND DISPOSING OF LITTER APPROPRIATELY

METHODOLOGY

- CHILDREN WILL WATCH THE SHORT ANIMATION 'A WHALE'S TALE' BY HOPE WORKS, A STORY BASED ON CLEANING UP LITTER FROM THE OCEAN.
- CHILDREN WILL DISCUSS THE FEELINGS OF THE CHARACTERS THROUGHOUT THE SHORT ANIMATION. THE TEACHER WILL PAUSE THE VIDEO AT DIFFERENT POINTS AND ASK CHILDREN TO MINDFULLY REFLECT ON HOW THE CHARACTERS ARE FEELING. CHILDREN WILL BE ENCOURAGED TO LIST EMOTIONS AND FEELINGS THEY WOULD FEEL IF THEY WERE IN THAT SAME POSITION.
- CHILDREN WILL BE ENCOURAGED TO IMAGINE THEMSELVES AS THE WHALE IN THE STORY AND LIST TECHNIQUES AND MINDFULNESS STRATEGIES THEY WOULD USE IN THE SITUATION TO HELP THEM FEEL MORE CALM.

REFLECTION QUESTIONS (CHILDREN OR FACILITATOR)

"HOW DO YOU THINK THE WHALE IS FEELING?"

"HOW DID THE SEA CREATURES SHOW KINDNESS AND WORK AS A TEAM TO SOLVE THE PROBLEM?"

"HOW WOULD YOU ENCOURAGE THE WHALE TO PERSEVERE?" "WHAT COULD THE WHALE DO IF THEY WERE FEELING SAD/WORRIED/OVERWHELMED?"

LESSON RESOURCES

'A Whale's Tale' Hope Works Animation



Mindful Question Cards

How do you think the whale felt at this point? Why do you think they felt this way?



What would you say to the whale to encourage them not to give up?



If you were the whale, what techniques could you use if you felt overwhelmed?

