

THE MINDFUL SCHOOL

Student Lessons - Level 2



CONCEPT:

TO USE MUSIC WITH A SUSTAINABLE LIVING MESSAGE TO RELAX AND INFLUENCE US POSITIVELY IN SUPPORTING A MORE SUSTAINABLE WORLD.

EXERCISE NAME:

BACK TO EARTH SONG

EXPLANATION:

AMERICAN SINGER AND SONGWRITER, JASON MRAZ'S 2014 SONG 'BACK TO THE EARTH' REMINDS US TO 'SWITCH OFF' FROM OUR BUSY TECHNOLOGY HEAVY LIVES AND EMBRACE A A SIMPLER AND MORE SUSTAINABLE WAY OF LIVING. THE STUDENTS WILL FIND LYRICS AND MELODY OF THIS SONG VERY RELAXING, CATCHY AND UPLIFTING.

METHODOLOGY

- INVITE THE CHILDREN TO RELAX BY SITTING OR LYING DOWN ON THE FLOOR.
- USING SPOTIFY WITH THE LYRICS TURNED ON, PLAY 'BACK TO THE EARTH' BY JASON MRAZ.
- TELL THEM YOU WILL PLAY A SONG FOR THEM TO CHILL OUT TO. THEY SHOULD TRY AND ONLY FOCUS ON THE ENJOYMENT OF THE SONG WHILE IT IS PLAYING.
- SEE LYRICS ON RESURCES PAGE OF THIS LESSON
- AFTER THE SONG HAS PLAYED, INVITE THE CHILDREN TO DISCUSS HOW THE SONG MADE THEM FEEL AND WHAT THEY THOUGHT THE MESSAGE OF THE SONG WAS ABOUT?
- TEACH THE SONG TO THE CHILDREN.

REFLECTION:

SUGGEST THEY COULD PERFORM THIS SONG AT THEIR NEXT WHOLE-SCHOOL ASSEMBLY AS PART OF A SUSTAINABLE LIVING THEMED ASSEMBLY.

LESSON RESOURCES

WHENEVER MY HEAD STARTS TO HURT
BEFORE IT GOES FROM BAD TO FEELING WORSE

I TURN OFF MY PHONE
I GET DOWN LOW
AND PUT MY HANDS IN THE DIRT
I TRY TO STOP THE WORLD FROM MOVING SO FAST
TRY TO GET A GRIP ON WHERE I'M AT
AND SIMPLIFY THIS DIZZY LIFE
AND PUT MY FEET IN THE GRASS
I'M GOING BACK TO THE EARTH
I'M GOING BACK TO THE EARTH
I'M GOING BACK TO WORK
I'M GOING BACK TO THE EARTH
THE ONLY EXPLANATION FOR A HIGH RISE
MUST BE THAT EVERYBODY WANTS TO GET HIGH
AND MOVE ON UP TO A DELUXE
APARTMENT IN THE SKY

WELL, THE HIGHER WE GO, THE TALLER WE GROW OLD
WE LOSE SIGHT OF THE LAND BELOW
WELL, YOU CAN HAVE YOUR PLACE UP IN OUTER SPACE
'CAUSE MY HOME IS WHERE MY FOOD IS GROWN
I'M GOING BACK TO THE EARTH
I'M GOING BACK TO THE EARTH

LESSON RESOURCES

I'M GOING BACK TO WORK
I'M GOING BACK TO THE EARTH
I'M GOING BACK TO THE EARTH
I'M GOING BACK TO THE EARTH
I'M GOING BACK TO WORK
I'M GOING BACK TO THE EARTH
(ALL RIGHT LETS GET THE REST IN OVER THIS BRIDGE)
WE ARE ANIMALS (WE ARE ANIMALS)
WE ARE WILD (WE ARE WILD)
WE STARTED WITH THE MOTION
AT THE BOTTOM OF THE OCEAN
NOW WE'RE SWINGING FROM THE TOPS OF THE TREES
WE ARE ANIMALS (WE ARE ANIMALS)
WE ARE WILD (WE ARE WILD)
AND TO TRULY BE FORGIVEN
WE MUST ALL GET BACK TO LIVING
WITH THE LAND IN HARMONY
I'M GOING BACK TO THE EARTH
I'M GOING BACK TO THE EARTH
I'M GOING BACK TO WORK
I'M GOING BACK TO THE EARTH
I'M GOING BACK TO THE EARTH
I'M GOING BACK TO THE EARTH
I'M GOING BACK TO WORK
I'M GOING BACK TO THE EARTH
(TWO MORE TIMES AROUND!)
I'M GOING BACK TO THE EARTH
I'M GOING BACK TO THE EARTH
I'M GOING BACK TO WORK
I'M GOING BACK TO THE EARTH
(ONE MORE TIME AROUND!)
I'M GOING BACK TO THE EARTH
I'M GOING BACK TO THE EARTH
I'M GOING BACK TO WORK
I'M GOING BACK TO THE EARTH