

THE MINDFUL SCHOOL

Student Lessons - Level 2



CONCEPT:

MEDITATIVE BREATHING USING THE 5 SENSES

EXERCISE NAME:

5 SENSES FOCUS BREATHING

AUTHOR AND YEAR:

ADAPTED FROM MARK WILLIAMS, DANNY PENMANN,
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EXPLANATION:

THIS ACTIVITY INVITES STUDENTS TO ENGAGE IN A GUIDED MEDITATION WITH THE AIM OF FOCUSING ON EXPERIENCING ALL 5 SENSES THROUGH BREATHING

METHODOLOGY

- BEGIN BY INVITING CHILDREN TO SIT WITH THEIR BACK STRAIGHT, TWO FEET FLAT ON THE GROUND AND HANDS RESTING ON THEIR THIGHS OR TUMMY.
- INVITE CHILDREN TO START FOCUSING ON THEIR BREATHING, INHALING THROUGH THE NOSE, AND EXHALING THROUGH THE MOUTH. INVITE THE CHILDREN TO NOTICE THE PHYSICAL CHANGES IN THEIR BODY AS THEY BREATHE (I.E., THEIR TUMMY FILLING WITH AIR AS THEY BREATHE IN).
- INVITE THE CHILDREN TO TAKE SOME SHORT BREATHS, AND NOTICE HOW THIS SENSATION DIFFERS. REPEAT THIS STEP USING LONG BREATHS.
- INVITE THE CHILDREN TO FIND A WAY OF BREATHING THAT IS COMFORTABLE FOR THEM, AND ASK THEM TO BEGIN TO NOTICE THIS NATURAL BREATHING PATTERN.
- ALLOW CHILDREN A COUPLE OF MINUTES TO FIND WHAT IS COMFORTABLE FOR THEM. ENCOURAGE CHILDREN TO FOCUS AS MUCH AS POSSIBLE ON THEIR BODY AS THEY BREATHE. IF CHILDREN ARE BEGINNING TO BE DISTRACTED BY OUTSIDE SOURCES, ENCOURAGE THEM TO REGAIN FOCUS ON THEIR BREATHING.

REFERENCES: MARK WILLIAMS, DANNY PENMANN, 2021

LESSON #:

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METHODOLOGY (CONTINUED):

- ENCOURAGE THE CHILDREN TO FOCUS ON ONE SENSE AT A TIME - BEGINNING WITH THE SENSE OF TOUCH. INVITE CHILDREN TO FOCUS ON HOW THEIR BODY FEELS AS IT IS IN CONTACT WITH THE CHAIR, HOW THEIR FEET FEEL ON THE FLOOR, THE CONTACT BETWEEN THEIR HANDS AND THEIR THIGHS/TUMMY ETC. IF A CHILD NOTICES A SENSE OF DISCOMFORT IN ANY PART OF THEIR BODY, INVITE THEM TO MOVE SLIGHTLY, AND ENCOURAGE THEM TO NOTICE THE CHANGE IN SENSATION.
- CONTINUE THIS GUIDANCE FOR EACH OF THE FIVE SENSES - FOCUSING ON THE SENSATION OF BREATHING WITH ONE'S EYES CLOSED (SENSE OF SIGHT), FOCUSING ON BREATHING AND LETTING BACKGROUND SOUNDS COME AND GO (SENSE OF HEARING), FOCUSING ON THE SENSATION CREATED AND SENSE OF TASTE WHEN BREATHING OUT THROUGH THE MOUTH, FOCUSING ON SMELLS IN THE SURROUNDINGS ETC.
- ENCOURAGE THE CHILDREN NOT TO FORCE ANY FEELINGS AND TO SIMPLY ALLOW THE SENSATIONS THEY FEEL TO COME AND GO AS THEY CONTINUE TO INHALE AND EXHALE.
- INVITE THE CHILDREN TO SPEND A FEW MINUTES IN SILENCE FOCUSING ON THEIR BREATHING AND THE SENSES.

REFLECTION QUESTIONS (CHILDREN OR FACILITATOR)

WHICH SENSE DID YOU FIND THE MOST CHALLENGING TO FOCUS ON? WHICH SENSE WAS THE EASIEST TO FOCUS ON? DO YOU THINK THAT FOCUSING ON YOUR BREATHING MADE YOU MORE AWARE OF THE EVERYDAY SENSATIONS WE FEEL IN OUR BODY THAT WE MIGHT NOT USUALLY NOTICE? HOW DID YOUR BREATH INTERACT WITH YOUR BODY?