

# THE MINDFUL SCHOOL

## Student Lessons - Level 2



### CONCEPT:

MEDITATIVE BREATHING TO FOCUS THOUGHTS ON THE PRESENT MOMENT

### EXERCISE NAME:

THINK-TIME MINDFULNESS BREATHING

### AUTHOR AND YEAR:

ADAPTED FROM MJON KABAT -ZINN, 2013

### EXPLANATION:

THIS ACTIVITY INVITES STUDENTS TO ENGAGE IN A GUIDED MEDITATION WITH THE AIM OF FOCUSING THEIR THOUGHTS ON THE PRESENT MOMENT TO ENCOURAGE CALMNESS AND CLARITY

### 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.
- ENCOURAGE CHILDREN TO FOCUS ON THEIR CURRENT THOUGHTS - WHAT ARE YOU THINKING ABOUT RIGHT NOW? HOW IS IT MAKING YOU FEEL?
- IF CHILDREN ARE EXPERIENCING NEGATIVE THOUGHTS, ENCOURAGE THEM TO ACCEPT THESE THOUGHTS AS THEY ARE, WITHOUT TRYING TO CHANGE THEM. ENCOURAGE CHILDREN TO ALLOW THESE THOUGHTS TO COME AND GO. AS THE NEGATIVE THOUGHTS PASS, SO TOO SHOULD THE NEGATIVE EMOTIONS TOWARDS THESE THOUGHTS.
- ENCOURAGE CHILDREN TO SHINE A SPOTLIGHT DIRECTLY ON TO THEIR BREATHING AND LET THEIR THOUGHTS DRIFT AWAY. ENCOURAGE FOCUS ON THE PHYSICAL SENSATION CAUSED BY THEIR BREATHING. ENCOURAGE CHILDREN TO REGAIN FOCUS ON THEIR BREATHING IF THEY FEEL THEIR MIND START TO WANDER.
- AGAIN, ENCOURAGE CHILDREN TO FOCUS BACK TOWARDS THEIR THOUGHTS, AND ALLOW THE THOUGHTS TO COME WITH EACH INHALATION, AND GO WITH EACH EXHALATION.

### REFERENCES:

MJON KABAT -ZINN, 2013

### LESSON #:

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### REFLECTION QUESTIONS (CHILDREN OR FACILITATOR)

DO YOU THINK IT WAS EASY TO LET GO OF NEGATIVE FEELINGS WHEN YOU WERE FOCUSED ON YOUR BREATHING? DO YOU THINK YOU COULD USE THIS TECHNIQUE IN CHALLENGING SITUATIONS? HOW DID IT FEEL TO LET GO OF YOUR THOUGHTS AND FOCUS ON YOUR BREATHING?