

THE MINDFUL SCHOOL

Student Lessons - Level 2



CONCEPT:

SENSORY IDENTIFICATION

EXERCISE NAME:

SENSORY SENSATIONS

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EXPLANATION:

BY USING THEIR FIVE SENSES, STUDENTS CAN BECOME MORE MINDFUL OF HOW THEY ARE FEELING BY CONNECTING WITH THEIR SURROUNDINGS.

METHODOLOGY

- BEGINNING WITH OUR SENSE OF SMELL, STUDENTS ARE INVITED TO BECOME AWARE OF THE COLD AIR THEY ARE BREATHING IN, AND THE WARM AIR THEY ARE BREATHING OUT. ONCE THE STUDENTS HAVE BECOME AWARE OF THIS, THEY ARE ENCOURAGED TO VISUALISE THE ROOM THAT THEY ARE IN.
- GUIDE THE STUDENTS ON A TOUR OF THE ROOM. WITH THEIR EYES CLOSED, AND WHILE SITTING VERY STILL IN THEIR SEAT, IMAGINE THEMSELVES WALKING AROUND THE ROOM. ASK THE STUDENTS TO FIND SOMETHING RED IN THE ROOM. CAN THEY PICK IT UP? HOW DOES IT FEEL? IS IT HEAVY? NOW FIND SOMETHING BLUE IN THE ROOM. CAN THEY PICK IT UP OR IS IT TOO HEAVY? HOW DOES IT SMELL. IF IT IS SAFE TO DO SO, HOW DOES IT TASTE? REPEAT THIS AS MANY TIMES AS YOU LIKE.
- TO BRING THE STUDENTS BACK INTO THE ROOM, ASK THEM TO FOCUS ON THE SOUNDS IN THE ROOM. THE SOUND OF THE TEACHER'S VOICE, THE TICKING OF THE CLOCK, THE SHUFFLING OF PEOPLE'S FEET. WHEN THEY ARE READY, THEY CAN OPEN THEIR EYES AGAIN.

REFLECTION QUESTIONS (CHILDREN OR FACILITATOR)

COULD YOU SMELL ANY SCENTS IN THE AIR? DID YOU NOTICE YOUR BREATHS GETTING DEEPER THE LONGER THE ACTIVITY LASTED? HOW DID YOU KNOW YOU FELT RELAXED?