

THE MINDFUL SCHOOL

Student Lessons - Level 2



CONCEPT:

LISTENING MEDITATION

EXERCISE NAME:

SOUNDS THAT CALL TO ME

AUTHOR AND YEAR:

ADAPTED FROM WHITNEY STEWART, 2018

EXPLANATION:

THROUGH THIS EXERCISE, THE STUDENTS WILL BE GUIDED THROUGH A MEDITATION SESSION WHERE THEY CAN CLEAR THEIR MINDS AND IDENTIFY 12 SOUNDS IN THEIR SURROUNDINGS. THEY MAY BECOME AWARE OF HOW THEY ARE FEELING BOTH PHYSICALLY AND EMOTIONALLY.

METHODOLOGY

- USING A GENTLE ALARM CLOCK ASK THE STUDENTS TO CLOSE THEIR EYES. ASK THEM TO VISUALISE THE ROOM THAT THEY ARE IN, THE PEOPLE THAT ARE AROUND THEM AND THE CLOTHING THEY ARE WEARING TODAY.
- ONCE THEY HAVE SETTLED INTO THIS, FOCUS ON THEIR BREATHING. SLOW DEEP BREATHS IN, SLOW DEEP BREATHS OUT. AFTER A FEW MINUTES OF MINDFULNESS BREATHING, ASK THE STUDENTS TO IDENTIFY THE MOST DOMINANT SOUND IN THEIR ENVIRONMENT. IT MAY BE THE SOUND OF THE TEACHER'S VOICE, OR THE SOUND OF OTHER CHILDREN IN THE CORRIDOR.
- AFTER ANOTHER MINUTE ASK THE STUDENTS TO IDENTIFY A SECOND (DIFFERENT) SOUND IN THEIR ENVIRONMENT. CONTINUE THIS UNTIL THE STUDENTS HAVE IDENTIFIED 12 DIFFERENT SOUNDS.
- TO CONCLUDE, ASK THE STUDENTS TO VISUALISE THEMSELVES BACK IN THE ROOM, THE ITEMS AROUND THEM, THE PEOPLE, AND HOW THEY LOOK TODAY. WHEN THEY ARE READY THEY CAN OPEN THEIR EYES AGAIN.

REFLECTION QUESTIONS (CHILDREN OR FACILITATOR)

HOW DID YOU FIND THIS ACTIVITY? DID YOU LIKE IT? WHY/WHY NOT? WHAT SOUND COULD YOU HEAR FIRST? WHAT SOUND COULD YOU HEAR LAST? CAN THE STUDENTS DRAW AN IMAGE OF THE 1ST (LOUDEST) NOISE THEY HEARD, TO THE 12TH (SOFTEST) SOUND. THIS MAY GO FROM THE TEACHER'S VOICE TO THE SOUND OF THEIR HEART/PULSE.

REFERENCES:

WHITNEY STEWART, 2018

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