

# THE MINDFUL SCHOOL

## Student Lessons - Level 2



**CONCEPT:**

**MINDFUL BREATHING AND FOCUS ON CORRECT POSTURE**

**EXERCISE NAME:**

**MINDFUL POSTURE**

**AUTHOR AND YEAR:**

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**EXPLANATION:**

**THIS ACTIVITY INVITES STUDENTS TO FOCUS ON THEIR POSTURE AND BECOME MORE AWARE OF THE DIFFERENT WAYS THEIR BODY FEELS AS THEY BREATHE. CHILDREN ARE INVITED TO RETURN TO THE PRESENT MOMENT BY USING THE CONCEPT OF MINDFUL BREATHING. THIS ACTIVITY CAN BE USED AS A SHORT INTRODUCTION TO OTHER MINDFUL LESSONS TO CENTRE THE CHILDREN'S FOCUS.**

**METHODOLOGY**

- **INVITE CHILDREN TO SIT WITH THEIR BACK STRAIGHT AGAINST THE BACK OF THEIR CHAIR, THEIR TWO FEET FLAT ON THE GROUND AND THEIR HANDS RESTING ON THEIR THIGHS.**
- **ENCOURAGE CHILDREN TO BRING THEIR SHOULDER BLADES TOGETHER TO OPEN THEIR CHEST AS THEY BREATHE.**
- **ENCOURAGE CHILDREN TO MAINTAIN THIS POSTURE FOR THE DURATION OF THE ACTIVITY.**
- **INVITE CHILDREN TO SPEND A FEW MINUTES FOCUSING ON THEIR BREATHING UNTIL THEY FIND A RHYTHM THAT IS COMFORTABLE FOR THEM.**
- **AS THE CHILDREN CONTINUE TO BREATHE, INVITE THEM TO FOCUS ON THE FEELING OF THEIR BACK IN CONTACT WITH THE BACK OF THE CHAIR, THEIR BOTTOM IN CONTACT WITH THE BASE OF THE SEAT, THEIR HANDS IN CONTACT WITH THEIR LEGS AND THEIR FEET IN CONTACT WITH THE GROUND.**
- **ENCOURAGE THE CHILDREN TO NOTICE THE DIFFERENT SENSATIONS THAT THEY FEEL. IF THEY FEEL ANY DISCOMFORT, ENCOURAGE THE CHILD TO MOVE SLIGHTLY AND REFOCUS ON THEIR BREATHING.**
- **ALLOW THE CHILDREN SOME TIME TO FOCUS ON THEIR BREATHING, ENCOURAGING THEM THROUGHOUT TO NOTICE THEIR POSTURE AND NOTICE HOW THE DIFFERENT PARTS OF THE BODY FEEL.**
- **FINALLY, INVITE THE WHOLE CLASS TO BREATHE IN FOR A COUNT OF 3 AND EXHALE FOR A COUNT OF THREE. REPEAT THIS BREATHING PATTERN TEN TIMES.**

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### REFLECTION QUESTIONS (CHILDREN OR FACILITATOR)

HOW DID YOU FEEL DURING THIS ACTIVITY? WHAT FEELINGS DID YOU NOTICE?  
DID YOU FIND IT CHALLENGING TO FOCUS ON THE FEELINGS IN YOUR BODY?  
DID YOU FIND IT EASY TO BE DISTRACTED?