

THE MINDFUL SCHOOL

Student Lessons - Level 2



CONCEPT:

BEING IN THE PRESENT

EXERCISE NAME:

MINDFUL RELAXATION MEDITATION WITH BODY AND BREATH

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EXPLANATION:

USING BREATHING TECHNIQUES TO BRING THE CHILDREN INTO THE PRESENT MOMENT, AND MAKE THEM MORE ATTENTIVE.

METHODOLOGY

- ASK THE CHILDREN TO SIT UP STRAIGHT ON THEIR CHAIR AND CLOSE THEIR EYES .
- ASK THE CHILDREN TO NOTICE THEIR FEELINGS. NOW ASK THEM TO FOCUS ON THEIR BREATH AND FEEL THEIR BODY BREATHING IN AND OUT.
- 'FEEL THE FLOW OF YOUR BREATH THROUGH YOUR BODY. NOTICE HOW THE COOL AIR ENTERS YOUR BODY THROUGH YOUR NOSTRILS, PASSES THROUGH YOUR THROAT, TO YOUR YOUR HEART TO YOUR STOMACH AND HOW YOUR STOMACH EXPANDS, LIKE A BALLOON. '
- 'FOCUS ON BREATHING IN AND OUT NATURALLY.'
- THIS PRACTICE SHOULD BE DONE FOR 5 MINUTES, ONLY FOCUS ON THE BREATH. WHEN THE CHILDREN ARE READY, ASK THEM TO CALMLY OPEN THEIR EYES.

REFLECTION QUESTIONS (CHILDREN OR FACILITATOR)

DID YOU OBSERVE ANY BODILY SENSATIONS IN PARTICULAR? WHICH FEELINGS DID YOU RECOGNISE WHILE DOING THIS EXERCISE? ARE YOU RELAXED?