

# THE MINDFUL SCHOOL

## Student Lessons - Level 2



CONCEPT:

MINDFUL OF INNER THOUGHTS

EXERCISE NAME:

LISTENING TO MY OWN THOUGHTS

AUTHOR AND YEAR:

ADAPTED FROM ANNAKA HARRIS, 2019

EXPLANATION:

THIS ACTIVITY USES THE CONCEPT OF MEDITATION TO CLEAR THE PUPIL'S MIND FROM UNHELPFUL THOUGHTS SO THAT THEY CAN FOCUS BETTER IN CLASS.

METHODOLOGY

- ASK THE CHILDREN TO SIT UP STRAIGHT ON THEIR CHAIR AND CLOSE THEIR EYES .
- ASK THE CHILDREN TO FOCUS ON BREATHING IN THROUGH THEIR NOSE AND OUT THROUGH THEIR MOUTHS.
- ASK THE CHILDREN TO LISTEN TO THE SOUNDS AROUND THEM.
- THEN ASK THE CHILDREN TO FOCUS ON THEIR OWN INNER VOICE, THEIR THOUGHTS.
- 'IMAGINE THAT YOU ARE SITTING IN A CINEMA AND WAITING FOR YOUR THOUGHTS TO APPEAR ON THE BLANK SCREEN.'
- 'OBSERVE THE THOUGHTS ON THE CINEMA SCREEN, WATCH THEM COME AND GO.'
- 'WATCH THEM APPEAR AND DISAPPEAR ON THE SCREEN WITHOUT TRYING TO CHANGE THEM.'
- 'FOCUS ON YOUR BREATHING, DEEP AND CALM BREATHING IN AND OUT THROUGHOUT THE MEDITATION.'
- 'TRY NOT TO JUDGE YOUR THOUGHTS AS GOOD, BAD, RIGHT OR WRONG.'
- 'AS SOON AS YOU FEEL YOUR MIND DRIFTING AWAY, GENTLY DIRECT YOUR THOUGHTS BACK TO THE CINEMA SCREEN.'
- THEN ASK THE CHILDREN TO CALMLY OPEN THEIR EYES AND STRETCH THEIR BODIES.

REFLECTION QUESTIONS (CHILDREN OR FACILITATOR)

WHAT DID YOU FEEL? WERE YOU DISTRACTED BY YOUR THOUGHTS? WHERE YOU ABLE TO LET THE THOUGHTS COME AND GO?