

THE MINDFUL SCHOOL

Student Lessons - Level 2



CONCEPT:

MINDFULNESS EXERCISE WITH VISUALISATION

EXERCISE NAME:

CLOUDS IN THE SKY

AUTHOR AND YEAR:

ADAPTED FROM DR. JESS MCCLOSKEY, 2001

EXPLANATION:

THIS ACTIVITY INVITES STUDENTS TO FIND CALM IN TIMES OF STRESS BY APPLYING A THOUGHT MONITORING MEDITATION WITH A CLOUDS IN THE SKY METAPHOR.

METHODOLOGY

SCRIPT

- FIND A COMFORTABLE AND UPRIGHT POSITION. THEN, CLOSE YOUR EYES. CALM YOUR BODY AND MIND BY TAKING DEEP AND CALM BREATHS IN AND OUT.
- IMAGINE THAT YOU ARE LOOKING AT THE SKY. IMAGINE THE CLOUDS AS YOUR THOUGHTS. OBSERVE THE APPEARANCE AND DISAPPEARANCE OF EACH INDIVIDUAL THOUGHT. JUST SPECTATE WITHOUT JUDGING YOUR THOUGHTS AS GOOD, BAD, RIGHT OR WRONG. WATCH THE THOUGHTS COMING FROM NOTHINGNESS AND GOING BACK TO NOTHINGNESS. AS SOON AS YOU FEEL YOUR MIND DRIFTING AWAY, GENTLY DIRECT YOUR THOUGHTS BACK TO THE CINEMA SCREEN. PERCEIVE THOUGHTS AS INTERNAL SOUNDS, JUST LIKE THE EXTERNAL SOUNDS THAT COME TO US, WHICH WE HEAR, WHICH CHANGE AND COME AND GO.
- CONTINUE YOUR BREATHING IN AND OUT THROUGHOUT THE MEDITATION. NOW NOTICE THE THOUGHTS IN THE FOREGROUND AND THE THOUGHTS IN THE BACKGROUND. PUT THE FOREGROUND THOUGHTS IN THE BACKGROUND AND THE BACKGROUND THOUGHTS IN THE FOREGROUND. CONTINUE TO WATCH THE THOUGHTS IN THE BACKGROUND WITHOUT JUDGEMENT, LIKE THE FLOW OF THE CLOUDS IN THE SKY. AFTER OBSERVING FOR A WHILE, THE THOUGHTS ARE GRADUALLY MOVING AWAY. TAKE YOUR BODY AND YOUR BREATH INTO THE FOREGROUND OF YOUR ATTENTION. WHEN YOU ARE READY, YOU CAN TAKE A FEW DEEP BREATHS, STRETCH YOUR BODY AND OPEN YOUR EYES.

REFLECTION QUESTIONS (CHILDREN OR FACILITATOR)

HOW DID YOU FEEL WHEN IMAGINING THE SKY?
WHAT SHAPE DID THE CLOUDS HAVE? WHICH COLOUR WAS THE SKY, BRIGHT BLUE OR AN ORANGE TWILIGHT?

REFERENCES:

DR. JESS MCCLOSKEY, 2001

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