

THE MINDFUL SCHOOL

Student Lessons - Level 2



CONCEPT:	MINDFUL ACKNOWLEDGEMENT & RELEASE OF ANGER
EXERCISE NAME:	RELEASE FROM INNER ANGER
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EXPLANATION:

SOMETIMES WE MAY FEEL UPSET, ANGRY OR RESTLESS WITHOUT KNOWING THE REASON OR ON PURPOSE. IN THIS MEDITATION PRACTICE THE PUPIL FOCUSES ON RELEASE OF THE EMOTION 'ANGER'.

METHODOLOGY

SCRIPT

- TO BEGIN, SIT COMFORTABLY WITH YOUR FEET ON THE FLOOR. BREATHE IN AND OUT FOR THREE LONG BREATHS. IMAGINE YOU ARE SITTING UNDER A HUGE TREE BY THE RIVER. DURING THIS TIME, YOU FEEL RESTLESS WITH ANGER. YOU ARE WATCHING THE RIVER FLOWING CALMLY BY. NOW SEE YOUR ANGER BREAKING OFF FROM THE AUTUMN TREE ABOVE YOUR HEAD, UNDER WHICH YOU ARE SITTING BY THE RIVER, AND FALLING AS SMALL PIECES OF LEAF INTO THE RIVER IN FRONT OF YOU. REALISE THAT YOUR ANGER IS GRADUALLY MOVING AWAY FROM YOU WITH EACH LEAF SWEEPED PAST WITH THE FLOW OF THE RIVER. EVERY NEW LEAF IS A NEW PIECE OF ANGER WHICH BREAKS AWAY FROM YOU. IT FALLS INTO THE RIVER, GETS PICKED UP IN THE FLOW AND THEN DISAPPEARS. NOTICE YOUR ANGER DIMINISHING WITH EACH LEAF LEAVING.
- CONTINUE TO TAKE DEEP AND CALM BREATHS IN AND OUT. OBSERVE EACH FALLING LEAF IN THIS WAY. DO NOT JUDGE YOURSELF AND YOUR ANGER AS GOOD, BAD, RIGHT OR WRONG, JUST STAY IN THE MOMENT. JUST WATCH THE FALLING LEAVES BEING TAKEN BY THE RIVER AND DISAPPEARING FROM SIGHT.
- NOW BRING YOUR ATTENTION TO YOUR BODY AND BREATH. WHEN YOU ARE READY, TAKE A FEW DEEP BREATHS AND OPEN YOUR EYES.

REFLECTION QUESTIONS (CHILDREN OR FACILITATOR)

HOW DO YOU FEEL HAVING DONE THIS PRACTICE? IS THERE ANYTHING YOU WOULD LIKE TO SHARE WITH THE TEACHER? IS YOUR MIND AT PEACE?