

# THE MINDFUL SCHOOL

## Student Lessons - Level 2



CONCEPT:

**MINDFUL MOVEMENT AWARENESS**

EXERCISE NAME:

**LISTEN TO MY BODY**

AUTHOR AND YEAR:

**ADAPTED FROM MARK WILLIAMS, DANNY PENMANN, 2021**

EXPLANATION:

THIS ACTIVITY INVITES STUDENTS TO BECOME MINDFUL BY BECOMING AWARE OF THEIR INDIVIDUAL MOVEMENTS ENABLING THEM TO FOCUS ON WHAT IS HAPPENING IN THE PRESENT.

METHODOLOGY

### SCRIPT

- FIRST, STAND BAREFOOT OR IN SOCKS, WITH YOUR FEET HIP-WIDTH APART AND YOUR LEGS LOOSE ENOUGH TO BEND YOUR KNEES SLIGHTLY WITH PARALLEL FEET.
- THEN, RAISE BOTH ARMS AS YOU INHALE. SLOWLY AND MINDFULLY SPREAD YOUR ARMS OUT TO THE SIDES. EXHALE, AND AS YOU INHALE AGAIN, SLOWLY RAISE YOUR ARMS ABOVE YOUR HEAD, NOTICING YOUR ARMS ARE IN MOTION. FEEL THE MUSCLES WORKING TO LIFT YOUR ARMS AND STAY A WHILE IN THIS STRETCHING POSITION.
- STRETCH UPWARDS, ALLOWING THE BREATH TO ENTER AND EXIT YOUR BODY AT ITS OWN PACE. PUSH YOUR FINGERTIPS UP AND STAND ON YOUR TOES. TAKE TIME TO NOTICE THE SENSATIONS THAT ARISE AS YOUR MUSCLES AND JOINTS IN YOUR BODY STRETCH — FROM THE FEET TO THE LEGS, TORSO, SHOULDERS, ARMS, HANDS AND FINGERS.
- AS YOU HOLD THIS STRETCHING POSITION FOR, NOTICE IF THERE IS ANY CHANGE IN YOUR BREATHING. BE OPEN TO ANY CHANGES IN YOUR BODILY SENSATIONS. BE OPEN TO ANY DISCOMFORT YOU MIGHT BE FEELING.

REFERENCES:

**MARK WILLIAMS, DANNY PENMANN, 2021**

LESSON #:

**9**

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### METHODOLOGY CONTINUED

- WHEN YOU ARE READY, BREATHE OUT VERY HEAVILY AS YOU LOWER YOUR ARMS. NOTICE THE FRICTION OF YOUR CLOTHES AGAINST YOUR SKIN. GIVE THESE SENSATIONS FULL ATTENTION UNTIL YOUR ARMS ARE HANGING DOWN AGAIN FROM YOUR SHOULDERS.
- THIS TIME, CLOSE YOUR EYES SLOWLY AND AFTER EACH STRETCH, NOTICE THE MOVEMENT OF YOUR BREATHING AND THE SENSATIONS THAT ARISE IN YOUR BODY. NOTICE THE AFTER-EFFECTS OF THE STRETCHING.
- NOW, OPEN YOUR EYES, RAISE ONE ARM AND HAND AS IF YOU WERE TRYING TO PLUCK FRUIT FROM A TREE YOU CANNOT REACH. WITH YOUR FULL AWARENESS, FOLLOW THE SENSATIONS IN YOUR WHOLE BODY AND THE SENSATIONS OF YOUR BREATH AS YOU LOOK UP AT YOUR FINGERS. AS YOU STRETCH, LIFT THE HEEL OF YOUR OPPOSITE FOOT OFF THE FLOOR AND FEEL THE STRETCH FROM THE FINGERS OF YOUR RAISED HAND TO THE TOES OF YOUR FOOT. WHEN YOU HAVE COMPLETED THE MOVEMENT, PRESS YOUR HEEL BACK DOWN AND START LOWERING YOUR HAND. IF YOU WISH, YOU CAN WATCH YOUR FINGERS WITH YOUR EYES, PAYING ATTENTION TO WHAT COLORS AND SHAPES YOU SEE. THEN, KEEPING YOUR HEAD UPRIGHT, CLOSE YOUR EYES AND NOTICE THE SENSATIONS THAT THE STRETCH CREATES AFTERWARDS AND THE SENSATIONS THAT YOUR BREATH CREATES.
- PERFORM THE "FRUIT PICKING MOVEMENT" WITH YOUR OTHER ARM AND HAND AS WELL.
- NOW STAY STILL FOR A WHILE AND PAY ATTENTION TO THE SENSATIONS IN YOUR BODY BEFORE BRINGING YOUR ATTENTION BACK TO YOUR SURROUNDINGS.

### REFLECTION QUESTIONS (CHILDREN OR FACILITATOR)

WHICH BODILY SENSATIONS CAN YOU OBSERVE? HOW DO YOU FEEL? IS THERE ANYTHING THAT HAS BEEN EVOKED IN YOUR BODY BY THIS EXERCISE?