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## Mindfulness Lesson Plan

A 30-minute lesson on mindfulness for students of all ages and abilities.

Equipment: Mindfulness Script, Visual Mindfulness Video, access to internet, device and monitor, comfortable seating, candle, dim lighting.

### Learning outcomes:

Introduce awareness of mindfulness and it's benefits to learning and mental health.

Develop the skills to practice the art of mindfulness.

Use mindfulness as a tool for resilience, emotional regulation and readiness to focus and learn.

TIME	ACTIVITY	EQUIPMENT	NOTES
2 min	Introduction	Lesson notes	See notes below
7 min	Discussion	Board	See notes below. You could write some questions on a board and jot down the answers or ask students to take their own notes.
5 min	Practice run	Dim lighting, candle	Ask students what they can see, hear, feel, taste, smell. After practicing as a group get them to practice in their mind, naming 3 of each.
10 min	Mindfulness	Mindfulness script, Visual mindfulness video	Choose if you are using the video with or without voice audio. If using without, use the script. Or you can use the script on its own without the video.
7 min	Feedback and discussion	Board	Ask students how the mindfulness was for them. What did they like? What



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			didn't they like? How would they like to practice mindfulness?
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## Introduction to Mindfulness

Mindfulness is paying attention to what you can see, hear, feel, taste, smell and notice around you. It is also paying attention to our own thoughts and feelings.

We use mindfulness to help us be in the present moment, instead of thinking about the past or future, like when we are worrying. It can also be used to help us to clear our busy thoughts out of our mind so we can focus when we are learning or doing something that needs our full attention.

Mindfulness can be used to help us to imagine, create, learn and feel better. We can get really good ideas when we are mindful. It can help us to do things really well and to the best of our abilities. It can motivate us to try really hard and learn new things. And, mindfulness helps us to feel better when we are not feeling very good in ourselves.

When we use mindfulness to help us feel better, we are more relaxed and less stressed. This means our bodies can focus on being fit and healthy, so we don't get sick.

Mindfulness does not have to be just sitting still with your eyes closed. It can be reading, drawing, playing music, creating art, doing a puzzle, exercising, playing sport, dancing, singing or any other creative or physical activity that requires our full attention.

We are going to use mindfulness today for a small break and to feel good (or any other reason you'd like to use, mindfulness is good for so many things!)

## Discussion

Suggested questions to prompt discussion:

Did you already know what mindfulness is?

Have you used mindfulness before?

What do you think is important about mindfulness?

Would you like to share your experience of mindfulness?

Can you think of different ways of being mindful?

How could mindfulness help you?

How could mindfulness help your family, friends, teachers?