

SESSION: INTRODUCTION TO MINDFULNESS

Learning Outcomes

- To introduce children to a variety of yoga poses through an engaging theme
- To improve children's concentration through balancing poses
- To understand what mindfulness and why it is good for us to practice
- To understand the different emotions we feel and how they can affect us physically
- To give children techniques to help them relax, feel calm and deal with stress/anxiety

Theme:

This class is a great introduction to mindfulness. Children will discuss the different emotions and look at ways this can affect us physically. We will go through some mindful movement and meditation to help children focus their mind.

Discussion Point: 6 minutes 59 seconds:

What emotions can you think of?

- Happy
- Sad
- Scared
- Excited
- Nervous
- Jealous
- Angry
- Confused
- Proud
- Confident
- Hopeful
- Worried
- Shy
- Overwhelmed
- Afraid
- Surprised
- Cautious



Discussion Point: 8 minutes 32 seconds:

What does confident and brave look like?

This is for children to represent the emotion in their stance; there is no right and wrong answer.



Relaxation Time

Children should lay down on their back and close their eyes, if they feel comfortable to do so.

If possible, turn off the lights to help with the ambience of the room.

Throughout this part, children should try to stay still and quiet and practice their breathing in through the nose and out through the mouth, this helps them to feel calm and relaxed. We will play relaxing music throughout the relaxation.

At first children may find it difficult to relax and stay still, but over the weeks you will notice the difference and the length of the relaxation will increase.

Children will practice belly breathing, which is where try to expand our stomach as we breathe in and squeeze the stomach in as we breathe out.

This week, the children will listen to a body scan meditation, where children will focus on different parts of their body and the different sensation we feel.