

SESSION: MINDFUL MOVEMENT

Learning Outcomes

- To introduce children to a variety of yoga poses through an engaging theme
- To improve children's concentration through balancing poses
- To gain an understanding of mindfulness and put it into practice
- To give children techniques to help them relax, feel calm and deal with stress/anxiety

Overview

In this session we are going to take a look at mindfulness, what it means, why it is good for us and how we can practice it. We will be focussing on our different senses and how we can heighten them as well as looking at mindful movement.

Discussion point: 0:35seconds

What is mindfulness?

You will open up a discussion with children to see what they think mindfulness is, allow them to make suggestions around being relaxed, being calm and being aware.

Mindfulness is being aware of the present moment. We spend most of our time thinking about what has happened in the past and worrying about what may happen in the future, we rarely spend time in the present.

Example: We may worry about an upcoming exam, or parents evening, we may worry about scoring a goal in the next football match or singing in a concert.

We may wonder what someone thinks about us, do they like us, did we show ourselves up in front of them? We may worry about what we said to a parent or a teacher, we may regret something we have said and so on.

Discussion point: 7 minutes & 30 seconds

Describe how our body can be affected by the following emotions?

Happy - relaxed voice, body feels relaxed, smiling, laughing

Sad – frowning, sore tummy (feeling sick), crying/watery eyes, turning away from others

Scared – shrinking / hiding away, wide eyes, heart beats faster

Angry – crossed arms, fists clenched, red in the face, breathing heavily / quickly

Excited - lots of energy, jumping up and down, smiling a lot

Discussion point: 18 minutes & 12 seconds

What sensations did you feel during your star jumps?

Here children should explain different sensations such as increased heart rate, out of breath, arms aching, tired legs.

Discussion point: 18 minutes & 55 seconds

What are the 5 main bodily senses?

- Sight
- Hearing
- Smell
- Taste
- Touch

We are then going to practice a short meditation technique to help focus the mind and bring out two of these senses - sight and sound.

We ask the children to silently name three things they can see and hear and listen out for sounds.

Extra Discussion (optional)

Discuss how the children felt during the senses meditation

1. Were they able to focus?
2. Did their mind wander –did they notice and bring it back?
3. Did they feel their senses get stronger by focussing on them?

Again, there are no right and wrong answers here, we are simply trying to get children to practice focusing their mind and being aware of what is going on in the present moment.

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.

This week we will take children through the body scan exercise, it will last for about 10 minutes and will help them to focus their mind on the sensations they feel across their body.

Extra Activity: This can be practiced at any time with your children as a way of focussing them.

This activity is great to help focus the mind and bring awareness to our sensations/feelings by being in the present moment.

Ask children to sit down on the floor with their legs crossed, or on their chairs. Ask children to focus on their sensations as they gently lift their arms up to above their head and then back down. They should take nice deep breaths in and out as they do this and the movement should be slow (as a guide count to 20 /25 on the way up and then hold for 10 and slowly come back down.

