

Year 1 Mindfulness

National Curriculum objectives

Learning about things that help people feel good.

Learning about what keeping healthy means and the different ways to keep healthy including mental health.

Key Learning

- To learn what the word 'Mindfulness' means and try some mindful techniques
- To practise a mindful exploration of the sounds around
- To explore breathing with a breathing buddy
- To explore barefoot walking
- To practice close attention with the aid of stones and leaves as focus objects
- To reflect upon their experiences of mindfulness using guided walk visualisation and think of everyday mindful activities to try

Key Vocabulary

- Attention:** The act or power of fixing your mind on something or someone.
- Breathe:** To draw air into and expel from the chest/lungs.
- Lungs:** Two organs in your chest which allow you to breathe, they absorb the air.
- Mindfulness:** The ability to focus and steady your mind in a calm, relaxing way.
- Noticing:** To pay attention to something and become aware of it.
- Relax:** To become less stressed and anxious.
- Visualisation exercise:** Going on a mindful walk/journey in your mind.

Equipment

- Quiet area
- Lesson script
- Chime sound such as a triangle or xylophone chime
- Cuddly toys or bean bags, small cushions
- P.E. mats (optional)

Key Questions

Do you feel calm when you do this activity?

Can you keep other thoughts from interrupting you during your visualisation?

What aren't you thinking about when you are being mindful?

Does it feel good to be able to be in control of your attention and focus?

Safety

- Carry out sessions in a quiet, safe area so that pupils can focus on their thoughts with minimal distraction.
- If possible, dim the lighting though it should not be completely dark.