

Year 4 Mindfulness

National Curriculum objectives

Learning that mental health, just like physical health, is part of daily life; the importance of taking care of mental health.
Learning strategies and behaviours that support mental health.

Key Learning

- To recap what mindfulness means and reacquaint themselves with some mindful techniques
- To explore how colours can make you feel and reflect on which colours children find relaxing
- To explore barefoot walking
- To practice a mindfulness exercise using a mind jar as a focus object
- To try a mindful colouring exercise and reflect upon how it helps with being mindful.
- To try guided visualisation

Equipment

- Quiet area
- A safe outdoor area ideally with grass
- Translucent coloured cellophane sheets in a variety of colours for children to look through.
- Lavender spray (optional)
- [How to make an Individual Mind Jar](#) handout
- A jar for each pupil
- Glue and glitter
- Coloured pencils or pens
- Music to listen to such as classical music or songs with lyrics
- [Mindfulness Colouring sheets](#)

Key Vocabulary

Breathe: To draw air into and expel from the chest/lungs.

Calm: To be less active or busy.

Concentration: Close attention to, or thought about, a subject.

Emotions: Strong feelings, often accompanied by physical reactions, e.g. she shook with fear, he laughed with happiness.

Exhale: To breathe outwards from either your nose or mouth.

Feelings: Emotions you feel, e.g. happiness, anxiety, scared.

Focus: To direct your attention towards something or someone.

Inhale: To breathe air inwards through either your nose or mouth.

Mind jar: A meditation tool to use when feeling stressed or anxious, often using glitter to help visualise busy and chaotic movements calming down.

Mindful walking: Walking while being aware of each step and of our breath.

Mindfulness: The ability to focus and steady your mind in a calm, relaxing way.

Mind's eye: Creating a mental image (in your mind) and being able to visualise it from that perspective.

Visualisation: To see or form a mental image.

Visualise: An activity to see or form a mental image.

Key Questions

Can you choose a colour that makes you feel calm?

Can you describe your breathing?

Is your mind clear?

Did you enjoy the visualization?

Safety

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