

## Year 3 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 practice mindful exploration of the sounds around outdoors
- To focus on sending thoughts and gratitude and positive wishes as part of mindfulness
- To practice close attention with the aid of focus objects
- To use their own bodies as a focus for mindfulness
- To try guided visualisation

### Equipment

- Outdoor area if possible
- Lesson script
- Chime sound such as a triangle or xylophone chime
- Bubble solution and blow stick for each child
- Cushions to sit on outdoors (optional)
- Lavender spray (optional)
- [Gratitude record sheet](#)
- [Gratitude record leaves example](#)
- [Record leaves outline](#)
- A natural object for each child such as a pebble, a leaf, a flower etc

### 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.  
**Calm:** To be less active or busy.  
**Caring:** To provide help, protection, or supervision to someone else.  
**Exhale:** To breathe outwards from either your nose or mouth.  
**Grateful:** To focus on what's good in our lives and being thankful for these things.  
**Gratitude:** To notice and appreciate the things around you and appreciate them.  
**Inhale:** To breathe inwards through either your nose or mouth.  
**Lungs:** Two organs in your chest which allow you to breathe, they absorb the air.  
**Mindful:** The opposite of rushing or multitasking. When you're mindful, you take your time.  
**Mindfulness:** The ability to focus and steady your mind in a calm, relaxing way.  
**Mouth:** The opening through which food, water and air passes into the body.  
**Nose:** Located on the face with two nostrils, used for breathing and smelling.  
**Notice/Noticing:** To pay attention to something and become aware of it.  
**Positive thoughts:** Thoughts that provide a happy feeling.  
**Thankful:** Feeling or showing thanks to someone or something.  
**Visualise:** To see or form a mental image.  
**Visualisation exercise:** Going on a mindful walk/journey in your mind.

### Key Questions

Can you focus on the sounds of nature?

Were children able to control their attention to bring their focus onto the focus objects?

Did they feel calm when doing this activity?

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

### 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.