

Year 5 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 try a cooperative mindful doodling exercise and reflect upon how it helps with being mindful
- To practice mindfulness outdoors
- To focus on sending thoughts and gratitude as part of mindfulness
- To investigate dividing attention between more than one input at a time and relate this to developing their brains
- To try guided visualisation

Equipment

- Quiet area
- Large poster sized sheets of paper
- Pens/markers
- [Doodling examples](#)
- A safe outdoor space ideally in a natural setting
- [Making Connections in the brain](#) to display on the whiteboard
- Poems or story books
- Small ball and a pointer e.g. a stick
- Attention Test file PDF for each group (see lesson plan for downloadable copy)
- Lavender spray (optional)

Key Vocabulary

Attention: The act or power of fixing your mind on something or someone.
Calm: To be less active or busy.
Caring: To provide help, protection, or supervision to someone else.
Compromise: To settle by agreeing that each side will change or give up some demands.
Concentration: Close attention to, or thought about, a subject.
Connections: Links that are made or formed to feel connected to something.
Consideration: Careful thought given towards others.
Cooperation: The act or process of working together to get something done.
Details: Information needed to describe something.
Emotions: Strong feelings, often accompanied by physical reactions, e.g. she shook with fear, he laughed with happiness.
Focus: To direct your attention towards something or someone.
Gratitude: To focus on what's good in our lives and being thankful for these things.
Mindfulness: The ability to focus and steady your mind in a calm, relaxing way.
Neurons: A special nerve cell that helps transmit nerve impulses.
Noticing: To pay attention to something and become aware of it.
Positive thoughts: Thoughts that provide a happy feeling.
Silence: No noise at all. Absolute quiet and lacking any sound.
Visualisation: An activity to see or form a mental image.

Key Questions

What is doodling?

Has your breathing changed during the activity?

Is it possible to be having a hard time but also to feel thankful for something?

Does trying to do more than one thing at a time make it slower or harder to do the individual things?

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.