

Year 2 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 recap what mindfulness means and reacquaint themselves with some mindful techniques
- To practice mindfulness using a mind jar as a focus object
- To practice mindfulness outdoors
- To focus on sending thoughts and gratitude as part of mindfulness
- To practice mindful eating
- To try visualisation using their own imaginary place

Equipment

- Quiet area
- Lesson script
- Chime sound such as a triangle or xylophone chime
- A food item for each child such as a piece of fruit
- P.E. mats (optional)
- Lavender spray (optional)

Key Questions

Does your breathing help relax your muscles?

Does it feel good to be in control of your feelings?

Why is mindfulness a useful thing to learn?

Where did your mind go during your visualization?

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.

Caring: To provide help, protection, or supervision to someone else.

Flavour: A substance or extract that provides a particular taste.

Focus: To direct your attention towards something or someone.

Gratitude: To focus on what's good in our lives and being thankful for the things we have.

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: 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.

Mindless: Using or requiring little attention or thought

Nose, mouth: Parts of the face used to breathe in and out of and help detect taste and smell.

Notice/Noticing: To pay attention to something and become aware of it.

Positive thoughts: Thoughts that provide a happy feeling.

Saliva: The clear liquid in your mouth that helps you swallow and digest food.

Sensations: The ability to feel something physically, especially by touching, or a physical feeling (e.g. excitement, anxiety) that results from this ability.

Taste: One of the five senses – taste buds on the tongue detect taste such as sweet, sharp, tangy or creamy.

Texture: How something feels when it is touched, e.g. scratchy, rough, smooth.

Visualisation exercise: Going on a mindful walk/journey in your mind.

Visualise: To see or form a mental image.

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.