

Objective

By the end of this lesson, you will be able to understand the concept of mindfulness and its importance in daily life.

Materials and Prep

- A quiet and comfortable space
- A mindfulness bell or a smartphone with a meditation app
- Pen and paper

Activities

1. Introduction to Mindfulness

Start by discussing the concept of mindfulness with the student. Explain that mindfulness is the practice of being fully present and aware of our thoughts, feelings, and surroundings without judgment. Use examples to help them understand, such as paying attention to the taste of food or the feeling of their breath.

2. Mindful Breathing

Guide the student through a simple mindful breathing exercise. Instruct them to sit comfortably, close their eyes, and take deep breaths. Encourage them to focus on their breath and notice how it feels entering and leaving their body. Repeat this exercise for a few minutes.

3. Mindful Observation

Take the student outside or to a window and ask them to choose an object to observe mindfully. It could be a tree, a flower, or even a passing cloud. Encourage them to use their senses to notice every detail of the object, such as its color, texture, and shape. After a few minutes, have them share their observations with you.

4. Gratitude Journal

Give the student a pen and paper and ask them to write down three things they are grateful for. Explain that practicing gratitude helps us focus on the positive aspects of our lives. Encourage them to be specific and explain why they are grateful for each thing they write down.

5. Closing Mindfulness Bell

End the lesson by using a mindfulness bell or a meditation app to signal the end of the session. Instruct the student to take a moment of silence and reflect on their experience with mindfulness. Ask them how they felt during the activities and if they noticed any changes in their thoughts or feelings.

Second Grade Talking Points

- "Mindfulness is about being fully present and aware of our thoughts, feelings, and

surroundings without judging them."

- "We can practice mindfulness by paying attention to our breath, noticing how it feels as we breathe in and out."
- "We can also practice mindfulness by observing objects around us using our senses, like noticing the colors, textures, and shapes."
- "Keeping a gratitude journal helps us focus on the positive things in our lives and makes us feel happier."
- "Ending a mindfulness session with a bell helps us reflect on our experience and notice any changes in our thoughts or feelings."