

PEACE BATTERY volume 1



An Interactive Mindfulness program for Primary School aged children –
Introductory guide for teaching staff

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What is Mindfulness? - A classroom activity

Learning intention: To explore the concept of mindfulness, being a method to support you in being calm, to sustain your attention, and being able to focus.

Let's start now with the kids! Here is a great opportunity to have a discussion with the class on what they think and feel mindfulness is? What do you know about it? How does it feel to you when you are mindful?

We can start with a simple exercise and discussion:

Classroom Activity

This activity might take ½ hr in total. Start with a general discussion.

What do you know about Mindfulness?

What do you wonder it is?

Example explanation: *It means paying attention, instead of thinking about something else when you're doing a task, an activity. You might be working on numeracy and then your mind wanders and starts thinking about what game you are going to play at lunch, or what you might be doing when you get home... you have lost concentration and your mind is drifting to thinking about things in the future... your mind is not here in this moment, in the present.*

When we are not paying attention in class what happens? We miss out on what was said, we miss out on the information and instructions. We miss out on learning.

Have everyone, yourself included, listen to the following sound of a natural setting with running water:

[Water flow](#) 1 minute

Discussion:

What did you notice about the sound?

How did it make you feel?

Did you think of other things while you listened?

Play the track again and ask everyone to close their eyes and open their ears and really listen, focus simply on the sound and keep their attention just on the sound. If they notice they start thinking, simply stop and listen just to the sound.

Discussion:

What was different this time?

How did it make you feel?

Did you think of other things while you listened and could you refocus if you did?

What did you learn?

Well done, you have just allowed yourselves a moment of mindful awareness, using the sense of sound!