

Mindful Moments

Grade Three & Four



To encourage students to practice mindfulness and reflect on the present moment, helping them develop a greater appreciation for the current experience and foster a sense of calm and focus.



Learning Intentions

I can recognise and reflect on moments when I feel fully present:

This helps students become more aware of the present moment, focusing on experiences where they are engaged and mindful.

I can practice mindfulness to improve my focus and enjoyment:

This encourages students to practice being mindful in everyday situations to increase their enjoyment and awareness of their surroundings.

I can apply mindfulness techniques to my daily routine:

This helps students incorporate mindfulness into their day-to-day life, fostering a habit of being present and focused.



Success Criteria

I can describe a time when I felt completely present in the moment:

This ensures that students engage with the practice of mindfulness by reflecting on specific moments where they experienced mindfulness.

I can express how being present in the moment makes me feel:

This encourages emotional reflection, helping students connect their feelings to the concept of mindfulness.

I can identify ways to be more mindful in my daily routine:

This helps students recognise opportunities to practice mindfulness and apply it throughout their day.



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Objective:

To encourage students to practice mindfulness and reflect on the present moment, helping them develop a greater appreciation for the current experience and foster a sense of calm and focus.

Additional Notes:

Mindful Moments helps students develop a habit of being present, which can improve focus, emotional regulation, and overall well-being. By reflecting on the benefits of mindfulness, students learn to appreciate the present moment and apply mindfulness techniques to increase their enjoyment of everyday experiences. This activity fosters a sense of calm and helps students develop important skills for managing stress and maintaining focus.

Players:

Ideal for individual reflection, small groups, or classrooms.

Materials:

- Paper
- Crayons, markers, or pens

Setup:

Provide each student with a piece of paper and writing tools. Ensure a quiet, calm space where students can focus and reflect on their mindful moments.

As the teacher discuss with the students about what being mindful or present means to you. Discuss that it's when you are not thinking about external factors or allowing yourself to focus on only the thing you are currently doing and trying not to worry about other things that are happening around you.

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Activity:

1. Reflect on a Mindful Moment:

Ask students to think about a time when they felt completely present in the moment. This could be during an activity like drawing, eating a meal, or spending time with family or friends. Have them write or draw about that moment, focusing on what made them feel fully engaged.

2. Describe How It Felt to Be Present:

After writing or drawing, ask students to reflect on how it felt to be fully present in the moment. Encourage them to think about the emotions they experienced and how mindfulness helped them enjoy the moment more.

3. Think About How to Practice Mindfulness Daily:

Ask students to consider how they can be more mindful in their daily routine. This could involve paying attention to their breathing, focusing on the task at hand, or appreciating small moments throughout the day.

Reflection Prompt:

- How does being mindful help you enjoy the present more?
- How can you be more mindful in your daily routine?
- What is one way you can practice mindfulness today?

Winning the Game:

There is no winner in this activity. The goal is for students to reflect on their experiences, develop a deeper understanding of mindfulness, and consider how they can incorporate it into their daily lives.

Family or Modified Variation:

In a group setting, students can share their mindful moments with a partner or the class. This encourages conversation about mindfulness and helps students learn from each other's experiences. You can also create a "Mindfulness Journal" where students track moments they practised mindfulness throughout the week.