

The Mindfulness Curriculum



Year 1



Manual for Educators

Thanks for buying The Mindfulness Curriculum.
You are one of the many educators that truly
cares about student wellbeing.

Smiling Mind is a 100% not-for-profit that
works to make mindfulness accessible to all.
Your investment has taken us that little bit
closer towards our vision of helping every
mind thrive.

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Lesson Plans



To build the foundational mindfulness skills of self-knowledge and self-perception.

Students will be able to

- Discuss mindfulness
- Practise mindful awareness of their body

Rationale

This lesson is designed to introduce students to mindfulness. The meditation practice is a body scan, which helps students become aware of their body. Learning mindfulness typically begins with body awareness. Mindfully paying attention to the body cultivates self-awareness.

Australian Curriculum Personal & Social Capabilities

Self-awareness — Develop reflective practice. Reflect on what they have learnt about themselves from a range of experiences at home and school

Self-management — Become confident, resilient and adaptable. Undertake and persist with short tasks, within the limits of personal safety

Overview

→ What you need

- Smiling Mind app

Brain Break

Don't forget to start with a Brain Break.



Step 1

Learn

Ask

Who has heard of 'mindfulness' before? If so, what does it mean to you?


Explain

- Mindfulness is all about being right here, right now, in this moment.
- Mindfulness is noticing your thoughts, what your body feels like, what your ears are hearing, and anything else that is around you and happening right now.
- Practising mindfulness gives us the skills to pay attention, to calm down when you feel upset, and to make better decisions.
- We can start to develop the skill of mindfulness by practising paying attention to our body. Our bodies are always with us!
- Mindfulness meditation is like exercise for your brain. Just like we do exercise to keep our bodies healthy, we can practise mindfulness to keep our brains healthy.

Step 2

Practise

Play

-  The Bubble Journey 1

Step 3

Debrief

Discuss

- Did your bubble have a colour?
- Were you able to move your bubble to your different body parts?
- How did the bubble's glow make you feel?
- What did you find easy/challenging/interesting about this meditation?
- How do you feel now? Share two words to describe your feelings.



Notes



Mindful Tip

It's normal that some students might not wish to engage with the practice. If this occurs, invite them to simply sit quietly.





Step 4

Integrate

Take-home activity

Brush Your Teeth Mindfully

—

What students will need

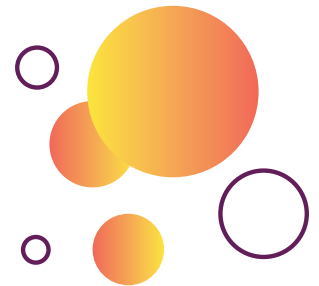
Toothbrush

This activity invites students to bring mindfulness to an everyday activity in order to develop a mindfulness practice through routine.

Invite students to use the time they brush their teeth to practise mindfulness. Explain that this is a great way to pay attention to all the feelings and sensations they experience and to train their brain to focus. Prompt students: Every time you brush your teeth, pay attention to the feeling of the brush against your teeth, the sensations in your mouth and movement of the brush. What can you notice? Ask students to draw what they noticed in their journals.



Notes





Step 4

Solidify

Optional classroom activity

Blowing Bubbles

What you need

Bubble blowing kit

This activity will help students to develop their awareness by inviting them to notice sensations and thoughts that arise when they blow bubbles.

Take the class outside and practise taking deep, slow breaths while blowing bubbles, paying close attention to the bubbles as they form, detach, and pop or float away.

Invite students to pick one and watch it until it disappears. Ask the students to notice what they are thinking about, is their mind focussed on the bubbles? Can they notice the wind or air around them? Which direction are the bubbles floating? At the end of the exercise ask students to reflect on what they noticed, and discuss in small groups or as a class.



Notes

Smiling Mind

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Illustration by Beci Orpin | The Jacky Winter Group

**Smiling Mind is a 100%
not-for-profit organisation
that works to make
mindfulness meditation
accessible to all.**

Visit us online or download
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