

Lesson Name:

Mindfulness Through the Senses

Student Objectives:

- Students will be able to walk and be mindful of the sensations of movement.
- Students will be able to notice surroundings while walking.

Educator Preparation:

- Open space for walking.
- Journal.

Introduction:

Today's lesson is going to help us see how the movement of walking can bring us calm and help us focus. What does it feel like when we are walking? That is something we do each day, and yet we haven't thought about it since we were toddlers just learning how to walk. We will also hold our bodies in new ways.

Instruction:

Today we will learn a few poses with our bodies and pay attention to the way our body feels in each pose. After we work through some movements we will go outside and move our bodies in a walk. After we note the feeling of the ground under our feet and how our feet move, we will turn our attention to our surroundings. We will be looking for a rainbow of objects to write or draw in our journals.

Mountain Pose - Plant both feet into the ground, arms at side palms facing out, stretch neck to the sky.

Star Pose - Stretch legs a bit past hip width, stretch arms out to sides, imagine your head is the point of the star, and your arms and legs are the other points.

Tree Pose - Place your foot on the inside of your leg, palms together at chest level, stand up straight.

Sun Salutation - Legs planted in the ground, arms up and out over your head as you inhale, down to your sides on the exhale.

Butterfly - Sitting on the ground, tailbone planted, feet together, rest hands on feet, sit up straight.

Interaction:

We have discussed what mindfulness is and how it can help us be in the moment or relaxed. Today we are going to use some other senses to be mindful. First we are going to pay close attention to how our bodies feel as we move them in new ways called yoga poses.

First we will stand in a comfortable space. We will make sure no one is right beside us so we can move without hitting anyone.

We will take a few minutes to go through the following poses: mountain, star, tree, sun and butterfly. We will call attention to how our body feels in each pose.

We will then walk outside to start our rainbow walk. Each child can take a journal with them for a walk or they can journal when we return from the walk. For the first few minutes we will practice walking 10 steps forward, keeping our eyes on the ground a few feet in front of us as we move. There is no talking during this movement. We will call attention to our movements. How straight do we stand? Does our heel or toe touch the ground first? How does the ground feel under our feet? Do we walk heavily or softly? Can we hear our steps?

After we practice walking we will take 10 minutes to walk looking for a rainbow of objects. (red, orange, yellow, green, blue, indigo, violet). Objects found can be drawn or written about in our journals or on the page given.

Closure:

After the walk, I want everyone to find a place to reflect. We can reflect on all we saw, heard and felt by writing about it or drawing it. When we recall these sights/sounds/feelings we are living in the moment. Sometimes taking in every aspect of what you see keeps you in the

present. You are able to enjoy the smallest details without thinking of anything else. When you take time to see new things, you find beauty in what is around you.

Activity:

I want you to fill out your journal of the rainbow of objects you saw on our walk. You may choose to draw one thing that you saw that was particularly interesting to you. Try to add every detail you can. Write how you felt on the walk when you found an object that was your favorite color. Be mindful of the details. Was the wind blowing? Did the grass feel wet? Were there any smells in the air? Record all the details you can.