

Breathe Project KS2

'Mindfulness means knowing directly what is going on inside and outside ourselves, moment by moment.'

- Professor Mark Williams, former director of the Oxford Mindfulness Centre.

Designed to improve mental well-being, the 5 lesson **Mindfulness Project** guides your class to write, perform and film their own video explaining the benefits of mindfulness and then performing a short meditation. This is perfect for self-reflection and awareness at times of potential stress whilst informing others of its benefits.

The project covers PSHE, Science as well as ICT and literacy curriculum objectives. The final recorded video can be shared online tagging @LitFilmFest or @Headspace too. If you want to know more about mindfulness, the [NHS/Headspace has an excellent description here](#).

The final step allows you to share the final video with your school community to help promote mindfulness and awareness of mental health. You could even create a school bank of mindfulness videos to be used in a weekly mental well-being assembly. See how you can do this in a [LitFilmFest assembly](#) event.

To see what your children's final video might look like, watch this **example video**.

	Lesson	Content summary	Literacy aims
1	Introduction Research mindfulness	<ol style="list-style-type: none"> 1. Watch 'An Introduction to Mindfulness' video 2. Identify features an explanation text (based on video) 3. Research mindfulness & meditation and make notes 4. Record video and photos to show the impact of mindfulness. 	<p>Understand the purposes of different writing styles for different audiences. Identify features of explanation texts.</p> <p>Teachers can choose to focus on one (or all) of: Word level: temporal conjunctions, causal conjunctions, formal voice; Sentence level: rhetorical questions</p>
2	Write an explanation about mindfulness	<ol style="list-style-type: none"> 1. Watch daily meditation 2. Write up explanation 3. Peer mark explanation 4. Rehearse performing explanation 	<p>Write and assess writing, using the appropriate form and style. Read with expression, intonation and appropriate volume.</p> <p>Teachers can choose to focus on one (or all) of: Word level: temporal conjunctions,</p>

			causal conjunctions, formal voice; Sentence level: rhetorical questions
3	Research and plan own meditation instructions	<ol style="list-style-type: none"> 1. Watch 'Mindful Instructions' + daily meditation 2. Identify the features of instructions 3. Teaching points on prepositions and adverbials 4. Teacher models writing instructions 	Identify the features of instructions. Select appropriate vocabulary. Sentence level: express time, place and cause by using prepositions; Text level: linking ideas across paragraphs using adverbials
4	Writing and editing own mediation	<ol style="list-style-type: none"> 1. Daily meditation 2. Children write own instructions 3. Peer assess instructions 	Write and assess writing, using the appropriate form and style. Sentence level: express time, place and cause by using prepositions; Text level: linking ideas across paragraphs using adverbials
5	Recording/filming	<ol style="list-style-type: none"> 1. Watch 'How to read a meditation' + daily meditation 2. Practise reading aloud with correct intonation and expression. 3. Record explanation and instructions 	Read with expression, intonation and appropriate volume

To see what your final video might look like, watch **this example video**. It will be an explanation of mindfulness followed by a short meditation.

Filming and Editing and Sharing Your Mindfulness Video

- Ensure there is enough free memory space on tablets and that they are fully charged.
- This project could be completed on a video editing app such as [Adobe Spark Video](#).
- At the end of the project, the films should be shared with other children in school at a LitFilmFest Assembly. **DOWNLOAD YOUR FREE ASSEMBLY PACK HERE.**
- Also, visit litfilmfest.com to find out how to enter finished projects for the chance to be celebrated through a filming workshop or have a personalised well done video sent back to you! You can also find us on Facebook and tag us on twitter @LitFilmFest.