

Breathe

Before the lesson each day, guide your class through a short meditation. Additional resources are provided for one meditation per day, for the duration of the resource.

KS2 Lesson 1

Welcome to the first lesson in the week-long Mindfulness resource. In this lesson, children are given an overview of the project and do some research on what mindfulness is.

Before you start: Print and copy the **L1 Explanation Text** for each group. There are also links to research about mindfulness in the IWB slides which you may use to support their independent research.

n.b. always [log in](#) to your account before starting teaching to ensure you have access to the videos.

Introduction (15 mins)

Watch the [L1 Project Introduction video](#), which explains the project to the class and uses video to provide context and content for the week.

In groups, provide children with the printed copies of **L1 Explanation Text** - the written version of the explanation video. They work together to identify the features of an explanation text. Please refer to the annotated version for teachers - this will help you to choose which word and sentence level features to focus on with your children (temporal and causal conjunctions, formal voice, rhetorical questions etc).

Share ideas and create a 'tick list' of features to include on a working wall.

Main (25 mins)

Children research 'what is mindfulness?' using **L1 Explanation Text**, the research links provide in the IWB, and books or internet searches. You may want to assign tasks to children based on ability:

- Opening sentences giving a broad overview of what mindfulness is and why we should practise it.
- Captions to go with images, telling the viewer about the benefits of mindfulness.
- Rhetorical questions which draw the viewer in and can be used as part of an introduction.
- A 'Did you know' question and answer about mindfulness.
- Examples of temporal/causal conjunctions in sentences about mindfulness.
- Examples of formal voice in sentences about mindfulness.
- A glossary of terms about mindfulness.

As the children are working, begin selecting ideas to use in the introduction to your video. These can also include stills and short videos showing the impact of mindfulness (relaxed, calm children!)

Plenary (20 mins)

Using the selected ideas, record some initial stills and short videos including the children's thoughts and ideas so far, as an introduction to meditation video. Voiceover can be used over the still photographs of children (and some of the images provided) as well as children being videoed performing their sections.