

Breathe: Mindfulness & Meditation KS3/4

'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 6 lesson **Breathe** 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 GCSE English Language writing objectives. The final recorded video can be shared online tagging @LitFilmFest. 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. LitFilmFest also will add shared Breathe videos to the [online playlist](#), so do [email](#) or [tweet](#) us to let us know. We may even send your students a personal well done from the LitFilmFest team!

To see what your children's final video might look like, watch an [example video](#).

	Lesson	Content summary	GCSE writing/reading/spoken language aims
1	Introduction Research mindfulness	<ol style="list-style-type: none"> 1. Watch 'An Introduction to Mindfulness' video 2. Research mindfulness & meditation and make notes 3. 'Mindfulness is a waste of time. Students would be better off having extra Maths and English than sitting with their eyes closed.' Write a letter to the Minister for Education arguing your point of view on this statement. 4. Record video and photos to show the impact of mindfulness. 	<p>Communicate clearly, effectively and imaginatively, selecting and adopting tone, style and register suitable for a letter to an MP.</p> <p>Use a range of vocabulary and sentence structures for clarity, purpose and effect, with accurate spelling and punctuation.</p>
2	Spoken Language assessment	<ol style="list-style-type: none"> 1. Using previous research, prepare a presentation on the benefits of mindfulness in school. 2. Create challenging questions to pose to speakers 	<p>Express sophisticated ideas and feelings using a repertoire of vocabulary. Respond perceptively to feedback. Organise and structure a presentation using an effective range of strategies to engage the audience</p>
3	Describe a state of mindfulness as suggested by [insert picture based on peace	<ol style="list-style-type: none"> 1. Watch daily meditation 2. Write a stream of consciousness based on feelings and experiences 3. Using a picture for stimulus, write a piece of describe writing based on the experiences of mindfulness 	<p>Use extensive use of ambitious vocabulary with a high level of spelling accuracy. Craft compelling writing Use a full range of sentence forms for effect</p>

	/ calmness / blankness].	4. Peer assess for use of devices	
4	Research and plan own narrative-based guided meditation	<ol style="list-style-type: none"> 1. Watch 'Mindful Instructions' and daily meditation 2. Identify the narrative plot and map against Freytag's pyramid 3. Teaching points on structure 4. Answer: How has the writer structured the meditation to interest you as a listener? 	Analyse the effects of the writer's choice of structural features Selects a range of examples Makes accurate use of sophisticated subject terminology
5	Writing and editing own meditations	<ol style="list-style-type: none"> 1. Daily meditation 2. Students write their own narrative-based guided meditation 3. Peer assess for devices 	Writing is compelling Fluently linked paragraphs with seamlessly integrated discourse markers Varied and inventive use of structural features
6	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 	Achieves the purpose of the meditation Listens to feedback and responds perceptively Organises and structures the meditation using an effective range of strategies

Filming, Editing and Sharing Your Book Review

- Ensure there is enough free memory space on cameras, iPads or other tablets and that they are fully charged.
- This project can be easily completed on a video editing app such as [Adobe Spark Video](#).
- At the end of the project, the films could 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 free filming workshops, training, or have a personalised well done video sent back to you! You can also find us on [Facebook](#) or tag us on [twitter @LitFilmFest](#).

<p>Adobe Spark</p> <p>When it comes to editing simple video projects in the classroom, we recommend Adobe Spark Video. It is free to download from the Apple store on your iPad and can be used intuitively by staff or students to quickly create effective video to share. This project includes videos on how to get started with Spark.</p>	<p>Adobe Rush</p> <p>For advanced editing software, you may want to use Adobe Rush, a more advanced editing software which comes with three free exports when you sign up. There is also a mobile app available. We have provided videos here on getting started with Rush.</p>
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If you and your children enjoyed this project, why not check out another? We have a whole library of [quality projects](#). Or become a [LitFilmFest member](#) and see radical improvements in progress and engagement.