

Breathe KS3/4

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: Prepare a variety of suitable level non-fiction articles on the benefits of meditation. These are easily available on the internet - some are listed on the IWB. You may also want to copy the **L1 explanation text** for each group. **n.b. always [log in to your account](#) before starting teaching to ensure you have access to the videos.**

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.

Introduction (15 mins)

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

In pairs, students are given a variety of non-fiction articles on the benefits of meditation. Each group summarises their article and shares back to the rest of the class. As each group shares, the rest of the class makes additional notes to their original list to be used later in the lesson.

Download your [free assembly pack](#) ready to host a LitFilmFest in your own school!

Main (30 mins)

Children research 'what is mindfulness?' using **L1 explanation text** and any articles or links.

Students should then challenge the statement 'Mindfulness is a waste of time. Students would be better off having extra Maths and English than sitting with their eyes closed.' Individually, each student writes a letter to the Minister for Education arguing their point of view on this statement.

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 (15 mins)

Using the selected ideas, record voiceover to be used over the photographs of students or calming images, as well as the class being videoed reading aloud their letters.