



Year 5  
PHSE  
Week 4



## Lesson Aims

I can use mindfulness techniques in my everyday life.

I can stop and focus on the here and now.

I can recognise when different mindfulness techniques might be useful.

I understand how mindfulness can be linked to happiness.



What is mindfulness and how do we encourage positive thoughts and feelings?

How can we be mindful in our everyday lives?



# Right Here, Right Now

Wherever you are, whatever you are doing, pause as if you have been paused like a video.

Now, whilst completely still, try to really notice things...



What can you see?

What can you hear?

How are you feeling?

Do you have any thoughts in your head right now?



# Busy Lives, Busy Minds

Every day we are bombarded with sights, sounds and sensations.

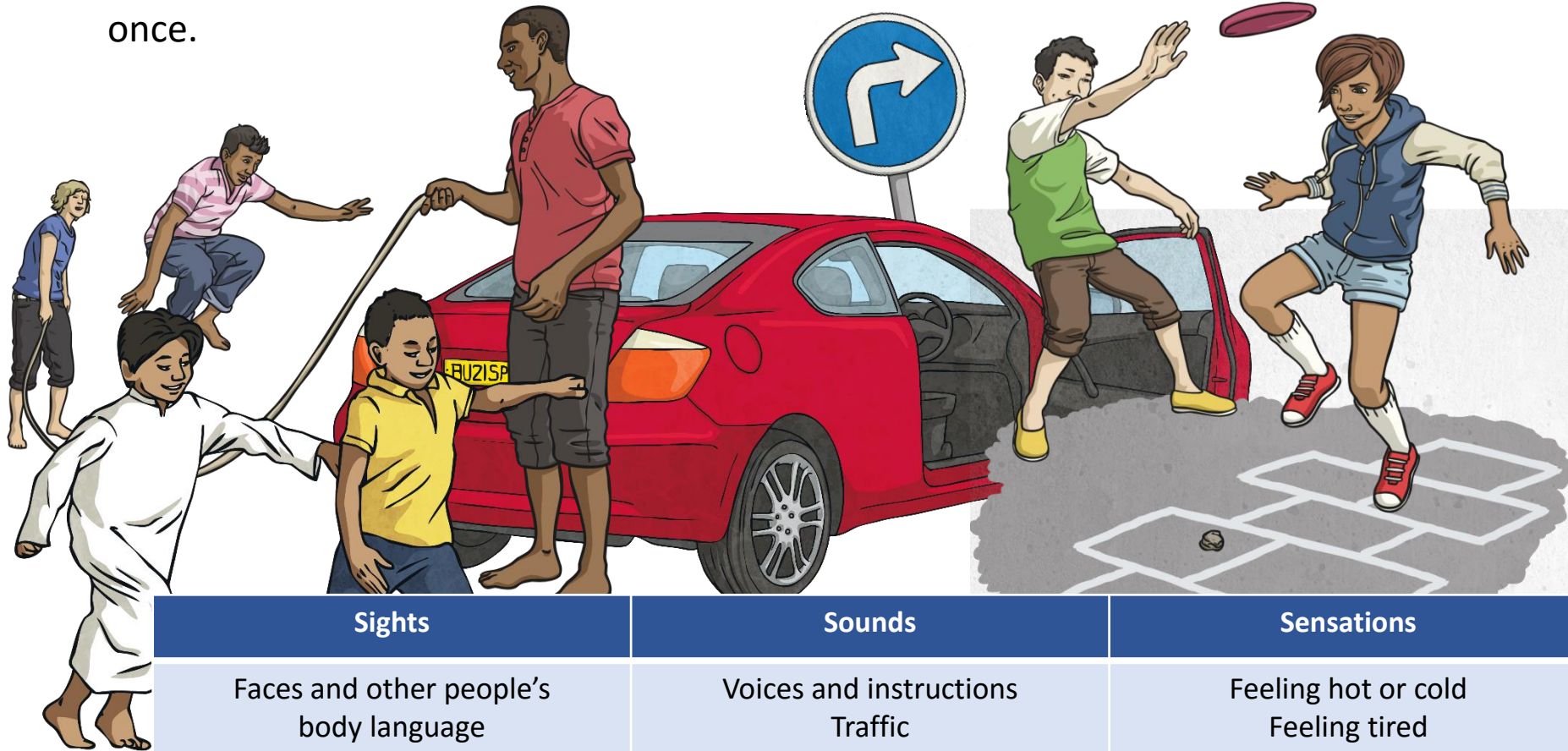
Let's think of a typical day and what our senses have to cope with, often all at once.

Sights	Sounds	Sensations
Faces and other people's body language Colours Signs and posters Movement Looking out for danger!	Voices and instructions Traffic Music Sirens and bells Movement of others Birdsong, leaves rustling and other sounds in nature	Feeling hot or cold Feeling tired Feeling hungry or thirsty Feeling itchy Being uncomfortable or in pain Needing the loo!

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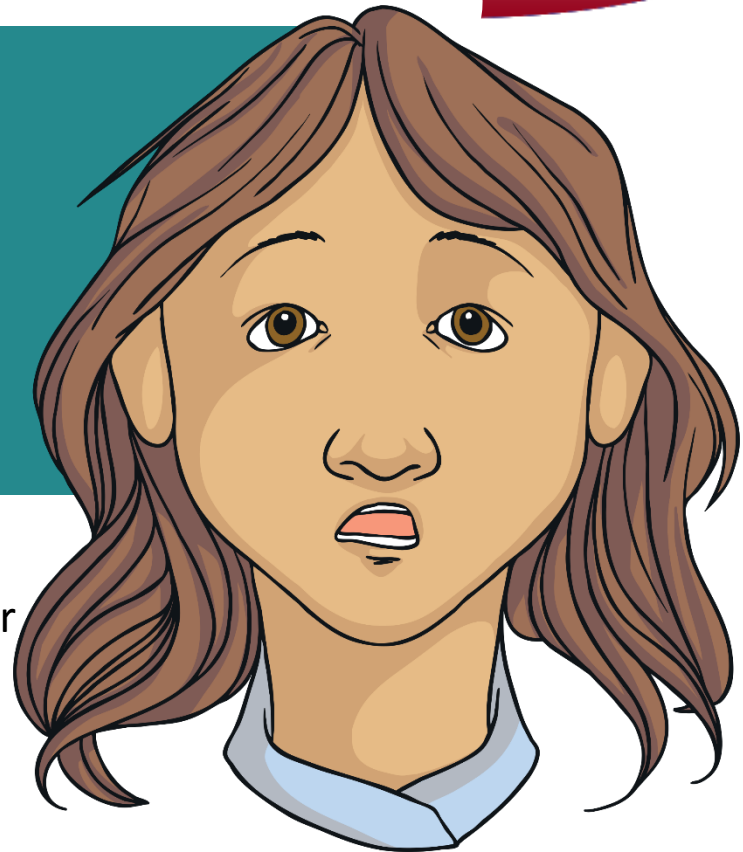


# Busy Lives, Busy Minds

While our eyes, ears and other senses are busy trying to cope with all these things going on around us, our brains are busy too.

- We are constantly processing thoughts and feelings.
- We are trying to learn new information.
- We might be following instructions.
- We might be trying to remember things.
- We have problems to solve and decisions to make.

Sometimes we feel like we just need a break. So, what can we do to help us take time out from our busy lives and make room for positive thoughts and feelings?





# Mindful Listening



## Mindful Listening Meditation Script

This script is best if read by one person to another. The person listening to the script will be the one meditating. You could then swap over. A wind chime, bell or other gentle sounding instrument would be useful for this session. The bold text is instructions for the person reading the script.

### Settling

'This script will help settle a busy mind. Start by finding a comfortable position. Have a wriggle, then relax and settle in a position where you can be still.'

Mindful meditation is about being present. It is not about getting things right or having a particular experience. We just focus and help our mind settle, as best we can.'

'This short Mindful Listening activity will help us bring our attention to the present moment.'

### Main Practice

'We start by concentrating on the breath. Where can you feel the sensations of breathing in the body? Where can you feel it moving? Is it in the stomach? Is it in the chest? Maybe it's at the nose or the mouth. It doesn't matter where. We just bring our attention to the breath and the sensations of breathing.'

'Breathe in, breathe out. How does the breath feel?'

'Now try to focus on your sense of hearing and try to listen to the sound of your breathing. Don't change your breathing or make it noisy or heavy. Simply carry on breathing as normal, but try to hear it.'

'Next, try to tune in to any other sounds you can hear around you. We are calm, still and quiet, so we might be able to hear the clock ticking, sounds outside our room in the corridor, or sounds outside the window.'

'If the mind wanders, if you daydream, that's OK. Whenever this happens we just notice this and start again and bring our focus back to the sounds we are trying to listen to.'

'From here we can focus our attention on a particular sound. Keeping your eyes closed, listen carefully to hear the sound of the wind chime **(or bell/cymbals/triangle – whichever instrument you have to hand for this session)** think of any words that spring to mind, or anything it reminds you of. Does the sound make you picture anything in your mind's eye? Just focus on the words or images your mind has listened to the sound for a moment.'

'Now listen for the sound again.'

**Move to a different place in the room and make the sound again.**

'Has the source of the sound changed? Did it seem to come from a different direction? Listen carefully for the sound, which may come from a different direction each time. Focus entirely on the sound.'

**Move around the room and make the sound again. Repeat several times.**

'And now, starting at your feet, focus on a different part of the body, each time you hear the sound.'

**Repeat the sound several times, while children focus on different body parts.**

This resource is fully in line with the Learning Outcomes and Core Themes outlined in the PSHE Association [Statement of Intent](#)



PSHE and Citizenship | Home Learning | Health and Wellbeing | Ages 9-11 | Being Present

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# Mindfulness and Happiness

How do you think mindfulness links to happiness and positivity? See if you can jot down some ways in which mindful activities can help us to maintain positive mental health.

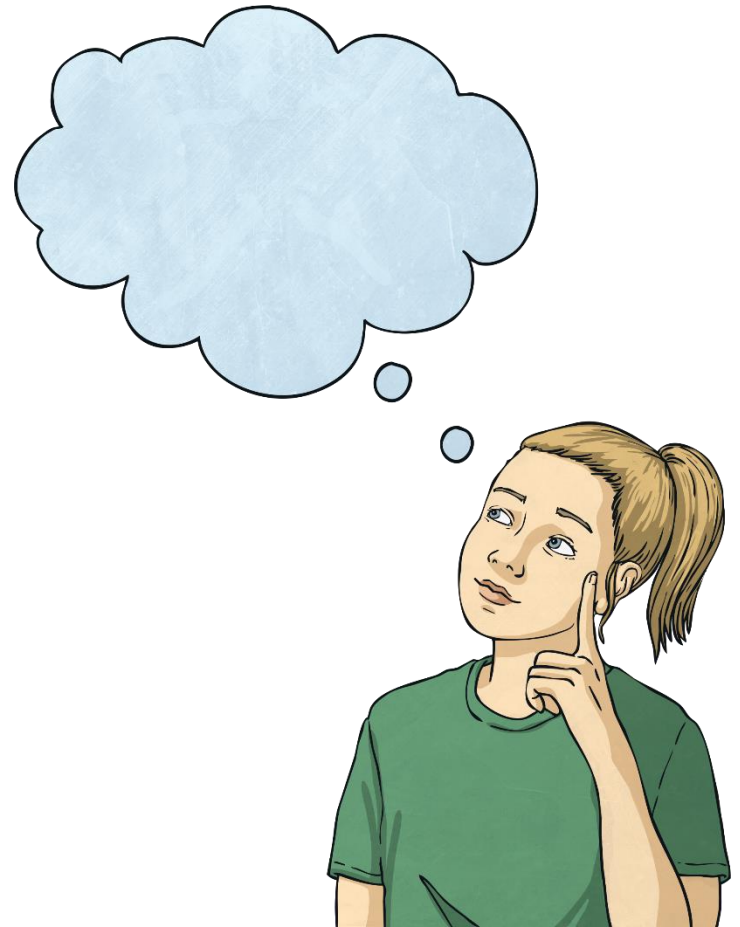




# Mindfulness and Happiness

Lots of research has been conducted in the field of positive mental health and emotional wellbeing. There are four main ways mindfulness can be linked to happiness:

1. Mindfulness can provide us with an opportunity to address any negative or unhelpful thoughts that we might be having. If we stop and listen to these thoughts, we can talk back to them using reason and logic and try to think about how to look for the positives.





# Mindfulness and Happiness

2. Mindfulness can help us to form better relationships with those around us. When we are better at listening and communicating, we form close and trusting relationships with others. Feeling connected to others can make us feel happier.





# Mindfulness and Happiness



3. Mindfulness allows us to focus on what we have in our lives and be grateful. We often get swept up with wanting what we do not have, which leads to feelings of unhappiness. But being thankful for all we have can make us feel much happier.





# Mindfulness and Happiness

4. Mindfulness simply provides a short break from our busy lives, which can be stressful. It is hard to feel happy when we are stressed, so stopping for a moment and focusing on the now gives us a chance to calm down.

