

Lesson 4: Mindfulness

Learning Objectives: (slide 1)

- Reflect on what stress and anxiety are
- Attempt some mindfulness stress management style tasks.

Many thanks to Mark from York Mind for providing the exercises in this lesson.

<p><u>Starter</u> 10 mins</p> <p>Give all students an orange/tangerine to eat as they watch the clip:</p> <p>This clip should prompt students to remember the learning from last lesson about stress and anxiety. Also show slide 2.</p> <p>The justification behind this is that oranges are a good source of vitamin C which is proven to lower blood pressure and the stress hormone cortisol. The orange also provides a small blood sugar boost which reduces irritability and aggression, especially in students who have come to classes without eating breakfast. First learning point - physical and mental health are linked. Good physical health (diet, exercise, fun) all have a positive impact on mental health.</p>	<p>Skills:</p> <p>Reflection</p>	<p>Resources:</p> <p>Tangerines - 1 per class member</p> <p>Internet connection</p> <p>https://www.youtube.com/watch?v=mtRrxNTnyh8</p>
<p><u>Main</u> 45 mins</p> <p>Explain to students that today they are going to attempt some exercises designed to help manage stress and anxiety. The exercises are simple tasks that students can try themselves at home.</p> <p>These exercises are probably very different to things they have tried before but many people find they really do work if they just give them a go.</p> <p>Mindfulness is about becoming more aware of the present moment - paying attention to our own thoughts and feelings and the world us - which can help us understand ourselves better and enjoy things more. Studies show that practising mindfulness can help to manage depression, some anxiety problems and feelings of stress.</p> <p>Follow the teacher instructions from the York Mind guidance. There are also notes on the Powerpoint slides.</p>	<p>Independence, reflection, creativity</p>	<p>Mindfulness teacher instructions</p> <p>Stack of heavy text books - ideally 2 books for each student</p> <p>Scrap paper</p> <p>Empty ice cream tub (stress bucket)</p> <p>Jelly babies</p> <p>Grapes</p> <p>A4 paper - 1 piece per student</p>
<p><u>Plenary</u> 5 mins</p> <p>Show the final powerpoint slide. Students fill in their A3 reflection sheet and note which of the exercises they feel they might try in their own time.</p>	<p>Reflection</p>	