

Lesson Plan

NEUROHEADWAY

Neuroscience Into Education

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LESSON PLAN

Mindfulness – KS2 Standard

Slide	Subject	Description	Timing
1	Introduction	Register pupils	2 min
2	Introduction to Mindfulness	‘What do you think mindfulness is?’ This could be a rhetorical question or some ideas could be collected on a white board. If ideas are collected make sure you refer to them when looking at examples from the literature. Make positive links; do not say they were wrong unless they have said something that may impact negatively on their health.	2 min
3	Discussion	Discuss Slide 3 and ask generally around the class if anyone ever feels these things (we all do).	5 min
4	Activity	Hand out Observation worksheets. Using the ‘My Thoughts’ observation worksheet, tally how many times your mind starts thinking about something. Place your score on the table depending on whether you have a positive or negative thought. Your teacher will tell you when to start and when your 2 minutes are up! Once you are done, total up your number of thoughts. What fraction of those were negative? What fraction were positive? You do not need to share your results with anyone unless you wish to do so!	10 min

Powerpoint Example

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A person wearing a straw hat and a blue shirt stands in a field of tall, golden wheat. Their arms are raised towards a sky with soft, colorful clouds from a setting or rising sun. The overall mood is peaceful and contemplative.

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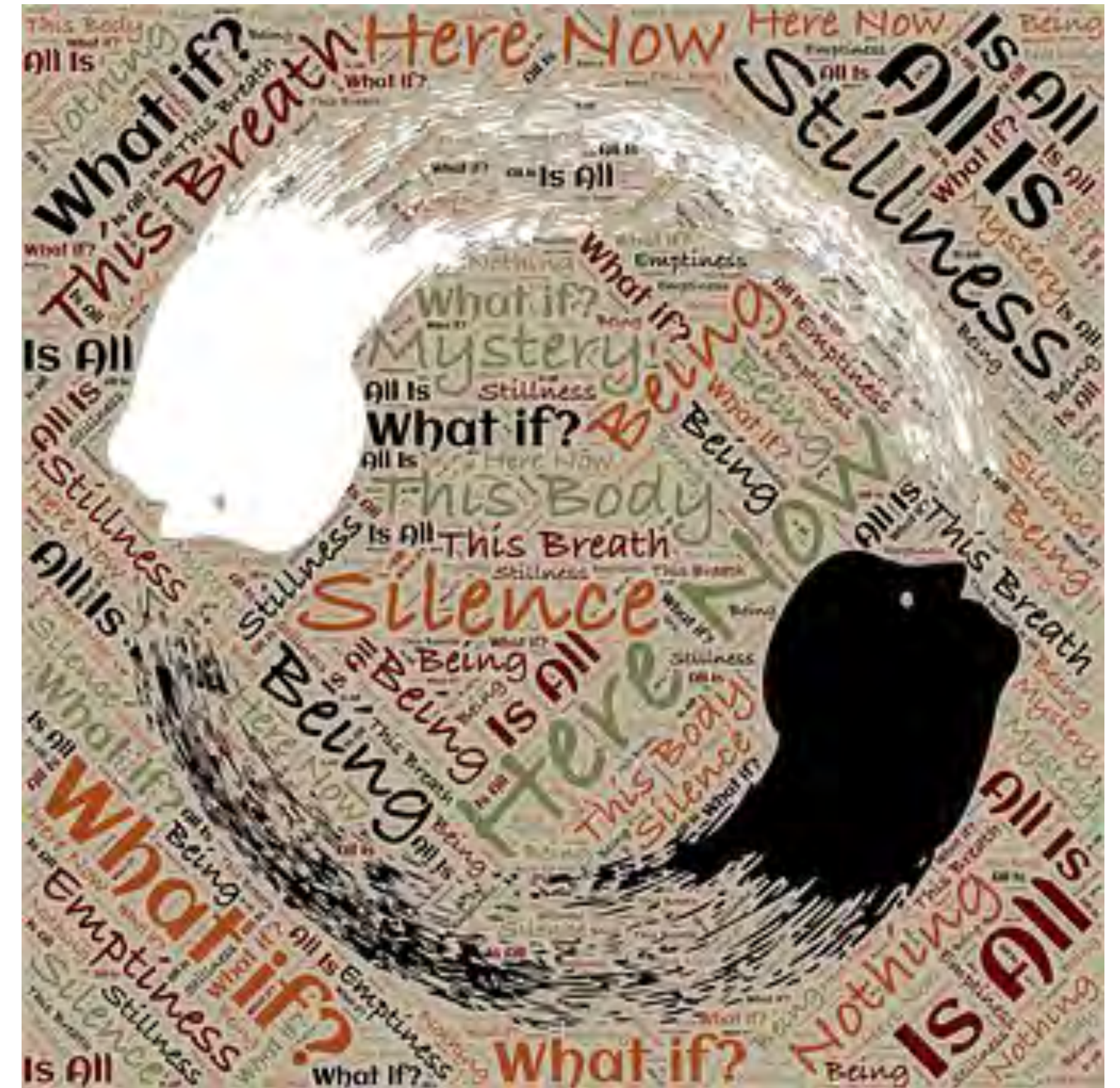
Mindfulness

The Neuroscience of Mindfulness



What is mindfulness?

- What do you already know about mindfulness?
- What ideas do you have about mindfulness?



What is mindfulness?

- Mindfulness or being mindful, trains you in being more aware and present in the moment.
- We often find ourselves lost in our thoughts.
- Either we are thinking about things that have happened in the past...
- Or we are worrying about the future.
- Our mind tells us many stories which are not necessarily true.
- This can lead us to worry more than we need to.
- Excessive worrying can lead to other health problems.



Teachers Worksheets and Guides

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Teacher Evaluation Assessments

MINDFULNESS

1. How challenged by the work did the pupils appear to be?
2. Did pupils ask any questions?
3. Were those questions covered in the materials?
4. Did the pupils engage enthusiastically in the activities?
5. Did any student lose interest at any point?