

LESSON PLAN 1 – EXPERIENCE STILLNESS

Objectives: To experience being quiet
To practice listening and concentration skills

Materials: Waterfall, Rainbow, Joy stories (see below)

Activity length: 15 mins (but make age appropriate e.g. Reception 1 x 5 minute activity)
Relaxing their body (5 mins)

1.

Start with some stretching or yoga exercises.

Then get the children to lie on the floor on their backs with palms facing up.

Ask the Children to tense and relax each body part, starting with their toes and finishing with their heads. Or read Waterfall story (see below).

2.

Breathing exercise (3 mins)

Children sit cross legged on the floor with tall straight backs and close their eyes and practise a breathing exercise for a few minutes.

a. Children breathe in to a count of three, hold their breath and breathe out to a count of three. Teacher counts and clicks '1, 2, 3'.

b. As children breathe in they imagine they are breathing in love, joy and peace.

c. As children breathe out, they imagine they are breathing out sadness, boredom, anger or tiredness

3.

Concentration of the Mind (2 mins)

Children focus their mind on one point. Children visualize a point on their upper lip and concentrate at that point. Draw all the energy and attention into that point while staying very relaxed.

4.

Expand the mind (5 mins)

Ask the children to close their eyes.

Tell one of the stories written below.

It's useful to drop your voice by a few tones and speak in a soothing, slow relaxed way.

Discuss with the children.

Ask the children to slowly open their eyes.

How did they find it?

Could they concentrate?

Why?

THE WATERFALL STORY



A beautiful waterfall of white light is flowing down on you. It flows down on your head, helping your head to relax. You feel your head relaxing. It moves down over your neck and shoulders. Your neck and shoulders are relaxing. Now it flows down over your arms. You feel your arms relaxing. It flows down your back. Your back is letting go and relaxing. It flows over your chest and stomach, helping your chest and stomach relax. You feel your chest and stomach relax. It moves down over your legs and feet. You feel your legs and feet letting go and relaxing. The beautiful waterfall of white light is flowing over your whole body. You are very peaceful and relaxed.

THE RAINBOW STORY



Feel your body becoming lighter and lighter. See all the colours of the rainbow. Feel your body becoming all of the colours of the rainbow.

Slowly, you are now giving out red colour. Your whole body becomes red colour. Feel yourself giving out energy and strength. You are now full of energy and strength.

Slowly, you are now giving out orange colour. Your whole body becomes orange colour. Feel yourself giving out happiness and joy. You are now full of happiness and joy.

Slowly, you are now giving out yellow colour. Your whole body becomes yellow colour. Feel yourself giving out intelligence. You are now full of intelligence.¹⁵

Slowly, you are now giving out green colour. Your whole body becomes green colour. Feel yourself giving out harmony and friendship. You are now full of harmony and friendship.

Slowly, you are now giving out blue colour. Your whole body becomes blue colour. Feel yourself giving out peace. You are now full of peace.

Slowly, you are now giving out indigo colour. Your whole body becomes indigo colour. Feel yourself giving out gentleness. You are now full of gentleness.

Slowly, you are now giving out violet colour. Your whole body becomes violet colour. Feel yourself giving out beauty and self-respect.

You are now full of beauty and self-respect. You are the rainbow, your colours are going out everywhere. Feel yourself getting bigger and bigger, your colours going out

further and further, until they cover up this whole room, then further until they cover the whole country, and still further until they cover the whole world. As you spread out all the colours, you are also spreading out energy, happiness, intelligence, friendship, peace, gentleness and beauty.

You spread out even farther and become even bigger. Now your colours of light are spreading throughout the whole universe. You are as big as the whole universe, your colours of light shining out in every direction in space and touching all of space. Slowly, all the colours changed into a stream of white light. This white light is now flowing down the top of your head down to your heart.

THE JOY STORY



Imagine a feeling of joy. You feel an opening in the top of your head. You feel joy floating in through the opening in the top of your head.

It fills up your head and neck. It fills your shoulders and arms. The joy floats down into your chest and your heart. Your heart is so full of joy. The joy gently floats on into your stomach and on into your back. It floats into your legs and feet. Every part of your body is full of joy.

You are so full of joy, it begins to spread out beyond your body. It spreads out to everyone in our classroom. It reaches beyond the classroom farther and farther until it spreads over the whole of London. It spreads out to the whole earth, and continues to spread out even further into the universe — beyond the planets, beyond the stars, farther and farther.