








BBC Children in Need: Mindfulness with Pudsey






<p>Aims: To introduce the practice of mindfulness.</p> <p>To introduce the concept of the scattered mind.</p> <p>To introduce mindful breathing as a tool for settling the scattered mind.</p> <p><i>I can explain what mindfulness is and understand how it can help me.</i></p>	<p>The Big Questions: What is mindfulness?</p> <p>How can mindfulness help me?</p>	<p>Resources: Lesson Pack</p> <p>A snow shaker or snow globe (optional)</p>
<p>Success Criteria: <i>I can recognise when my mind wanders.</i></p> <p><i>I can use the breath to help me feel calm.</i></p> <p><i>I can identify how mindfulness helps to settle my mind.</i></p>	<p>Key/New Words: Mindfulness, focus, scattered mind, attention, experience, calm, focus, breath, breathing, settle, help</p>	<p>Preparation: Read the accompanying An Introduction to Mindfulness Adult Guidance prior to the session.</p> <p>Pudsey's Guided Settling Practice – one for the adult leading the session</p> <p>Pudsey's Mindfulness Colouring Sheet – one per child</p> <p>Investigate the Breath with Pudsey Guided Meditation – one for the adult leading the session</p> <p>Mindfulness with Pudsey Journal Activity Sheet – one per child</p> <p>Pudsey's Mindful Breathing Dot-to-Dot Activity Sheet – one per child</p> <p>Mindful Breathing with Pudsey – as required</p> <p>Mindfulness Every Day Activity Sheet – as required</p>

Delivering

The concept of the scattered mind and how it affects our mood and behaviour is introduced in a non-judgemental way. The focus is on recognising and settling the scattered mind to help us be more focused, settled and relaxed. This session also introduces the concept of a mindful anchor: a focal point that can help us settle the scattered mind. The mindful anchor for this session is the breath and children are encouraged to 'experiment' with focusing on their breath and noticing any effect that this has on how they feel. It is important to emphasise that the breath is always with us; it is something we can always call on to help us settle whenever we need it.

Learning Sequence

	<p>Reconnecting – Feeling Happy and Calm: Share the Big Questions with the children. Use the Lesson Presentation to briefly explain the vision of BBC Children in Need. Share the given information to explain what mental health is and the importance that looking after our mental health plays in helping us to feel happy and calm. Ask the children to share what makes them feel happy and calm and what they can do to help others feel happy and calm.</p>	
	<p>Exploring – Being Mindful: Using the Lesson Presentation, introduce mindfulness as a tool for looking after our mental health and helping us to feel happy and calm. Explore what it means to 'be mindful' by reading the given information. Explain that today we are going to experience 'being mindful'. Ask the children to sit comfortably in their places and complete the Pudsey's Guided Settling Practice with them by reading the script out loud. Invite the children to share how they feel after being mindful, if they feel happy to do so.</p>	
 	<p>Exploring – The Scattered Mind: Use the Lesson Presentation to explore with the children what 'the scattered mind' is and how it can affect how we feel. Highlight that a lack of focus and the thoughts that arise can affect our mood and can make us feel worried and unsettled. At this point, consider using a visual aid like a snow globe or snow shaker to demonstrate how an unfocused mind is unclear but that if left alone, it will settle. Explain that mindfulness exercises, such as colouring, can help settle the scattered mind. Give each child a copy of the Pudsey's Mindfulness Colouring Sheet. Ask them to be mindful when colouring, to acknowledge when their mind wanders and then bring their attention back to the colouring. Invite the children to share their experience of this activity using the questions in the Lesson Presentation.</p>	

	<p>Exploring – The Breath: Read the information in the Lesson Presentation to explain that we have a mindfulness tool wherever we go. Ask the children if they know what this is. Explain how the breath is always with us and being mindful of it can help us feel calm whenever we need it to. Ask the children to find a comfortable position and then follow the instructions given in the Investigate the Breath with Pudsey Guided Meditation.</p>	
	<p>Reflecting – Discussion Time: Return to the Big Questions given in the Lesson Presentation. Ask the children to share their answers to each question with a partner. Then, ask the children to reflect on how they will use mindfulness in their daily activities to help them feel settled, calm and happy. Invite those who wish to share their thoughts with the class. Read the information given to summarise what mindfulness is and how it can help us.</p>	
	<p>Consolidating – Pudsey's Journal: This is an optional activity to fit between the Exploring and Reflecting activities if there is time available. Ask the children to record their experiences from the lesson on the Mindfulness with Pudsey Journal Activity Sheet. If you want to further explore focus and settling the scattered mind, you can use the Pudsey's Mindful Breathing Dot-to-Dot Activity Sheet.</p>	

Delivering

To follow this session, the children can start experimenting with bringing mindfulness into their daily activities. The [Mindfulness Every Day Activity Sheet](#) highlights a number of activities where the children can stop and be mindful of their experience. There is also the [Mindful Breathing with Pudsey](#) which is a mindfulness exercise the children can learn and use at home.