

Name:

Grade:

Date:

Mindfulness in the Everyday Life

Objective:

To strengthen their mindfulness through daily activities.

Materials:

- A large cardboard or paperboard
- Markers
- Post its

Instructions:

1. Identify with the students the most frequent daily life activities. Por example: Breathing, taking a shower, eating, washing their hands, brushing their teeth, dressing, tying their shoes, etc.
2. Ask about the attention put into these daily tasks and write them on the board.
3. Choose between the ones they find more interesting and would like to practice mindfully.
4. Transcribe the chosen activities on the large cardboard that will hang on the classroom wall at the students hight.
5. Every day, at the beginning of the day, students will choose the activity they will do mindfully throughout the day by putting their names on a post it in front of it.

