

# SPRING CLEAN FOR YOUR MIND!



## Preparation:

Watch the video animation - *It's a beautiful day!*

This is a short animation showing two characters having a conversation about mindfulness. <https://youtu.be/5d46amlJEkI> [available 03/15]

You will need to pause the video occasionally to ensure that the class have understood the key points. You may also consider inviting a practitioner of mindfulness to come and give a workshop with the children <http://mindfulnessinschools.org/> [available 03/15]

### Key points:

**1:20** The character describes how his mind is full, and the voices inside his head go on and on, until he feels like his head is going to explode.

Ask the children who the voices represent [inner voice, parental voice, teacher voice].

**2:00** The mindful character explains that 'the noisy part of your mind is only a tiny part of you, but that it is so loud, it is often all the listening part of you can hear'.

**2:34** The noisy part of your mind can, if you let it, tend to focus only on the negative and can overlook the positive things in life.

**3:00** The noisy part of your brain is not bad, it's just trying to keep you safe. But sometimes it does such a good job that it stops you from doing what you want or trying new things.

## Script:

Last week we looked at Fred and how he might 'clean up his act'.

Some people believe that our minds can become full of unhelpful thoughts and noisy thinking and that there is a way to clean away some of the noise and clutter. This technique is called - mindfulness.

Watch the video <https://youtu.be/5d46amlJEkI> [available 03/15] pausing at some of the points detailed above.

## Suggested Activities:

Discuss with the class the possible benefits of having a quieter mind. Do they have patterns of thought that they would like to change? Ask each pupil to draw a simple outline of their own head and to write in some of the noisy thoughts that they would like to become less aware of. Try some of the simple techniques suggested in the video.

## Plenary:

What other techniques do people use to clear their thoughts?