

Self-Awareness - Activity 1

Becoming mindful



Time Taken: 40 - 50 minutes

Skills Developed:



Self-awareness

Resources Required:

- This worksheet

During this activity you will:

1. Try to be still and silent.
2. Explore what mindfulness is and how it can help us
3. Carry out a mindfulness meditation
4. Reflect on your experience of the meditation

Learning Outcomes:

1. Understand what mindfulness is
2. Experience a mindfulness meditation
3. Explore how mindfulness can be applied to your daily life

Silent challenge

How easy is it to be still and silent?

Task: Sit still and in silence for 60 seconds. Can you do it without thinking about anything during that time?

Understanding mindfulness

Do you know what mindfulness is?

Task: Read the information about mindfulness below and then use it to answer the questions about mindfulness.

Mindfulness = the ability to be aware of our experience in the present moment, without judgement.

It can help us to deal with feelings of stress, anxiety and being overwhelmed.

It stops us from just reflecting on what happened in the past and worrying about what is going to happen in the future. It allows us to live in the present and to experience and enjoy it more fully.

Mindfulness can give you resilience and the strength to rise above the challenges of life. It is a particular type of meditation where you bring your attention to the present moment.

Mindfulness can be practiced at any time, anywhere, by anyone. You can bring it do any of your daily activities.

Task: Answer the questions about mindfulness. Do this in your own words, where possible.

1. What is mindfulness?
2. What problems can mindfulness help with?
3. What are the positive outcomes of mindfulness?
4. Who can practice mindfulness?
5. Where and when can you practice mindfulness?
6. How can mindfulness make you more self-aware?

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A Mindfulness meditation

Task: Use the prompts below to help you carry out a mindfulness meditation. Don't worry if you find it difficult this first time.

Sit on the floor (or other comfortable flat surface). Your legs should be flat on the ground, and your upper body upright. You can place your hands on the floor to steady yourself, if you need.

- When you begin the exercise, close your eyes.
- Take long and deep breaths in. Hold the breaths before releasing them.
- As you breathe, try to focus on the breath as it enters your body, is held in it, and then leaves it.
- As you continue to breath in and out, begin to focus on the parts of your body.
- Are there any parts of your body that you feel particularly aware of? How do they feel?
- Once you have focused on one part of your body for about 30 seconds, focus on a different part of your body.
- Continue to take long and deep breaths.
- Are there any parts of your body that there is a lack of feeling in? Try to concentrate on them.
- Finish the exercise by returning to focusing your deep breaths.

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Reflection

Task: Answer the questions below to reflect on your experiences of the meditation.

1. What was difficult?
2. Did it feel awkward or unnatural?
3. How relaxing was it?
4. Did anything unexpected happen?
5. How do you feel after the meditation?

Optional Task - Sharing Your Learning

The following task is an optional one to help develop your learning further. One of the best ways to consolidate your learning is to share what you have learned with someone else.

Can you answer questions about what you have been learning?

Task: Find someone who is at home with you. They should ask you the questions below. Your job is to answer the questions.

Remember to use tone, emphasis, and body language (which you can learn about in our communication activity sheet 1) to convey what you think and feel.

Questions:

- What does the word 'mindfulness' mean?
- How can mindfulness help you?
- What is a mindfulness meditation?
- How did you find the experience of doing a mindfulness meditation?
- What did you find difficult during these activities?
- What was the most interesting thing you learned about in these activities?