

PE and Mindfulness – 15 mins

T = Teacher

Ss = Student

Time	Interaction	Activity	Information	Notes
00.00.00	T-S S-T	Mind body connection.	Ok stop and listen for a moment. Are the mind and body separate, what do you think? The mind and body are not separate, the body is part of the mind. By connecting with our bodies, we connect with our whole selves.	
00.02.00	T-S	Activity 1	Now where you are, slowly close your eyes and start to tune into your body. What can you feel? Maybe your heart rate is high after exercising, maybe you can feel your muscles are aching. Just become aware of what is going on in your body, as if you are detached from it, like an outside observer. Don't try to change anything just be aware of what you can sense. Slowly go through each part of your body starting with your feet, then moving up through the legs, abdomen, chest, arms, neck and shoulders, head and face. As you move through each body part, note to yourself what you feel.	
00.07.00	T-S	Life on autopilot	We usually go through life on autopilot not even remembering doing something, like traveling to school or maybe even a whole lesson! When we go through life like this, we miss most of it. By learning to be mindful and bring our attention to each moment,	

			we fully experience the life we have been given.	
00.08.00	T-S	Activity 2	Now sit down on the floor and turn your attention to what you can see in front of you. Wherever your eyesight falls, in your mind, name what you find yourself looking at. For example, I'm looking at my trainers, I'm looking at the grass, and I'm looking at my hand. Wherever you find yourself looking, name what you are looking at in your mind.	By naming what we are looking at in our minds, we become more aware of our present moment.
00.10.00	T-S S-T	Activity 3	Now slowly return to the activity you were doing. Slowly at first. This time as you re-start the activity, bring your attention to whatever you are doing, e.g. if you are kicking a football, fully focus on this, feel your foot against the ball, your foot in your shoes, when your mind wanders bring it back to the activity you are engaged in. Try naming what you are doing again in your mind e.g. I'm kicking the ball, I'm running, I'm breathing hard.	