

MODULE 8.8

MINDFULNESS for Students



TAKE IT DEEPER:

Integrating Mindfulness Into a Lesson

Duration: 5–10 minutes

Connecting with the senses is an accessible way to introduce mindfulness to young people. It grounds them in the present moment and cultivates awareness of sensations and emotions. As a brief mindfulness check-in, this is an activity that you can use anytime during the school day.

Instructions for Teachers:

1. Explain the Activity: “Today, we’re going to do an activity called ‘Five Senses Exploration.’ This will help us pay attention to the world around us using our senses. I welcome you to participate if you are comfortable”

2. Get Comfortable: Ask students to sit comfortably at their desks or on the floor.

3. Guide Through Each Sense:

Sight: “Look around the room slowly. Find five things you can see. Notice the colors, shapes, and textures.”

Hearing: “Close your eyes, if you’re comfortable, or gently gaze down at the ground. Listen carefully and find four sounds you can hear. It could be the sound of a clock, someone’s footsteps, or even your own breathing.”

Touch: “Keep your eyes closed or looking down. Try to find three things you can touch, with just using your hands or feet. Make sure to keep your hands to yourself and not disturb your neighbors. You might notice the fabric of your clothes, the surface of your desk, or a pencil. Notice how each one feels.”

Smell: “Take a deep breath and find two things you can smell. It could be the smell of your classroom, your lunch, or even the scent of your own skin. If you are comfortable, keep your eyes closed or looking down so you can really tune into your sense of smell.”

Taste: “Think of one thing you can taste. Maybe it’s the taste of your last meal or a mint you had earlier. You might not be able to fully taste it now, but try to remember the last thing you tasted.”

4. Reflect on the Experience: “Now, open your eyes and take a moment to think about what you noticed. How did it feel to pay attention to your senses? Do you feel any different now, compared to how you felt before we started this activity?”

5. Discussion. Invite students to share their observations. “Would anyone like to share something interesting they noticed?”

This sensory exploration activity helps students become more mindful of their environment by focusing on their senses. It can be a calming and grounding exercise, promoting awareness and presence. Encourage students to practice this technique whenever they need to feel more connected to their surroundings.



Greater Good in Education

