



TOPIC

Mindfulness

LEVEL

First Grade

THEME

Cloud Thoughts

LEARNING OUTCOMES

At the end of the lesson, the students are expected to:

- Recognize when they are experiencing distracting or overwhelming thoughts.
- Demonstrate a calming strategy (cloud visualization) to manage strong or busy thoughts.

MATERIALS

- A towel or mat for outdoor activity (optional)
- Video of clouds if indoors (optional)
- Visual feelings chart (emojis or faces)
- Paper and crayons
- Trash bin for the "Float Away" activity

ESSENTIAL QUESTIONS

- What are thoughts and where do they come from?
- Can we control every thought we have?
- What can we do when our minds feel busy or full?
- How can imagining thoughts as clouds help us feel calm?

CHECK-IN / WELCOME (5 MINUTES)

Say: "Welcome to our Little Aavidum lesson! Today we're going to learn something really special. We're going to practice letting our busy thoughts drift away, just like clouds in the sky. This helps our brains and hearts feel calm, and it connects to Aavidum's message of caring for ourselves and others."

Show feelings chart.

Say: "Before we begin, let's check in. Point to the face on this chart that shows how you're feeling today."

Say: "It's okay to feel more than one thing at once. You can feel happy and excited, or calm and tired. Feelings can mix together."

GUIDED DISCUSSION / TOPIC INTRODUCTION (10 MINUTES)

Ask: "What is a thought?"

- Guide: Thoughts are little messages or pictures in our mind. They can be about anything like school, lunch, pets, or games.

Ask: "Can everyone think of one thought they had today? Maybe it was a silly thought, or a happy thought, or a worry. Does anyone want to share their thoughts?"

- Validate all answers: "All thoughts are okay!"

Say: "All thoughts are okay and having thoughts is normal. But sometimes our thoughts can make us feel sad or worried or other feelings. Sometimes we can have so many thoughts that it feels really busy in our minds. When this happens, it can be helpful to use Aavidum and mindfulness to help our brains find peace and calm. That's what we're going to try today."

ACTIVITY: CLOUD THOUGHTS (15 MINUTES)

For this activity, consider taking students outside if the weather cooperates. If that's not an option, gather students near windows where they can observe clouds. If this isn't possible, use this cloud video.

Go through these prompts very slowly with quiet time in between for students to practice.

Say: "Everyone should find a comfy spot to sit or lie down. Take a deep breath in... and out. Let your body get soft and still, like you're floating."

Say: "Look up at the sky (or at the screen). What do you see? Are the clouds big or small? Fluffy or thin? Moving fast or slow? Watch them drift gently, like they're dancing."

Say: "Now, imagine each cloud is like a thought. Maybe you see a cloud shaped like a puppy, a cookie, or even a dragon! When a thought pops into your head like 'What's for lunch?' or 'I miss my dog,' try to put it on a cloud and watch it float away."

Say: "You don't have to chase the clouds or hold them. Just watch... and breathe... and let them go."

- Guide 1 to 2 minutes of slow breathing together.

Say: "When you're ready, wiggle your fingers and toes. Take one more deep breath... and smile up at the sky. Whisper to yourself: 'Thank you, clouds.'"

Ask:

- "How did it feel to let your thoughts float away?"
- "Did it feel calm? Quiet? Peaceful?"
- "When can we use Cloud Thoughts?"
 - Examples: "Before a test," "When I'm upset with a friend," and "When I'm trying to fall asleep"

WRAP-UP (10 MINUTES)

Say: "Thoughts come and go like clouds. We don't have to hold onto every thought. We can let them float away."

Give each student a paper.

Say: "Draw a big cloud. Inside it, draw or write something that worries you or a thought you want to let float away."

When done: "Now hold it up, and imagine it floating away. When you're ready, crumble it and float it over toward the trash can before let it go by tossing it in."

- Assure students this is anonymous. No one has to share unless they want to.

Challenge for the Week:

"Your Aavidum challenge this week is to practice Cloud Thoughts one time and see how it helps you feel calm."