

TOPIC

Mindfulness

LEVEL

Third Grade

THEME

Five Senses Safari

LEARNING OUTCOMES

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

- Use their five senses to notice the world around them.
- Help their body feel calm and focused.

MATERIALS

- Paper
- Crayons/ colored pencils
- Safari Worksheet
- Writing Utensil

ESSENTIAL QUESTIONS

- What does it mean to pay attention on purpose?
- How do our senses help us stay in the present moment?

CHECK-IN / WELCOME (5 MINUTES)

Say: "Welcome to today's Little Aevidum lesson where we are going to use our five senses to explore our environment. Today we're learning more about mindfulness. Mindfulness means paying attention to what is happening right now, in the present moment. It helps us feel calm, focused, and aware of ourselves and the world around us. We're going to use our senses (what we see, hear, feel, smell, and taste) to help us practice mindfulness."

Say: "First, let's check-in about how we're feeling today. Let's go around the room and you can tell me how you're doing today on a scale of 1 to 5 with a 5 being awesome and amazing and a 1 being that today is not a very good day."

- Give each student time to share their number and validate as needed.

GUIDED DISCUSSION / TOPIC INTRODUCTION (10 MINUTES)

Say: "Let's go through our senses together. I'll guide you step by step."

- Sight: "Look around the room quietly. Find one thing you never noticed before. Maybe it's a color, a shape, or something small in the corner. Just notice it."
- Hearing: "Now close your eyes for a moment. Listen carefully. Can you hear one sound you usually don't pay attention to?"
- Touch: "Put your hands on your desk or lap. Notice how it feels: smooth, rough, warm, or cool. Just pay attention to the feeling."
- Smell: "Take a deep breath in through your nose. What do you smell? Maybe it's the classroom, your pencil, or just the air. Notice it."
- Taste: "Think of your favorite food. Imagine the taste in your mouth. Notice how it makes you feel, maybe happy, excited, or calm."

ACTIVITY: MINDFUL SAFARI (20 MINUTES)

Say: "Today we're going on a Mindful Safari! That means we're going to explore our environment like quiet explorers noticing everything around us using our five senses. During our safari today, the goal is to notice things, not to collect things or to talk.

Say: Here are some rules for our safari:

- Walk slowly
- Be silent or whisper-quiet
- Respect nature and classroom spaces
- Observe with curiosity like a scientist.

Safari Instructions:

- Choose your space: outside (ideal) or inside (classroom, hallway, library).
- Give out the Safari Worksheet and prompt students to notice and mentally "collect" the following:
 - See: "Find something tiny. Something moving. Something with color."
 - Hear: "What's the quietest sound? Can you hear your own footsteps?"
 - Feel: "Touch the ground, a tree, or the air. What textures do you notice?"
 - Smell: "Take a slow sniff. What does the air smell like here?"
 - Taste: "Imagine how the air or rain might taste, or use a safe snack mindfully afterward.*"

Say: "Let's take one deep breath together to help our minds get ready to share. We're going to talk about what we noticed during our Mindful Safari. Remember, there are no wrong answers, just quiet noticing and kind listening."

Mindful Pause

- Gather everyone together quietly.
- Have them close their eyes, take 2 or 3 slow breaths, and think about one thing they noticed that made them feel calm, happy, or curious on their safari. Ask them to go around the room and share.

WRAP-UP (5 MINUTES)

Ask:

- When might you want to use your senses to help you feel calm or focused?
 - Examples: Before a test, after recess, when feeling upset, during a walk
- How can being mindful help you in school or at home?
- When could you use this calm feeling again during your day?

Wrap-Up Affirmation (Have the students repeat after you):

"When I use my senses and slow down..."

"I feel calm and strong."