

TOPIC

Mindfulness

LEVEL

Fifth Grade

THEME

Calming Our Minds

LEARNING OUTCOMES

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

- Reflect on the connection between thoughts, feelings, and mindfulness.
- Encourage empathy and peer support.
- Understand that everyone needs support sometimes

MATERIALS

- Clear plastic jar or water bottle with lid
- Warm water
- Clear glue or glitter glue
- Glitter
- Paper towels (for potential cleanup)

ESSENTIAL QUESTIONS

- How do our thoughts and emotions affect the way we feel and act?
- What can I do to help myself feel calm when my thoughts or feelings feel overwhelming?
- Why is it important to notice how we're feeling before we respond or react?

CHECK-IN / WELCOME (5 MINUTES)

Say: "Today we're going to talk about something really important that helps us feel calmer, more focused, and even happier. It's called mindfulness. Mindfulness means paying attention to what's happening right now, in this moment, without worrying about the past or the future. It's like giving your brain a little break from all the busyness around you. We all have moments when we feel stressed, distracted, or overwhelmed. Mindfulness gives us tools to slow down, breathe, and take care of ourselves so we can feel more in control and present. Today, we'll practice some simple mindfulness exercises together that you can use anytime at school, at home, or even before a big game or test."

Say: "Let's start with a simple mindfulness exercise called Balloon Breathing. Sit comfortably in your chair or on the floor with your back straight. Put both hands gently on your belly."

Close your eyes if you'd like, or keep them open and look down softly at the floor.

Imagine there's a big balloon in your belly. When you take a deep breath in through your nose, imagine the balloon filling up slowly. (Pause)

Now breathe out through your mouth, and imagine the balloon slowly deflating. (Pause)

Let's do this together three times. Ready?

Deep breath in... (pause 4 seconds)

And slowly out... (pause 4 seconds)

Notice how your shoulders relax a little each time you breathe out.

Mindfulness is about paying attention to how your body feels in the moment, so as we breathe, just notice what it feels like in your hands on your belly, the air moving in and out, your feet on the ground.

Great job! When you're ready, gently open your eyes if they were closed."

GUIDED DISCUSSION / TOPIC INTRODUCTION (10 MINUTES)

Say: "Sometimes our minds feel really busy like there's a storm of thoughts, worries, or feelings swirling around. You might feel frustrated, excited, embarrassed, nervous, or even just distracted. Has anyone ever felt like that?" Let students nod, raise hands, or share briefly.

Say: "Today we're going to use something called a Mindfulness Jar to help us understand what those big, swirling feelings look and feel like and how we can calm them down."

- Hold up an example jar or describe it if you're making it together.

Say: "This jar has water, glitter, and glue inside. When you shake it, the glitter swirls everywhere just like our thoughts when we're upset or overwhelmed. But... when we set the jar down, and stop shaking it... something amazing happens. The glitter starts to settle. It gets quieter. Slower. Softer. And as the glitter settles, our thoughts and feelings can settle too. That's mindfulness: learning how to pause and breathe, so we can feel more clear, calm, and in control."

Say: "Sometimes we need help settling our 'glitter' and that's okay. That's why we have Aevidum. It reminds us we're not alone. We've got each other's backs. Taking care of our own mental health is one way we can show up for ourselves and for each other."

ACTIVITY: GLITTER JAR (20 MINUTES)

Instructions:

- Fill each students' jar or bottle about $\frac{3}{4}$ full with warm water.
- Add 1–2 tablespoons of clear glue (more glue = slower glitter movement)
- Stir in 1–2 pinches of glitter.
- Seal the lid tightly.

Say: "The glitter represents your thoughts, worries, excitement, frustration, and ideas all swirling around in your brain.

Have students sit quietly, holding their jars.

Read aloud slowly:

"Give the jar a gentle shake. Watch the glitter swirl everywhere, just like your thoughts on a busy or stressful day.

Now place your jar down in front of you.

Take a deep breath in... and let it out slowly.

As you breathe, watch the glitter slowly begin to settle to the bottom of the jar.

With each breath, imagine your thoughts slowing down too.

You're not pushing them away. You're just letting them settle.

This is what we can do when our minds feel full. We can pause. We can breathe. We can let the storm settle."

WRAP-UP (5 MINUTES)

Ask:

- What did the glitter represent for you?
- How did your body or brain feel before vs. after watching the jar settle?
- When might this be helpful in your real life, either at school or at home?
- How can we help each other when we notice someone else's "glitter" is swirling?

Say: "Just like we watched the glitter settle, we can let our thoughts and feelings settle too. And when we see someone else struggling, we can remind them they're not alone. Aavidum means we notice, we care, and we support each other because everyone deserves to feel seen, heard, and safe."