

TOPIC

Mindfulness

LEVEL

Sixth Grade

THEME

Tune Into Your Body: Tune Out Stress

LEARNING OUTCOMES

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

- Define mindfulness as paying attention to the present moment without judgment.
- Identify and describe physical sensations in different parts of the body using a guided body scan.
- Practice self-awareness and self-care through a mindfulness strategy they can use independently.

MATERIALS

- Pen or pencil
- Body scan Worksheet
- Coloring Supplies
- Optional: Body Scan Audio

ESSENTIAL QUESTIONS

- Why is it important to check in with myself during the day?
- What can my body tell me about what I need?
- What does it mean to be mindful of my body and emotions?
- How can noticing what I feel help me take care of myself and others?

CHECK-IN / WELCOME (5 MINUTES)

Say: "As part of our Little Aavidum lessons, we're learning ways to take care of ourselves and support one another and mindfulness is a big part of that. Today we're going to practice something called a body scan. Sometimes, life gets busy or stressful, and we forget to notice how we're really feeling. A body scan helps us slow down, pay attention to different parts of our body, and become more aware of what we need whether that's rest, movement, or just a deep breath. It's a way of showing yourself care and respect. When we take time to check in with ourselves, we're better able to handle stress and be there for others too. Aavidum means "I've got your back," and that starts with having your own back. Let's give it a try together and see how just a few quiet moments can help us feel more calm, focused, and in control."

GUIDED DISCUSSION / TOPIC INTRODUCTION (10 MINUTES)

Start with a grounding exercise. Invite students to sit comfortably with feet on the floor and hands resting.

Say: "Let's begin by taking three slow, deep breaths together. Breathe in through your nose... and out through your mouth."

Guide students through a slow awareness of their body parts, encouraging them to notice sensations without judgment:

Say: "Let's take a moment to get still and quiet. Sit up tall, but relaxed, with your feet flat on the floor and your hands resting gently on your lap or your desk. If you feel comfortable, you can gently close your eyes, or just look down at one spot in front of you."

This is your time: a few moments for you to check in with you.

Let's start with your feet.

Notice how your feet feel on the floor or in your shoes. Are they warm or cool? Still or wiggly? Just notice.

Now move your attention up to your legs.

Are they feeling heavy or light? Resting or tense? Whatever you feel is okay. Just take a moment to be aware.

GUIDED DISCUSSION / TOPIC INTRODUCTION (CONTINUED)

Bring your focus to your hips, where your body is connected to the chair.

Can you feel the support underneath you? Take a deep breath in... and gently let it out, releasing any tightness you notice.

Now move your awareness up to your stomach and chest.

Can you feel your breath moving in and out? Notice if your belly rises and falls, or if your chest moves with each breath.

Let's bring attention to your shoulders.

Are they tense or relaxed? Try breathing in, and as you breathe out, imagine your shoulders softening, letting go of any weight they might be holding.

Now gently notice your arms and your hands.

Are they resting quietly? Are they holding anything? Just bring your attention to them, noticing without needing to fix or change.

Next, bring awareness to your neck.

Sometimes we hold stress here without realizing. Take a slow breath in... and as you breathe out, imagine any tightness gently melting away.

Finally, bring your attention to your face and head.

Can you soften your jaw? Unclench your teeth? Let your eyes and forehead relax. Just breathe here for a moment, feeling calm and present.

Take one more deep breath in...

And a long, slow breath out.

When you're ready, gently bring your attention back to the room.

Wiggle your fingers and toes.

Stretch if you'd like.

Slowly open your eyes.

After the body scan, ask students to silently check in with how they feel emotionally:

- "What feelings do you notice right now?"
- "Where do you feel those feelings in your body?"
- "Is there any emotion that feels strong or needs your attention?"

ACTIVITY: BODY SCAN REFLECTION (20 MINUTES)

Give out the Body Scan Worksheets.

Say: Now that we've finished our body scan, let's take a few minutes to reflect on what we felt in our bodies. Look at your body outline. You'll see a simple drawing of a person. This represents you. Think back to the body scan. As we moved from your feet to your head, did you notice any parts of your body that felt tense or tight? Relaxed or calm? Heavy, tingly, warm, or something else? Use colors or words to show what you noticed.

You can:

- Color different areas with different colors (for example: blue = calm, red = tense).
- Write words or short notes inside parts of the body (like "tight" in the shoulders or "relaxed" in the legs).
- Add symbols like hearts, spirals, or stars to show what stood out to you.

Reflect at the bottom:

- "Right now, I feel..."
- "I notice this feeling in my body..."
- "One thing I can do when I feel this way is..."

WRAP-UP (5 MINUTES)

Say: "Noticing how we feel in our bodies is a powerful tool. You don't have to fix anything. You just have to notice. And when you do, you give yourself the power to make thoughtful, calm choices. Practicing mindfulness like this helps us stay connected to ourselves and be more ready to support others. That's what Aavidum is all about. We've got each other's backs, and that starts with learning how to take care of our own."