

A Mindful Moment

SIXTH GRADE

Students are very busy, and school is filled with expectations, successes, and challenges. In this activity, students will take a moment to appreciate the quiet and reflect on happy and peaceful thoughts as they clear their minds and create a mindfulness garden.

SUBJECT

SOCIAL-EMOTIONAL

TIME

30 - 45 MIN

MATERIALS

Reusable plates, 1 per student

Birch forks, 1 per student

Sand, enough for 1-2 cups per student

Collected items from the garden such as small pebbles, twigs, dried seeds or leaves

Photo examples of mindful gardens

Small paper bags to take home items so students can recreate the garden any time

DIRECTIONS

- Hand students each a small paper bag. Ask them to look around the garden and collect very small items, like pebbles, twigs, dried leaves, etc. They should find about ten small items.
- Next, have students sit in a circle in the shade. Tell students for this part of the activity they need to be very quiet, and talking is not allowed. Ask students to close their eyes and listen to the sounds of the garden. Maybe it is a bit breezy, and they can hear leaves rustling? After one minute of listening, ask students to clear their minds of everything and only focus on what makes them feel happy and calm.
- While they are quiet and thinking, hand out the plate and birch fork, place a few scoops of sand on each paper plate. Tell students they will be creating a mindfulness garden with the sand and the items they collected. Pass around a few photo examples and explain that the goal is to keep their minds calm while creating the mini garden. As part of a calming behavior, students can use the birch fork to groom the sand.
- Students may disassemble the mini garden and place sand, pebbles, and twigs back in the bag to bring home. Then, whenever they feel apprehensive or stressed, they can repeat the exercise on a plate or pie tin of their own.
- Extension: Ask students to write one paragraph about what they focused on to make them feel calm and why.

SOURCE

- BCK Programs



Examples of Mindful Gardens



Photo Credit: [Balcony Garden Web](http://BalconyGardenWeb.com)