



Rocket Learn

# AN INTRODUCTION TO *mindfulness*

# Welcome to the RocketLearn Meditation Week!

## Introduction for Children

Welcome to our week on meditation.

Over the next five days, you will be learning all about the brain, how to meditate and how to focus. We are also asking you to write a short diary entry each day. This isn't like a traditional diary - we're not asking you to record what you did or had to eat; this is all about recording your feelings and thoughts - not what you had for breakfast!!

We hope you have a fun week of learning all about mindfulness and meditation.

## Introduction for Teachers

This week was used as the English element of our recent online holiday camp. In order to help schools we are providing this as a stand alone resource for those who may want to explore mindfulness in their classroom - whether as part of an English project, breakfast club, form-time or after-school activity. We hope you enjoy the mixture of theory and practical work we have put together.

Research has shown mindfulness to have many different benefits - some that are regularly mentioned are:

1. Increased focus, attention, self-control, classroom participation, compassion.
2. Improved academic performance, ability to resolve conflict, overall well-being.
3. Decreased levels of stress, depression, anxiety, disruptive behavior.

With this in mind we wish you a successful week!

Enjoy !

# Diary writing and mindfulness – Day 1. Start of the day.

Target: To feel strong and focused as you get ready for the day

Broadcast QR Code and weblink:



Watch the broadcast to help you with this work:

W: [bit.ly/RLEGLISHFEB21](https://bit.ly/RLEGLISHFEB21)

The internet research links are also here.

## Diary Entry 1 ...

What is mindfulness ? (Use the QR code to find the research links)



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How did you feel before the start of today's session and how do you feel now?

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Which of the 8 scientific facts are most relevant to you? Choose 2 and explain your choices.

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# Diary writing and mindfulness - Day 2. Focus.

Target: To understand how to wake up your brain and build concentration

Broadcast QR Code and weblink:



Watch the broadcast to help you with this work:

W: [bit.ly/RLEGLISHFEB21](https://bit.ly/RLEGLISHFEB21)

Broadcast starts at 11am on the 16th February

The internet research links are also here.



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## Diary Entry 2 ...

What can you tell us about the brain? How do we make it stronger? How do we look after it? Can you REALLY get smarter by giving your brain a 'work out'?

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How does learning that you can train your brain make you feel? Is there anything you would like to train your brain to do?

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# Diary writing and mindfulness - Day 3. Finding calm

Target: To learn how to manage strong emotions

Broadcast QR Code and weblink:



Watch the broadcast to help you with this work:

W: [bit.ly/RLENGGLISHFEB21](https://bit.ly/RLENGGLISHFEB21)

Broadcast starts at 11am on the 17th February

The internet research links and meditation examples are also here.



## My Meditation

Write your own short meditation based on staying calm. Read the meditation examples. Look at the key features to help you (numbers, calming adjectives and adverbs, imperative verbs etc.)

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## My diary entry ...

After reading aloud your meditation (with meditation music), how did it make you feel? Record your thoughts in today's diary entry.

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## Diary writing and mindfulness - Day 4. Body scan.

**Target:** To bring the mind and body back together



**Broadcast QR Code and weblink:**

Watch the broadcast to help you with this work:

W: [bit.ly/RLENGGLISHFEB21](https://bit.ly/RLENGGLISHFEB21)

Broadcast starts at 11am on the 18th February

The internet research links and meditation music are also here.



## Performing and recording your meditation – Optional activity

Why not perform and record your activity and send it into us at RocketLearn? We'd love to see these! There are lots of top-tips about how to do this in today's broadcast. Think about how you control your voice / pitch and tone as you read. Consider adding and using relaxing music as you read.

## My diary entry ...

How have your thoughts and feelings changed about meditation and mindfulness? Why do think this is? Write down your thoughts and ideas.

A close-up, soft-focus photograph of a person's legs and feet, wearing light-colored shorts and white socks. The image is overlaid with horizontal lines, suggesting a template for text or a design element. The background is blurred, showing hints of greenery and a bright light source.



## Diary writing and mindfulness – Day 5. Kahoot! reflections

Broadcast QR Code and weblink:



Watch the broadcast to help you with this work:

W: [bit.ly/RLEGLISHFEB21](https://bit.ly/RLEGLISHFEB21)

Broadcast starts at 11am on the 19th February

The Kahoot! links are also here

After watching today's broadcast, you just need to complete today's fun mindfulness Kahoot quiz! We hope that you have enjoyed the mindfulness activities this week and don't forget that we'd love to see and hear your meditations!

### Things you have learnt this week:

1. What mindfulness is
2. How to focus
3. Different facts about the brain
4. How to do a meditation

and much much more! WELL DONE!



Challenge Yourself!

See if you can meditate each week or teach  
someone you know to do it





# Have you enjoyed your week?

We hope you have enjoyed your week of mindfulness and it has given you an insight into the quality and style of the materials we use in our online holiday camps.

If you are a primary school and would like to try one of our camps out for free please email [david@rocketlearn.co.uk](mailto:david@rocketlearn.co.uk) or give us a call on **0113 450 8551**. We would love to talk to you about how we can help your children access all our camps.

Each camp includes Maths, English, Academic Enrichment and PE Challenges. All can be accessed without a specific login and from any wi-fi enabling device making our camps a great solution for holiday learning.

We also run competitions, award certificates and have prize draws to encourage participation. We give schools the information on all those participating together with end of week scores.

Our camps are a great use of pupil premium and catch-up fund offering all children a fantastic fun enriching educational experience in the holidays. Please do get in touch to learn more.

Visit [www.rocketlearn.co.uk](http://www.rocketlearn.co.uk) for more information

