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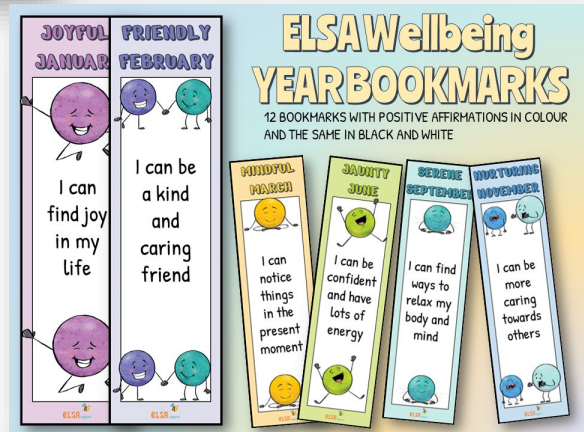
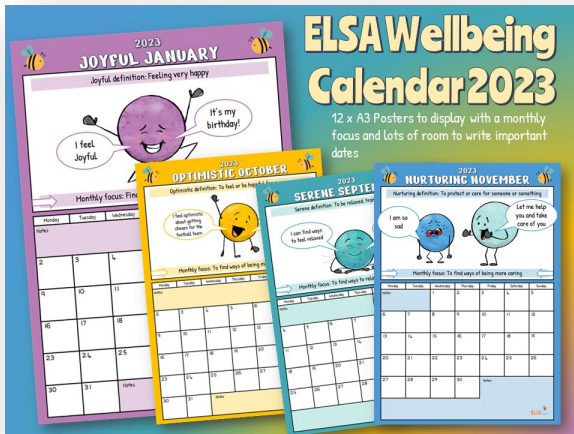




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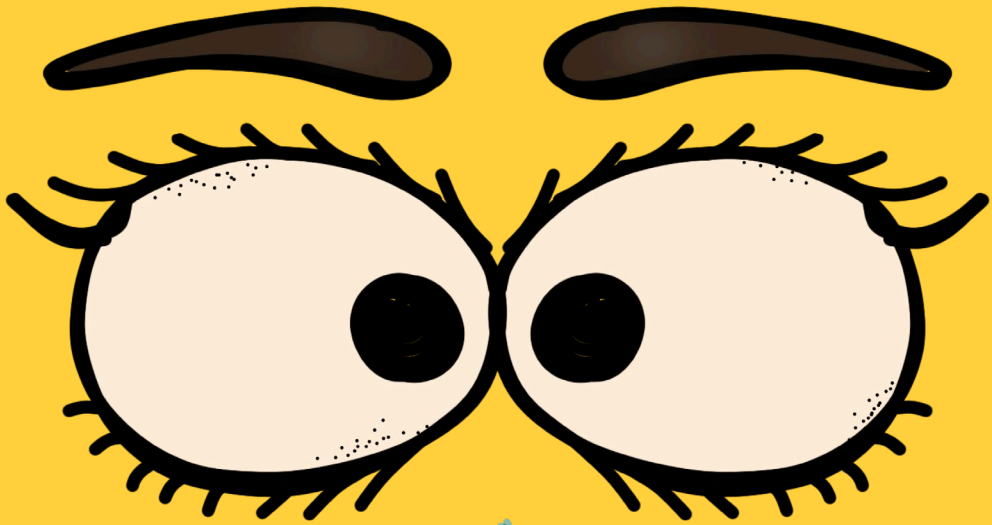
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Wellbeing Year Mindful March

Monthly focus	Being more mindful and noticing things in the present moment. Point to March on the calendar and discuss	Resources	EYES for passing around the circle. Things I can notice worksheet.
Run the group as a circle time. This would work for a small group or for larger groups too.			
Warm up Pass eyes	Pass the eyes around the circle and ask pupils to notice something they can see in the room right now. Make a list as they say them.		
Activity	<p>This month's focus is on being more mindful by noticing things in the present moment. We might use our eyes, ears, noses, tongues or fingers to notice things. In this lesson we are looking at our eyes and things we can see.</p> <p>Show pupils the list of things the pupils saw during the circle time. See if they can notice more things and add to the list.</p> <p>When you have added more to the list encourage them to find even more things they can notice in the room.</p> <p>Explain how they were looking more closely now and trying to find things that no one else had noticed. All these things are here right now in the present moment. They aren't thinking about what might be there tomorrow or what was there yesterday. They are looking and finding things right now in the present moment.</p> <p>Now let's look at listening. Here is a worksheet showing a BIG ear. Listen carefully as you fill in this worksheet. What can you hear right now in the room?</p>		
Review	Ask the pupils to tell you some of the things they could hear. There are lots of things to notice if you just stop and use your senses for a few minutes. You can use mindfulness if you are feeling anxious or worried about something. See if you can be more mindful this month and notice things.		

Something I can notice in the room



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Print out and cut out. Laminate if you want to reuse the eyes for other activities

Things I can notice

