

Journey Map

MINDFULNESS ACTIVITY

OBJECTIVE:

Helping students practise mindfulness through engaging activities at different spots on the map.

MATERIALS:

- Hourglass (1 or 3 minutes)
- Blank calendars or planners
- Sticky notes or index cards
- Markers
- Journals for reflections

PREPARATION:

- Print out the colourful map
- Ask where are we going today?

Nature Observation Spot**Pool of Possibilities**

Sit quietly and observe the surroundings, notice colours, sounds and movements. Reflection: draw or write about what you see.

Gratitude Circle**The Tree of Colours**

Form a circle and take turns expressing one thing they are thankful for, write in your journals.

Deep Breathing Zone**Peaceful Pause Tree**

Teach students deep breathing exercises, like Mira and the friends at the (peaceful pause tree). Inhale for count of 4, hold 4, and exhale for 4.

Kindness Challenge**The Forest**

Encourage children to think of one kind thing they can do for someone else, they can write down their kindness idea and plan how they will carry it out.

Mindful Walking Path**Enchanting Meadow**

Walk slowly along a designated path, focusing on each step. Encourage them to feel the ground and notice their body movements.

Sound Listening Station Treehouse

Sit quietly and listen for different sounds (birds, wind, rustling leaves)

After visiting all locations on the map, students can share their experiences and reflections. Discuss what they learned about mindfulness and how they can use these practices into their daily lives.