



Refreshing Recess Model Program Expansion  
**Week #9 Lesson Plan: Let's relax and be mindful.**

**Theme:** Let's relax and be mindful. Students learn about mindfulness and use calming strategies for relieving stress. Supervisors learn about stress among students and how to facilitate mindfulness.

The propose of teaching students mindfulness is to develop their awareness of inner and outer experiences and understand how emotions manifest in their bodies (Beach, 2017). This week focuses on teaching students how to use mindfulness to focus on the present moment. Supervisors will learn about how mindfulness exercises can affect self-regulation, potentially having lasting impacts on factors such as impulse control, academic performance, sleep, and attention. Educational materials will be shared with recess supervisors, teachers, principals, students and parents.

**Objective:**

1. During week nine, at least 75% of students will engage in group yoga session to facilitate mindfulness as evidenced by actively participating in yoga poses for 15 minutes during recess.

**Supporting materials (downloadable):**

- The Future of Education: Mindful Classrooms:  
<https://cdn.mindful.org/Mindful-Education-Guide.pdf>
- Refreshing Recess Expansion Program Newsletter #8: Emotions

**Materials from other sources/authors:**

- 8 Ways to Teach Mindfulness to Kids:  
[https://www.huffpost.com/entry/8-ways-to-teach-mindfulness-to-kids\\_b\\_5611721](https://www.huffpost.com/entry/8-ways-to-teach-mindfulness-to-kids_b_5611721)
- Best Practices for Bringing Mindfulness into Schools:  
<https://www.mindful.org/mindfulness-in-education/>



## Action steps for occupational therapist (OT) and other staff leading the program.

### BEFORE the 9<sup>th</sup> session:

1. **OT:** Read supporting materials related to understanding mindfulness, calming strategies, and integrating practices into the school setting. Reinforce these strategies in conversations with students and recess supervisors  
Gather the materials for Week #8's activities – *Spiderman Mindfulness activity* and *Star Wars Yoga*
2. **Recess Supervisors, teachers, principal, and parents** → Give them the *Refreshing Recess Expansion Newsletter Week #9: Mindfulness* and *The Future of Education: Mindful Classrooms* handouts

### DURING Day of the session – The OT is present during recess to introduce the program and facilitate the group activity.

1. Announce the theme of the week to the students. Explain the value of practicing mindfulness as a calming strategy to increase focus.
2. Complete the *Spiderman Mindfulness Activity* with students (See next pages).
3. Introduce the recess activity for the week → *Animal Yoga* (See next pages).
4. Facilitate activities and interactions, problem-solve obstacles that may come up, and offer support to recess supervisors during this time
5. Touch base with the recess supervisors at the end of the session. How do you think it went? What did you observe? Do you have any suggestions? Introduce the theme for week 10 – Let's create a toolbox.

### Tier 2 & 3 Strategies – Occupational Therapist:

- Tune into students who may be struggling to participate and enjoy recess activities and/or interact with peers. Look out for the 'loners' - he/she may struggle with knowing how to enter a group or may have experienced bullying.
- Note those who might be demonstrating issues related to sensory processing (e.g. hypersensitivity to noise), motor control, and/or social participation (e.g. friendship issues).
- Begin to consider accommodations and supports needed to help students at-risk of or experiencing challenges during recess. For students with or without disabilities and/or mental health issues who struggle to enjoy activities or interactions during recess, provide adaptations or accommodations (e.g. peer buddy, smaller group, individual consultation regarding how to interact in a group, etc.).

**Congratulations on completing Week #9 of the Refreshing Recess  
Expansion Program! Move on to Week #10!**



## Week #9 Classroom Activity: Spider-Man Mindfulness Activity

**Setting:** During classroom lesson

**Materials:** Bell and clementines (unless a student is allergic, then choose a different food item)

**Directions:** Read the following script to the class:

One of Spider-Man's main superpowers is his ability to tune into his senses. Similar to an actual spider, Spider-Man can pay close attention to hear really tiny noises. When you pay very close attention to something like this, you are able to calm your mind and block out all the other noisy thoughts in your head that can be distracting. With practice, you can improve your ability to focus and allow yourself to relax.

I am going to show you how to activate your own Spidy Superpowers so that you can tune into your senses, just like Spider-Man. It only takes a little bit of practice. Let's begin with your sense of hearing. Stay seated comfortably in your chair and close your eyes. Place your hands in your lap. I am going to ring a bell. I want you to pay close attention until you can no longer hear the ringing anymore. When you stop hearing it, quietly raise your hand, but keep your eyes close. **(Repeat 3 times)**

Good job! Just like Spider-Man, we have activated your superpower of ultra-sensitive hearing! Excellent work. Next, we are going to activate your superpowers of ultra seeing, touching, and smelling. Keep your eyes closed; I'm going to give each of you a clementine. **(Pass out Clementines)**

Hold the clementine gently in your hand. When I ring the bell, I want you to softly touch the clementine with your other hand. Feel what the skin of the fruit is like beneath your fingers. Pay attention to if the skin is soft, hard, rough, smooth, bumpy, wet, or dry. Imagine, like Spider-Man, that your hands have the power to sense very carefully what the clementine feels like.



Now, when I ring the bell, you can open your eyes and begin peeling the skin off of your clementine. As you are peeling the skin, I want you to smell the fruit. Breathe in deeply with the fruit under your nose. What does it smell like? Is it sweet? Is it citrusy? Is it a strong scent? Or is it hard to smell?

When I ring the bell this time, try looking very closely at the clementine. Pay attention to all the little details of the fruit. What do you see? Are there any lines? Shapes? Bumps? Does it look wet or dry?

The final activation of your Spider-Man superpowers of ultra senses is to practice your sense of taste. In a second, we are going to eat the Clementine, paying very close attention to what it tastes like. If you would like, when I ring the bell one final time, you can place a piece of the clementine in your mouth. Pay attention to how it feels on your tongue. Bite down slowly and notice how the juices start to flow in your mouth. As you begin to slowly chew the clementine, how does it taste? Sweet? Tart? Sour? Good? Bad? Gently swallow the clementine, paying attention to the taste that remains in your mouth after you swallow it.

You have now activated all of your Spider-Man Super Senses! Remember that when you get quiet and allow yourself to focus, your body and mind are able to relax from all the other busy thoughts and stressors. You have the power to activate your Spider-Man Super Sense whenever you want to calm down your body and focus your mind.

**Adapted from:**

**Jazwierska, Z. (2013). Spider-Man: Practicing mindfulness and increasing focus. Retrieved from <http://kidsrelaxation.com/uncategorized/spider-man-practicing-mindfulness-and-increasing-focus/>**



## Week #8 Recess Activity: Animal Yoga

**Setting:** Indoor or outdoor recess

**Equipment needed:** Yoga mats (not essential) and Yoga Poses Cheat Sheets

### Rules/Directions:

If possible, have the students position their mats in a large circle. Otherwise, simply make sure all students can see the lead facilitator(s). Introduce the theme of “animals” for this yoga session. Explain that many yoga poses are inspired by animals, and we are going to embrace these animal qualities as we move through out yoga poses today.

Choose an animal-themed breathing exercise to begin with. Examples include whale breaths, snake breaths, and bumblebee breaths. Instruct them to breathe in slowly for a count of three. Hold their breathe for three seconds, and then exhale using the animal-related breathing technique. Repeat this exercise 2-5 times. Ask them to focus on the sensations they feel as they make this sound.

Lead the children through a series of animal poses, pointing out key characteristics to help them relate to poses to the animals and be mindful of how they are moving their bodies.

Examples:

- Snail (child’s pose) – Discuss how snails are very small and still
- Cobra – Inhale to rise, “hiss” as you lower your back to the ground
- Cat/cow – “Moo” on cow, and “hiss” on cat
- Puppy – Stretching long like a puppy waking up from a nap
- Dog (downward facing dog) – Walk out the heels like you’re walking a dog
- Gorilla (ragdoll) – Gently sway arms from side to side
- Frog (squat) – Crouch low to the ground with great flexibility
- Butterfly – Gently flap your wings up and down

After completing all poses, have the students lay on their backs and close their eyes. Remind them to use the Spider-Man senses they activated earlier through this short guided meditation:

“Think quietly to yourself about your favorite animal. Now imagine you are that animal settling in for a long night’s sleep. Think about where you might be sleeping. What does this place look like? What can you feel? Is it warm or is it cold? Soft or hard? Wet or dry? What can you hear? Are there waves crashing? Is there wind in the trees? Can you hear other animals around you? What do you smell in this place? Are there fresh flowers or a salty ocean? Spend a few minutes in this place feeling totally safe and calm.”

Once finished, if time remains, facilitate a game of Zookeeper (on the following page).



## Week #8 Recess Activity: Zookeeper

**Setting:** Indoor or outdoor recess

**Equipment needed:** None

### **Rules/Directions:**

- Choose one student each round to be the “Zookeeper.”
- This student will stand approximately 50 feet in front of the other students with their back turned.
- The rest of the students will use the time when the Zookeeper’s back is turned to slowly creep up on him/her.
- However, whenever the Zookeeper turns around the face them, all of the students must freeze into one of the animal yoga poses from the earlier yoga activity.
- If they are in a yoga pose, the Zookeeper will “think” they are an animal and they will be safe.
- If they continue to move, or do not complete the pose correctly, the Zookeeper will “catch” them, causing them to return to the starting line.
- The first student to reach the Zookeeper without getting caught becomes the next zookeeper.



# Yoga Poses Cheat Sheet

Snail



Cobra



Lizard



Monkey



Cat



Cow



Puppy



Dolphin



Dog



Gorilla



Frog



Butterfly



Pictures from: Pocket Yoga - <https://www.pocketyoga.com/pose/>

