



What makes me feel peaceful?

Materials needed:

The accompanying worksheet, different objects to touch (stones, wool or other things), a mindfulness bell or different kinds of music

You can present this exercise as a little research project. We are going to research, as scientists, what makes us peaceful. This can be different for everyone. We will do different experiments and will write down our observations.

WHAT MAKES ME FEEL PEACEFUL?

MY NAME: _____

EXPERIMENT	I BECAME QUIET AND PEACEFUL
<p>1</p>	<p>Yes ● ● ● ● ● No</p>
<p>2</p>	<p>Yes ● ● ● ● ● No</p>
<p>3</p>	<p>Yes ● ● ● ● ● No</p>

What I thought of the experiments....

Instructions:

Using the worksheet as a guide, for every sense—touching, hearing, and feeling—you can do one or multiple experiments. After each sense experiment have students encircle a bullet. How quiet and peaceful did they get?

1. Let them close their eyes with hands open on their table. Put a stone, piece of wool or other object in their hands and make them silently touch it. You can guide them while doing it by asking questions: is it cold, hot, soft, hard? Place it on your cheek, how does that feel? etc.

You can use multiple objects and have them encircle a bullet after.

2. Let them close their eyes again. Choose one of two options: do a mindfulness exercise where students silently listen to a bell and put their hand up when they can't hear the sound anymore; or, have them listen to different kinds of music with their eyes closed.

3. You can do different yoga poses, or tell a little story in which different movements are acted out. Another variation could be for them to move however they want and freeze when you clap your hands.



Discussion:

Share with each other which sense made you the most peaceful.

Yoga Suggestions:

Garden-themed yoga sequence:

<https://childhood101.com/yoga-for-kids-a-walk-through-the-garden/>

Different poses and how to do them:

<https://flowandgrowkidsyoga.com/pages/kids-yoga-poses>

A guided yoga practice for children:

<https://www.youtube.com/watch?v=ecH7MBfXZHM>