

MINDFULNESS & MANAGING STRESS DURING THE COVID-19 PANDEMIC

YEARS 7-11

TERM 1

	Theme and topic	Learning objectives	Learning outcomes
Week 1	What is mindfulness?	LO1-3: Clearly define what mindfulness is. Share experiences on life during lockdown. This exercise helps students expand their awareness from themselves to their outer worlds.	<ul style="list-style-type: none">• Clarify what present moment awareness entails.• Help pupils expand their awareness from themselves (being aware of internal experiences) to their outer worlds (being aware of external experiences) so as to have a full and encompassing sense of connection and knowing
Week 2	Leaves on a stream meditation	LO1: What did you notice? How did you visualize your thoughts (i.e., words, images, or something else)? (ccl to English) LO2: This exercise will develop a student's ability to let go of problematic thoughts by practicing cognitive defusion. LO3: Encourage your pupils to disconnect from upsetting thoughts, emotions and other stressors. Did you mind get hooked by thoughts?	<ul style="list-style-type: none">• To motivate students to separate from their thoughts, letting them come and go instead.• Help students connect to a place of inner peace and calm eg: focus attention inward, on their breath.

		<p>If so, were you able to unhook yourself and come back to the stream? Did any negative or painful thoughts show up? Were you able to place these thoughts on leaves and allow them to float by at their own pace? How did you feel at the end of the practice?</p>	
Week 3	Is stress good for you?	<p>LO1: Improve students' self-awareness and mindfulness practice by discussing student's worries and concerns.</p> <p>LO2: Acknowledge difficult or challenging experiences without getting caught up and carried away by them.</p> <p>LO3: Introduce student-led goal setting. Making time to revise can lead to great results</p>	<ul style="list-style-type: none"> • To develop the ability to let go of problematic thoughts through practicing cognitive defusion. • Help pupils view their thoughts as transient mental events rather than absolute truths. • What are the positive and negative symptoms of stress (ccl to science)
Week 4	Finding peace of mind in stressful situations	<p>LO1: What is mental health, giving examples.</p> <p>LO2: What are the signs and symptoms of physical and mental ill health and what action should be taken?</p> <p>LO3: To guide students to an 'observing' state in which they may notice what is happening from moment</p>	<ul style="list-style-type: none"> • Help students increase mindful awareness of themselves and also the outside world. • Understanding consequences of stress- anxiety, depression

		to moment with a sense of calm and clarity.	
Week 5	Fight and Flight Response	<p>LO1: How would you react and what would you do if there was a lion standing in front of you? Did you learn anything new about yourself?</p> <p>LO2: When do you think the fight or flight response would be applied in your everyday life?</p> <p>LO3: Describe the reaction that people have to a stressful situation.</p>	<ul style="list-style-type: none"> • Help students deal effectively with painful, unhelpful or self-defeating thoughts and beliefs. • To understand the physiological and psychological response to stress prepares the body to react to danger <p>(ccl to science, maths, English & history)</p>
Week 6	6 major components of mindfulness in Islam	<p>LO1: Define the following words: Tadabbur- seeking the wisdom in knowledge</p> <p>Taffakur- reflecting on what one knows and observes</p> <p>LO2: Tasabbur- consistent patience with gratitude</p> <p>Tazkiyah- purification of the heart</p>	<ul style="list-style-type: none"> • Keeping what is beneficial knowledge and letting go of that which is meaningless, trivial or harmful knowledge • Understanding the importance of prayer and dhikr. • Be patient with the world around you. Do not seek immediate gratification, for it will not help you attain inner peace in the long haul. • Do not allow corrupting influences to enter your heart. Discover ways

		<p>LO3: Tashakkur-Gratitude</p> <p>Taqwa-Being mindful/God conscious of the divine</p> <p>(ccl to all Islamiat subjects & English)</p>	<p>in cleansing our hearts eg: fasting, eating halal</p> <ul style="list-style-type: none"> • Use a litany of words of gratitude daily as part of your normal vocabulary. Use words of gratitude after mundane acts of living like eating and after witnessing the beauty of a sunset for example. Inculcate it in your daily life. • Be aware of God in your life at all times, as a source of love, kindness and a guide to mindfulness.
Week 7	Therapeutic colouring activity	<ul style="list-style-type: none"> • Unlock your inner creativity and ease your anxiety <p>(ccl to Art)</p>	<ul style="list-style-type: none"> • Master the art of disengaging from the hectic world around you, through colouring.