



Lesson Five

Cross-Curricular Activities and Resources:

- 1. Math: Counting As You Breathe** – Practice mindful breathing by breathing in for a count of 5 and breathing out for a count of 5. Provide a piece of paper for each student. Have students repeat the exercise and draw a tally mark for each count, then determine the total count for breathing in and out.
- 2. Science: Nature Observation Walk** - Take students on a short walk outside. Encourage them to use their sense of sight and mindful thinking to observe their surroundings and see how things are connected. Ask guiding questions like: “Why are there plants in some places and not others? How would rain affect the plants? How are students dressed on the playground today? How would they be dressed if it were warmer/colder? Students can draw or write about their observations in a science journal.
- 3. Social Studies: Maps** - Create a map from the classroom to another room in the school close by. Provide a copy for each student. Walk the map, stopping at 3 points along the way. Use mindful thinking at each stop to have students use their senses to write clues that will help other students find the room. Encourage students to draw symbols for the sense used at the 3 points on their maps and a one word clue. Suggest using an eye for sight, a nose for smell, a hand for touch, an ear for hearing, and a mouth for taste. If students have difficulty, offer suggestions such as “Let’s listen at this stop. What do we hear- students singing?” (Students would draw an ear and write the word “singing.”)
Skill Focus: Using symbols as representation on maps and reading maps.
- 4. Art: Puzzle Making** – Encourage each student to draw a picture on a piece of paper. Provide scissors and have students cut their picture into 5 pieces and place the pieces into a plastic bag. Have students trade puzzles with each other. Encourage students to use their sense of sight and mindful thinking to look at the puzzle pieces and how they can fit together to complete the drawing.
- 5. Physical Education: Jumping Jacks** – Have students do 5 jumping jacks. Encourage them to notice their breathing after the jumping jacks. Increase the number of jumping jacks to 10. Encourage them to notice their breathing. Have students sit for 3 minutes. Encourage students to notice their breathing. Ask students to use mindful thinking to compare their breathing when sitting and doing different numbers of jumping jacks. Do you see a connection between exercise, sitting and breathing?