

## Lesson 5: Mindfulness through Art and Music



**Curriculum Link:** PSHE, Citizenship

Lesson Objectives	Skills Objectives
<ul style="list-style-type: none"> <li>To demonstrate how self-care techniques through Art and Music can help when things don't feel right.</li> </ul>	<ul style="list-style-type: none"> <li>I can recognise what skills I have and what needs to be improved.</li> </ul>

Timing	Teacher guide	Student activity
5 mins	Consider the following Chinese Proverb with your young peoples: <i>A journey of a thousand miles begins with a single step</i>	Discuss what the proverb means.
50 mins	<p>My Changing Shapes Activity:</p> <p>Young people to watch the video and create their own journey so far. Referring back to the proverb - A Journey of a thousand miles begins with a single step.</p> <p>Re-enforce how music can be used to relax.</p>	<p>Young people create their own version of changing shapes activity.</p> <p>After completing the My changing Shapes activity, if the young people feel comfortable, ask them to share some examples from their 'past and future growth.</p> <p>Young people listen to music whilst creating their version.</p>
5mins	What will you do and what can you change.	Set yourself a target based on self-reflection.

**Link to YSA: These questions can be used to bring the lesson focus back to YSA. These questions can be asked throughout the lesson as and when needed.**

Share changing shapes activity with other pupils.

# Supporting Slides for lesson 5

These slides support the teaching of lesson 1 and should guide the young pupils through the tasks that need to be completed.

1

**"If you see someone without a smile, give them one of yours."**

Dolly Parton.

2

**Giving to others.**

3

**Lesson Objectives**

- To demonstrate how self-care techniques through Art and Music can help when things don't feel right.

##WeWill: Inspire and Explore  
##WeWill Skills: Reflection, Communication      Curriculum Link: PSHE, Citizenship

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**Skills Objectives**

- I can recognise what skills I have and what needs to be improved.

##WeWill: Inspire and Explore  
##WeWill Skills: Reflection, Communication      Curriculum Link: PSHE, Citizenship

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Consider the following Chinese Proverb with your students: *A journey of a thousand miles begins with a single step.*

6

**My Changing Shapes Activity**

After completing the My changing Shapes activity, if the students feel comfortable, ask them to share some examples from their 'past growth'. Think about how these things could be extended in the future. For example, if they like reading books then they could also try listening to audiobooks... and they could also write a book.

Again if someone is comfortable sharing, discuss what they would like to develop from their 'future growth' shape. We tend to avoid things that we're not already good at - but we might be missing out if we don't explore them. Perhaps there is an area of their life that they have neglected for some time that they would like to get back in touch with?

This could be in learning, emotional wellbeing, physical activities, friends or social life etc. For example, a student may say that they used to love skateboarding with friends when they were younger, but no longer do so. Invite the students to keep their Changing Shapes to revisit in the future. Remind them that growth is a life-long process. (<https://www.childrensmentalhealthweek.org.uk/>)

7

Sam Cooke a change is gonna come lyrics

Bob Marley - Redemption

8

**What will you change? you can do it!**

9

**What will you change?**

10

Know whom in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online).

Please add details of whom to contact in school if they are concerned about themselves or others.

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**Need Help?**

[childline.org.uk](http://childline.org.uk) - 0800 1111 (free 24hr) confidential listening  
[samaritans.org](http://samaritans.org) - 116 123 (free 24 hr) confidential listening  
[studentsagainstdepression.org](http://studentsagainstdepression.org) - resources to move away from depression  
[youngminds.org.uk](http://youngminds.org.uk) - mental health info and guidance  
[youthaccess.org.uk](http://youthaccess.org.uk) - young people's info, advice and counselling  
[themix.org.uk](http://themix.org.uk) - essential support for under 25s

**If you have a mental health crisis and don't know whom to contact, call NHS 111. Call 111, free from any phone, 24 hours a day, seven days a week, and speak to a highly trained adviser supported by healthcare professionals.**