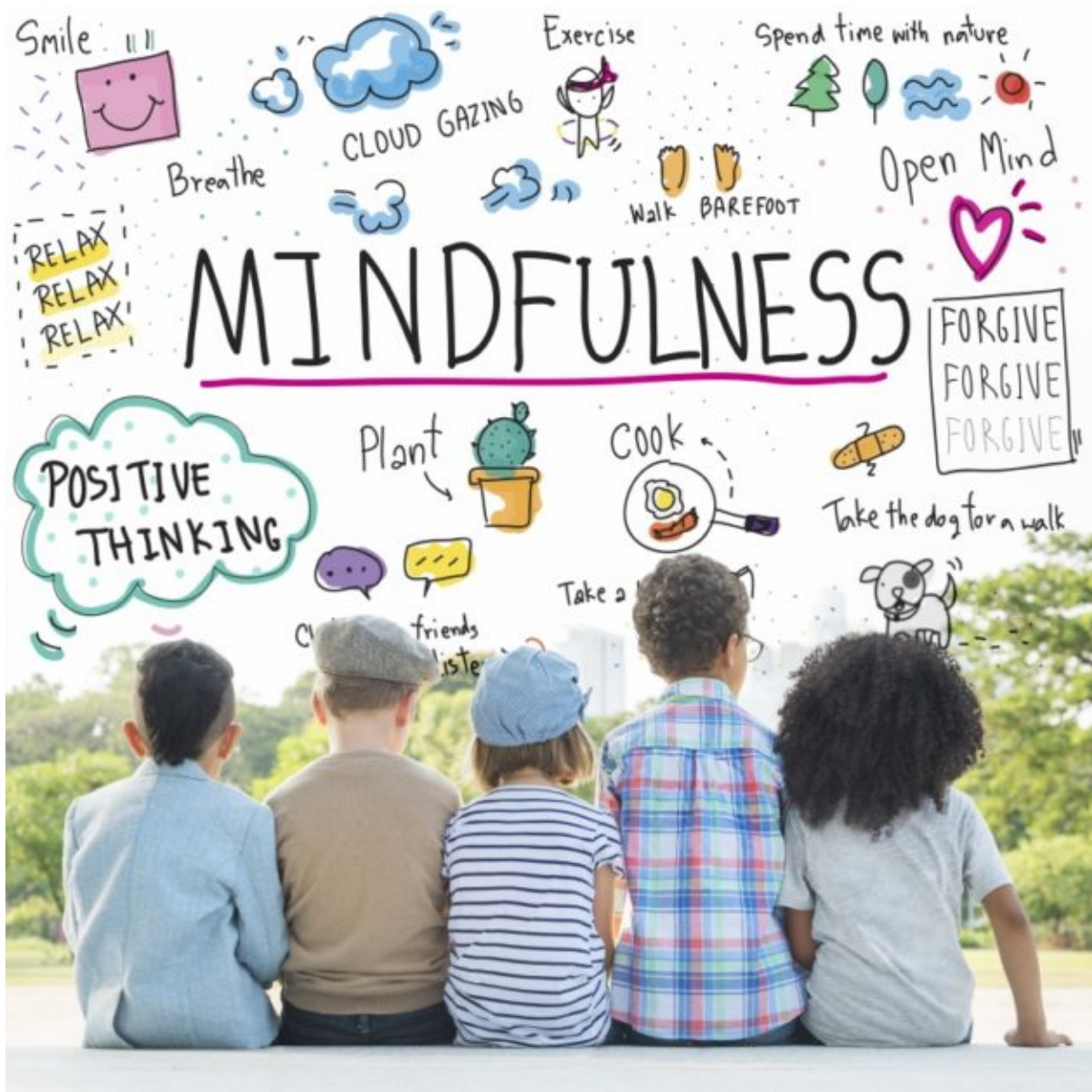


MINDFULNESS AUDIO PROJECT

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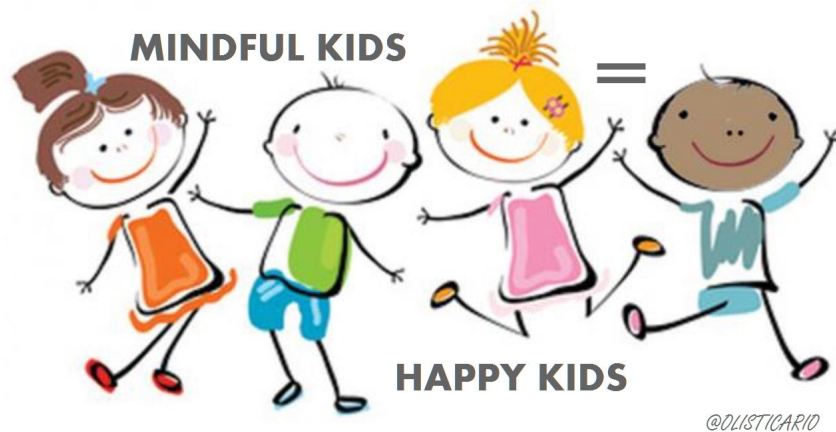


MINDFULNESS AUDIO PROJECT

- What is mindfulness?

Mindfulness is a simple meditation technique that emphasizes paying attention to the present moment, it has emerged as a popular mainstream practice in recent decades. It is being taught to executives at corporations, athletes in the locker room, and increasingly, to children both at home and in school.

Recent studies indicates that mindfulness can help our students improve their abilities to **pay attention**, to **calm down** when they are upset, and to **make better decisions**. In short, it helps with **emotional regulation** and **cognitive focus**. mindfulness can help minimize anxiety and increase happiness.



Mindful awareness exercises help children develop concentration and self-awareness.

- INTRODUCTION

Usually, I like to start the most of the days at school doing relaxing exercises, meditation exercises or mindfulness exercises with my students. Taking the benefits of mindfulness, I propose a mindfulness project to carry out inside the classroom.

The students are going to be the mindfulness teachers for a day. Mindfulness exercises are very precise and shorts, so, the students are going work in groups to record an audio explaining a mindfulness exercises that the whole classroom at the beginning of the day should perform all together. The students have to elaborate a draft with the exercises plan and also, with the dialogue.

- OBJECTIVES

- To develop the students digital competence
 - To be able to record an audio
 - To be able to work properly with the computer
 - To be able to use the digital tools
- To develop speaking and listening skills
 - To be able to write a draft
 - To be able to speak properly in the audio
 - To be able to understand the others classmates audios
- To be aware of the mindfulness benefits
 - To be able to do the exercises
 - To be able to plan a mindfulness activity
 - To be aware of the mindfulness' importance
- To develop the communicative competence
 - To be able to work in groups
 - To be able to take decisiones and discuss with the teamwork

- COMPETENCIES

- **Digital competence:** Students should use different digital resources to carry out the project; using computers, webpages, recording audios, etc.
- **Linguistic competence:** Student develop the four skills; speaking, listening, reading and writing. They work in groups, so the students talking and listening time increase. They also should write a draft about the audio before recording it.
- **Learning to learn:** students learn how to carry out projects and tasks, organising, planning, etc.
- **Social and civic competences:** students work in groups, take decisions and discuss with the teamwork, moreover, students take responsibility of a whole classroom activity.
- **Sense of initiative and entrepreneurship:** They act like a mindfulness teacher for a day, that give them a sense of initiative.
- **Cultural awareness and expression:** The students learn new techniques for take the control of the body, learn about the buddhism culture, healthy habits, etc.

- PROJECT

SUBJECT: English and Physical Education

LEVEL: 6th Primary Education

- **Timing:**
 - 2 sessions to carry out the mindfulness project
 - 1 week to listen the audios at the beginning of the day
- **Activities**

SESSION	ACTIVITIES
SESSION 1. FIRST CONTACT WITH MINDFULNESS	Activity 1. What is mindfulness? Teacher explains what is mindfulness, the origin, its importance, similar techniques (yoga and meditation) and healthy habits. Activity 2. Mindfulness exercises The teacher explain and performs simple mindfulness exercises, and after, the class together do it. At the end, each student model a mindfulness exercise and the rest of their classmates imitate it. Activity 3. Mindfulness audio project explanation The teacher explains the mindfulness audio project: The students are divided in 5 groups of 4. Each group should create a mindfulness exercises planning, they should decide with exercise do, they write the dialogue, they record the audio and they should appload to the channel. When the playlist will be ready, each day of the week, the students will start performing the mindfulness exercise from the audio of each group.
SESSION 2. MINDFULNESS AUDIO PROJECT	Activity 1. Drafting Students in groups should decide what exercises are going to include in their mindfulness plan. Student should elaborate a dialogue for the audio, for example: ‘Good morning, we will start the day with some relaxing exercises, now everybody close their eyes, breathe...’. Each member of the group should say at least 4 exercises. Activity 2. Tools explanation The teacher will explain how to record an audio with: XXXX and how to include in the channel playlist: XXXXXX. Activity 3. Recording

	If the dialogue draft is ready, students could start to record the audio and include it in the channel list.
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Whether all the groups have finish their audios, we could start to use it. So during the following sessions, the teacher will play one audio per day and the whole class together will start the day with mindfulness exercises.

- **Assessment**

The teacher will evaluate if the group:

- work in groups properly
- include mindfulness exercises
- use the digital tools properly to record the audio and upload to the channel
- speak clearly in the audio

- **Services, platforms and tools**

-Students will use **Audacity** to record the audio, it's an App really easy to use, they will get used to it in ten seconds.

-The class will use **SoundCloud** to create the collaborative channel and the playlist to upload the different audios.