

# 1 Setting your goals

## Core Mindfulness Practice Poster 3

Pupils sit quietly and set the goal to focus on listening to sounds.

**Intention:** Pupils notice when they've lost focus and practise returning to it.



**SEL competency: Self-management** Set plans and work towards a goal

**Duration:** 1–5 minutes

**Materials:** Use Poster 3 for visual support

**Key words:** *distracted, focus, frustrated, goal, thought*

### Instructions:

#### Prepare

- 1 You may want to pre-teach the key words for this activity.
- 2 Introduce the practice: *Today we're going to set a goal to sit still and listen to sounds in the room. We'll sit for about one minute. Do you think you can stay still for the whole of this practice?*
- 3 Continue: *When you notice you're thinking about something – that is, you're not listening to the sounds any more – you can say 'thinking' to yourself. Then, listen again. It's OK if you do this again and again. Remember your goal to sit and listen.* Use Poster 3 for visual support.

#### Practise

- 4 Now invite pupils to begin the opening routine: *Please sit up, with your back straight. Put your feet flat on the floor. Hands on your lap.* (See 'How to use' Card and Methodology Handbook for support on the opening and closing routine.)
- 5 Say: *Close your eyes or look down. Remember you're in your own bubble.*
- 6 This activity should be one minute long, but could be even up to five minutes long, possibly getting longer each time you do it.
- 7 If their eyes are closed, ask pupils to open them: *When I count to three, open your eyes. One, two, three.*

## Reflect

- 8** Invite pupils to tell the group about their experience, remembering there are no right answers: *What sounds did you notice? Did you have a lot of thoughts? Could you focus on sounds, or did you get lost in thoughts? How did you feel when you got lost in thoughts? Was it easy to come back to sounds? Did you get frustrated that you couldn't concentrate? What helped you come back? Did you remember your goal? Do you normally get lost in thoughts a lot?*
- 9** Explain to pupils: *Sometimes we get lost in thoughts and lose our focus. This is natural. We can always come back and start again. Each moment is a new opportunity to come back to our goal.*
- 10** Now set the timer for one minute and invite pupils to repeat the exercise, but this time when they notice a thought they can smile to themselves: *We'll sit for one more minute, but this time, smile when you notice a thought. Let the thought go and come back to your goal to sit and listen.*
- 11** Invite pupils to open their eyes as before and feedback to the group: *Did it help smiling this time? Did you notice anything new? Was it easier to come back to your goal to listen to the sounds?* Remember there are no right answers. However pupils may notice that smiling relaxes them, allowing them to return sooner to their goal of just listening.
- 12** Bring the practice to a close: *Setting our goal can help us to come back when we get lost. Remembering to smile helps us stay calm.*

**My goal is like a compass – it helps me when I get lost.**