

SAMPLE LESSON - STRUCTURE

Duration of each lesson : 60 min

Preparation time: 10 min

5 min	<i>Getting to know each other Playful Game</i>
5 min	<i>Introducing the topic Group Conversation</i>
10 min	<i>Reading Story Group Conversation</i>
10 min	<i>Drama Exercise Partner/ Group</i>
5 min	<i>Breathing Exercise</i>
15 min	<i>Mindful Crafting to Music</i>
10 min	<i>Closing Circle and Breathing</i>

The curriculum promotes positive mental health and wellbeing for children and is linked with the SPHE Curriculum (self, self and others). Children learn how to calm and relax their minds, to focus and pay attention, to understand and express their thoughts and feelings and cultivate kindness for themselves and others through creativity, drama, art, crafts, stories, poetry, meditations, visualizations and discussion.