

## Pompeii Poses Worksheet

### TEACHER GUIDANCE SHEET

#### Required Material:

- ✓ Pompeii Poses worksheet
- ✓ An exercise or yoga mat (optional)

#### L.O:

- ✓ To be able to focus on staying still like a statue and not let anything distract me.

#### STARTING ACTIVITY (5mins)

**GROUP DISCUSSION** – With the class talk about what happened in Pompeii almost 2000 years ago, and how the people of the city who were caught in lava flow from the eruption of the great Mount Vesuvius in Italy were frozen in time, like statues. (You do not have to spend much time on this topic). Ask the class if they themselves could stay still for that amount of time, and if so what would they think about.

#### MAIN TEACHING (10mins)

Lead the class towards thinking about having that time to think. If we were frozen in one place, even for a much shorter amount of time, like a day or an hour, in silence with just our thoughts to entertain us, what would we think about?

Ask the class to define a distraction and give examples. This could be loud music, people talking or our mobile phones going off. Now ask the class why distractions can be a bad thing.

Highlight if anyone says that it makes it harder to think or concentrate, as this is what we are trying to achieve. Time to think and ability to concentrate better.

Tell the class it is good to give ourselves time to reflect, organise our thoughts and give our brains a bit of a rest - giving ourselves time to be bored is not always a bad thing. Have them suggest why?

#### MAIN TASK - Pompeii Poses (10mins)

**GUIDANCE** – For this exercise the class will be asked to sit completely still and in silence. It may help to have relaxing music or some other kind of white noise, such as bird song playing in the background.

Tell the class that we will be coming up with our very own Pompeii Pose. It can be any pose they like, but one that they can hold for a short period of time, in silence and take the time to clear their head, organise their thoughts and switch off from the world. Once they have done this they can try each other's poses to see if they prefer them.

**GUIDANCE** – We suggest spending about 2 minutes on each pose and if you know any good simple yoga poses why not try those.

#### PLENARY (2mins)

**GROUP DISCUSSION** – Ask the class for volunteers to share what it was they were able to think about and how this quiet time made them feel.

#### DID YOU KNOW!

Just like these Pompeii Poses, writing a journal gives us the opportunity to collect our thoughts, organise our days and reflect on things that have happened. Why not explore the second literacy lesson about journaling.

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### CHILDREN'S SHEET

Your Pompeii Pose can be your very own quiet time that allows you to switch off from the outside world, collect your thoughts and give yourself some much deserved peace and quiet. You can use this Pompeii Pose anytime, anywhere, maybe just before bed to calm your mind and help you sleep. Pick your very own pose, but make sure you are comfortable.

Suggested poses,  
or come up with your own

