



My Mantra Worksheet

TEACHER GUIDANCE SHEET

Required Material:

- ▶ The My Mantra worksheet
- ▶ Pens / Pencils

L.O:

- ▶ To understand the meaning and purpose of a Mantra.
- ▶ To create my own Mantra that highlights the best points about me.

STARTING ACTIVITY (5mins)

GROUP DISCUSSION – Together talk about the meaning of the word ‘Mantra’, how we can apply it to ourselves and how it might help us stay focused and true to ourselves.

this mantra is going to be made up of a particular sentence highlighting the great things about us. Have the children think of different descriptive words to fill in the blanks, that best describe themselves. Then they can decorate the poster to best represent themselves.

MAIN TEACHING (10mins)

Tell the children that many cultures, religions and people have their own mantras that remind them of their core values, features or ambitions. Mantras can also be sounds used during meditation or when practicing mindfulness.

“I am....., and I am....., and this is what makes me, me.”

Tell the children that having our own Mantra can help us feel motivated, positive, energised and lift our spirits if we are feeling low. And what is great about our own personal mantra is it can be absolutely anything we like. A sound, a sentence, a lyric, a list of word or just a thought. As long as it makes us feel good then it doesn’t matter what it is.

PLENARY (2mins)

GROUP DISCUSSION – Ask for volunteers to share their mantras and if they feel comfortable to, explain how it might help them.

MAIN TASK - My Mantra (15mins)

Tell the children that they are going to create a Mantra poster to stick up on their bedroom wall so they see it every morning and hopefully it can help them feel ready to take on the world every single day.

We can have many different mantras if we like, but

DID YOU KNOW!

Some of the most famous and reputed cultures are Chinese, Indian, Italian, French, American, English and Japanese.



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CHILDREN SHEET

Create a Mantra poster to stick up on your bedroom wall so you see it every morning and hopefully help you feel ready to take on the world every single day. We can have many different mantras if we like, but this mantra is going to be made up of a particular

sentence highlighting the great things about you. Think of different descriptive words to fill in the blanks that best describe yourself. Then you can decorate the poster to best represent yourself.

I AM

AND I AM

**AND THIS IS WHAT
MAKES ME, ME.**