

One Moment at a Time Worksheet

TEACHER GUIDANCE SHEET

Required Material:

- ▶ The One Moment at a Time Worksheet
- ▶ Pens / Pencils

L.O:

- ▶ To know what it means to be in the present moment.
- ▶ To understand the benefits of being in the present moment.

STARTING ACTIVITY (5mins)

GROUP DISCUSSION – Have the children sit quietly for a minute and listen to their surroundings. Then share what they can hear, see, smell and how they feel at that time.

MAIN TEACHING (10mins)

Tell the children that we spend so much time planning for the future, or trying to remember the past, that we can often forget the present moment.

We often get so caught up in our minds thinking about what we might have for dinner, or worrying about what we said to someone the day before, that we miss what is going on right now.

Ask the children if they can suggest some benefits of being in the moment. There aren't really any wrong answers but highlight any you think are worth noting, such as it being good for memory, a great stress reliever, and helps with our focus, particularly if we are trying to concentrate on a particular task.

MAIN TASK - (15mins)

Tell the children that together we are going to go for a walk, either outside or if the weather isn't great then around the building that we are in. They are to pick a spot to stop, sit and just be in the moment, taking

note of the following things, and writing or drawing them on the One Moment at a Time worksheet.

- ▶ Where are you right now?
- ▶ What can you see?
- ▶ What can you hear?
- ▶ What can you smell?
- ▶ What are you thinking?
- ▶ How do you feel?

PLENARY (2mins)

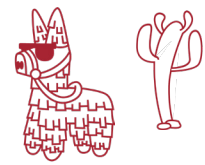
GROUP DISCUSSION – Ask for volunteers to share what they noticed, and how it made them feel to just be focused on the present moment with nothing else to worry about.

DID YOU KNOW!

Mexico City, the capital of Mexico was built on Texoco Lake, causing the city to sink around 12 cms per year.



MEXICAN MAGNIFICENCE



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CHILDREN'S SHEET

Together we are going to go for a walk, either outside or if the weather isn't great then around the building we are in. Pick a spot to stop preferably on

your own, sit and just be in the moment taking note of the questions, and writing or drawing them on the One Moment at a Time Worksheet.

Where are you right now?

What can you see?

What can you hear?

How do you feel?

What are you thinking?

What can you smell?