

# The present moment with Squeezy

To help learners understand mindfulness and the power of paying attention to the present moment.

## Ages

11-18 Years Old

## Duration

20 Minutes

## What You Need

Internet connection.

### Learning Objectives:

- All learners can experientially understand that mindfulness is about building curiosity and kindness in the present moment
- Most learners try to develop an explanation of the myths around mindfulness
- Some learners think about how you can integrate pauses in their day to practise this regularly

### Introduction:

Start by watching this film, our well being expert will introduce learners to the concept of mindfulness and being in the present moment - [Insert video link here]

### Activity: Explicit Instruction/Teacher modeling

Work your way through the guided practice virtual video. Make sure to participate and follow along, [Click here to play the video](#)

### Reflection:

You listened to a three stage breathing space meditation on the activity video. It's also available as an [audio file here](#). These are ideal pauses in your day. To help us pause, it's good to decide points in the day when you would do this. Reflect for yourself when you could do this e.g. first thing in the morning, before lunch etc - pick three times in the day. Write down your experience of the meditation and your times when you want to pause.

