

# Mindfulness Ocean Adventure

**Let's Discover and Explore Together!**

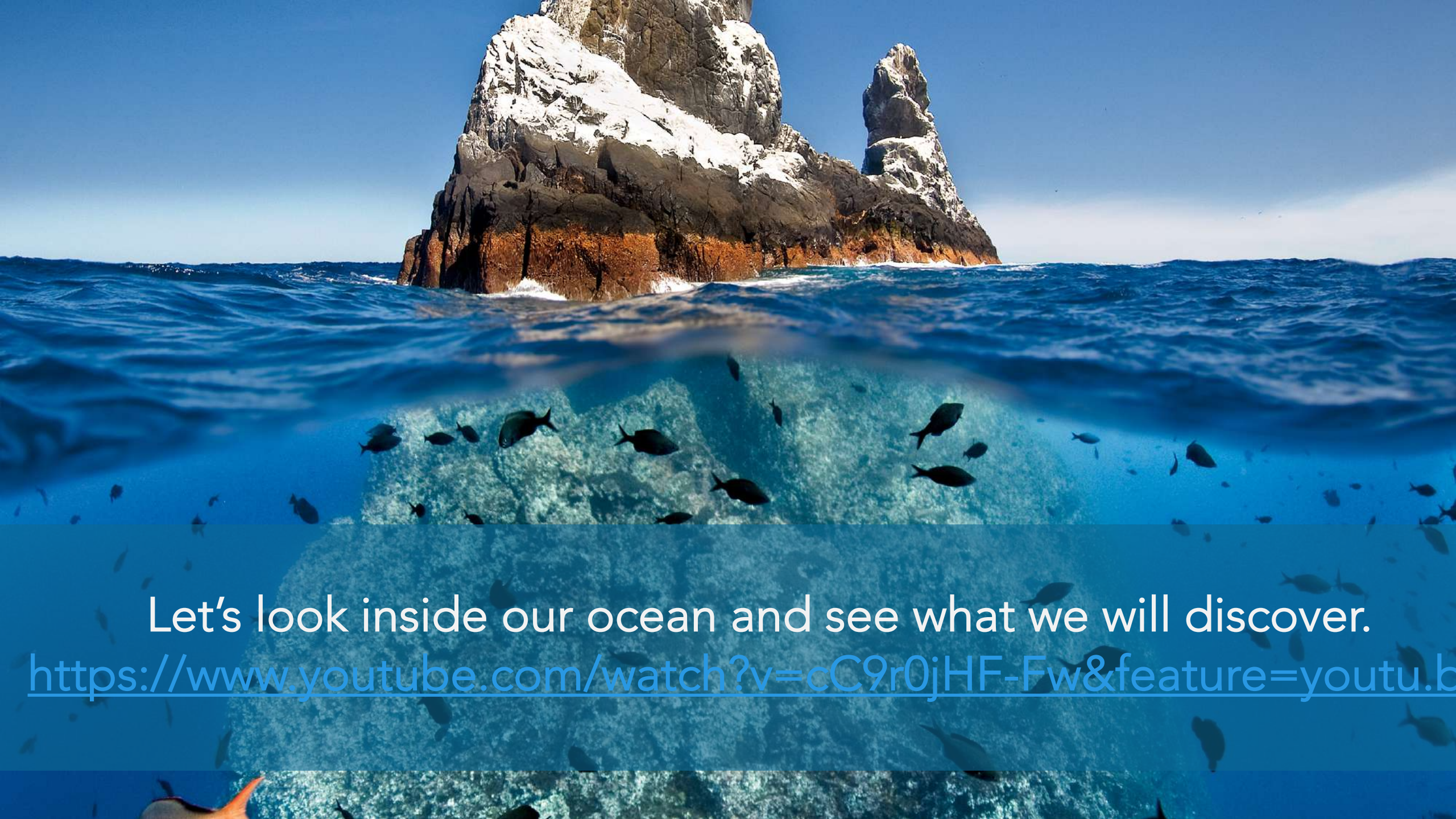


# Let's explore together

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- ✓ Have fun. Learn about mindfulness.
- ✓ Explore our oceans together.
- ✓ Discover the magic that lives there.
- ✓ Discover what lives inside of us, our own inner ocean.
- ✓ Play fun games.
- ✓ A time to STOP, be still, and be present.





Let's look inside our ocean and see what we will discover.

<https://www.youtube.com/watch?v=cC9r0jHF-Fw&feature=youtu.b>

# What is Mindfulness?

Mindfulness is about paying attention to what is happening inside and around us with openness, kindness, and curiosity. It's an opportunity to be open to what we notice and discover along the way .

# 4- Experiment:

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Look at the following pictures :

- ✓ Notice how you feel inside of you when you look at the following images.
- ✓ Pay attention to body sensations, emotions and thoughts.
- ✓ Do you feel repelled by or attracted to certain images?
- ✓ What images made you feel good?
- ✓ How did you know you felt good?

## Teacher Prompts:

**The purpose of this exercise is to help students notice sensations or emotions in their bodies and how it feels to be connected to nature.**

*Have students look at the following 8 images for 10 to 15 seconds each.*

*As they look at each image, have them notice if the image makes them feel good or not.*

*Prompt students to notice where in their bodies they feel that way (heart, chest, face, shoulders, arms, back, legs, etc.).*















# What did you notice inside you?

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- ✓ What did you notice inside of you when you were looking at cities or pollution?
- ✓ What did you notice when you looked at images of animals?
- ✓ What images made you the happiest?
- ✓ What images made you the saddest?
- ✓ What did you notice when looking at nature?