

MINDFUL HANDWRITING

The key to mindfulness in the classroom is that it becomes a part of the classroom day itself. It is not always an add on that requires extra time, but everyday activities can become mindful learning. The practice of handwriting can be very mindful as long as we take consideration of the task in hand.

Play some relaxing music to begin handwriting. Ask the children to sit up tall, as if they are puppets with a string at the top of their heads, with their hands in their laps or on the table. Ask the children to take 3 deep belly breaths, and get them to focus only on their breathing.

When they begin writing remind them to focus on the movement of the pencil and the marks that they are making. Encourage them to recognise the feel of the movement and the vibrations that are created as the pencil causes frictions with the paper. Encourage the same rhythmic breathing as the writing flows.

When the music finishes, ask the children to put their pencil down, and place their hands once again in their lap or on the table, taking 3 deep belly breaths.

These sessions are calming and improves handwriting in the classroom.