



MINDFULNESS

20 DAY CHALLENGE

1999-2019

20

YEARS

OF Premier
Education

Storytelling

Sponsored by Premier Education

Overview: This exercise in mindful listening can tie in very well with English and maths.

Time: 15 minutes.

Equipment required: Drawing equipment.

Benefits:

- Builds empathy.
- Boosts communication skills.
- Encourages dialogue.
- Improves listening skills.

Speaking:

1. Find a quiet place around your home - wherever they feel comfortable. If it's only you and a child, feel free to join in with this one.
2. Have the children take a moment to put aside any distractions and get their minds in a calm place.
3. Each person now spends five minutes telling their partner a story that's important to them.
4. It can be a day out, a birthday celebration, a story that their family tell a lot or a funny memory.

Listening:

1. Encourage the listeners to ask questions about the other's story.
2. When both stories are finished, the children both spend five minutes drawing a picture which depicts the story they've just heard.
3. Invite the children to show each other the pictures they've drawn and to see if they think it captures the story.
4. The pictures can then be put up and displayed on the walls.