

# Mindfulness

**Scouts find ways to make a bit of time and space for themselves**

**Section:** Cubs, Scouts, Ventures, Rovers  
**Time:** 1 hour  
**Where:** Home, Den



## PLAN

Little needs to be planned to help the scouts through this activity. If the activity is taking place in the hall you may need to bring a computer or have a mindfulness video downloaded to show the scouts. There are many different types e.g. Tai-Chi, Yoga or any form of meditation, discuss with the scouts what form would be best suited to them.

### Timing

It is important that this activity is not rushed, so make sure that there is enough time set aside for it. In the den, it would be important to have a wind-down activity as a lead-in, or at home encourage the scouts to set aside the time and space so that they won't be disturbed. Half-an-hour would be useful if that amount of time could be made available.

## DO

Get the scouts to set up the area for the session according to the chosen form of mindfulness so they can stay focused and so they won't get distracted. Play the audio of the mindfulness session through to its end.

If scouts are to take part in this activity at home by themselves you may choose a link to a mindfulness video on youtube and circulate it.

## REVIEW

Ask the scouts to discuss how they felt during and after the exercise and ask if they feel they have gained anything from it. Discuss the fast pace of life and the benefits of mindfulness, and link it into people's mental health.

Different people will get different things out of the activity, so allow for their differing experiences and views.



### In a nutshell...

- Choose a form of mindfulness and bring necessary aids to complete activity.
- Set up an area according to the activity.
- Circulate a link to an online resource, such as music or instruction, if scouts are to complete at home



### Follow-on

Could some type of mindfulness activity be used at weekly den meetings, or on camp? Scouts might like to try incorporating mindfulness into other activities, such as when out and about. Look at the activity sheet Get out and Appreciate Nature for more ideas on this. Perhaps there is an opportunity to bring someone in to conduct a session or discuss mindfulness.



### SDG 3 Good Health & Well-being

SDG 3 sets a whole range of goals around health across an extensive range of measures. Scouts can learn to look after aspects of their own health, and especially the importance of minding their own mental health.



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