

Connecting**Stretching****Transferring**Topic: **2b Absorption**Activity: **Mandalas****What you are trying to achieve ...**

An introduction to being absorbed, through the skills of stilling.

Students appreciate

- The feeling of being absorbed in something
- The importance of feeling calm and still for learning.

Prepare Students for Challenge

"In this session we are going to focus on slowing our minds, by concentrating on something and getting totally absorbed in it."

Set up the Learning Challenge

- One mandala shape per person
- Speak calmly and quietly.
 - "Look at the shape"
 - "Put hands down on your lap, sit comfortably, look at the centre"
 - "Don't try to understand the shape"
 - "Experience what happens to the shape in front of your eyes"

Keep Things Going

- Stay silent for a while. Then offer
 - "What are you noticing about your breathing?"
 - "What are you noticing about the shape?"
 - "How are you feeling in yourself?"

Plenary Discussion

Explore the usefulness of being 'stilled' or absorbed

When would this be useful?

Continue exploring being absorbed, through Linking Ideas activities.

Things to Try ...

Use this type of activity at the start of any lesson.

Play calm music to maintain the tone.

Find more mandalas on www.mandalaproject.org
or www.mandalazone.com
or via Wikipedia

Coaching Notes

Learning Challenge

Linking Ideas