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DE PROFESSORES DE INGLÊS

**35<sup>th</sup> Annual APPI Conference – 13-15 May '22 - Braga**  
**Recovering Lost Learnings in EFL – What & How?**

# **Reinventing songs with a bit of Mindfulness & Yoga...**

**with young learners...**

*Reinventing Songs & Stories with Mindfulness & Yoga to Recover the Lost*

## ○ *MINDFULNESS meditations... to the Teachers...*

- **BODY SCAN**... involves paying attention to parts of the **body** and bodily sensations in a gradual sweeping of attention through the **body** from feet to head.
- By mentally **scanning** yourself, you are bringing awareness to every single part of your **body**, noticing any aches, pains, tension, or general discomfort.

<https://www.youtube.com/watch?v=T0nuKBVQS7M>

<https://www.youtube.com/watch?v=QS2yDmWk0vs>

## ○ *MINDFULNESS meditations... to the Teachers...*

- ***METTA (Loving kindness meditation)***... we direct loving kindness toward ourselves and then, in a sequence of expansion, towards somebody we love already.
- Somebody we are neutral towards.
- Somebody we have difficulty with.
- And ultimately toward all beings everywhere without distinction.

<https://www.youtube.com/watch?v=sz7cpV7ERsM>

## ○ *MINDFULNESS meditations... to the Teachers...*

- ***MOUNTAIN meditation...*** The purpose of the **mountain meditation** is to become grounded and access our inner strength and stability when faced with stressful and challenging circumstances, both internal and external.
- ***METHOD:*** Sit down in a comfortable position on the floor or in a chair...

<https://www.youtube.com/watch?v=R9w7SjHaZmE>

# ❖ *Calm MINDFULNESS...*

➤ **FOCUS – CLAP FOCUS**... you can get to know what your attention can do by foccusing it on something. Creating sensations can give you something to focus on...

➤ **Students:**

Step 1: Try to focus your attention on how your hands feel. Now clap them three times, then stop...

*(clapping will create a sensation in your hands)...*

Step 2: What sensations can you feel? See if you can focus in on one part, such as the tip of your right little finger...

*(try expanding your attention to your whole hand and then to just one part of it)...*

➤ **Teacher:**

You can help your students to focus by asquing questions:

*(We must do some practical activities... song... (1)Family song)*

. How do your hands feel after clapping?

. Do both hands feel the same?

# ❖ *Calm MINDFULNESS...*

## (1) Family Song:

*(3 claps)* Family, this is my family. *(2x)*

*(4 claps)* I have a mother and I have a father,

*(4 claps)* I have a little sister and a little brother,

*(3 claps)* Family, this is my family. *(2x)*

*(4 claps)* I always live together with my family. *(2x)*

*(4 claps)* With my mother and my father, my sister  
and my brother.

*(3 claps)* Family, this is my family. *(2x)*

***N.B.: Clap 3/4 times... 2 seconds between claps.***

# ❖ *Calm MINDFULNESS...*

## ➤ **Other FOCUS:**

- . ***What's in the bag?*** <https://www.youtube.com/watch?v=icauD3XJAE0>
- . ***Spotlight focus.*** <https://www.youtube.com/watch?v=IReEu2kl6ol>
- . ***Hands practice.*** <https://www.youtube.com/watch?v=Fq-MqZDkKdQ>
- . ***My body breathes.*** <https://www.youtube.com/watch?v=dzf4DxDqjxU>
- . ***Take a walk.*** <https://www.youtube.com/watch?v=zZnNO1myCMg>
- . ***Looking.*** <https://www.youtube.com/watch?v=UEuFi9PxKuo>

# ❖ *CALM... MINDFULNESS...*

- **CALM** - being calm means feeling settled and quiet.
- It's easy when you are tired, but not when you are full of energy.
- When your energy doesn't match what you need – for example, if you're wide awake at bedtime or if your students are very excited in the classroom – mindful exercises can be useful ways to lower your energy and calm down...
- Focusing your attention can be a tool for calming your mind...
- With practice, mindfully moving your body can help you calm you...
- Your in-breath increases energy, while your out-breath calms...



# ❖ Calm MINDFULNESS...

➤ **High-five breath** - this is a handy practice to help you feel calm by paying attention to your breath. Matching mindful movement with your breathing can be calming. Take your time...

1. Starting at the outside edge of your thumb, breathe in and use your index finger to trace up to the top. When you breath out, slowly trace down the other side.
2. Keep breathing in and out, tracing up and down for a total of five breaths until you reach the other side of your hand.

<https://www.youtube.com/watch?v=1nAfUZHoYNg>

➤ **CAUTION:** Briefly pausing at the top and bottom of each breath is healthy, but holding your breath can cause tension or anxious feelings...

**. The 5-4-3-2-1 Method...**

<https://www.youtube.com/watch?v=30VMIEmA114>

**. Change: STOP... practice...**

<https://www.youtube.com/watch?v=GgBVIZAEQqU>

**. Care: Open and hug practice...**

<https://www.youtube.com/watch?v=wJz3SdjhiiU>

**. Reflect: Heart and belly breath...**

<https://www.youtube.com/watch?v=RiMb2Bw4Ae8>

## ❖ Mindfulness Music for Children... classroom background...

- Some of our earliest memories may be of our mother or father singing to us as a child. It is likely to be one of the earliest memories for our parents having instinctively gone to song to calm a fussy infant down.
- Music is very common in most cultures with traditional lullabies being passed down from generation to generation. It is therapeutic for the parent and child alike.
- One conclusion made by some mental health clinicians is that the vibrations in music help to release the tension in the cells and organs, thus relaxing the body. Maybe this is why we can hear music in some of the oddest places; elevators/lifts, dentist offices, waiting rooms, etc. They are trying to keep us calm.

## ❖ Mindfulness Music for Children... classroom background...

- So, if music has the ability to support our calmness, then surely this can be used as a simple mindfulness technique used in the classroom.
- Playing low music in the background as the children transition to a new activity or as they work diligently on their books and writing, might be a way to support behaviour management in the classroom while also supporting children's learning.
- Some research even has shown that music can increase the speed at which children do their school work.
- So, music in the classroom is something to consider.

## ❖ Mindfulness music for Children... classroom background...

- If you do decide to use music in your classroom, you must be mindful of how music makes you feel and that some music may not be appropriate; especially music with deep base or high pitch sounds that may actually cause you to feel upset.
- Trying a variety of musical selections would be best in identifying which ones are best for you and your class.
- This can be easily achieved via doing a simple search on Youtube for “mindfulness music” or “meditation music”.

➤ Some that I have come across on Youtube that children have found soothing are:

1 Hour Yoga Music: Yoga for Children, Meditation Music, Calming Soft Instrumental Music: <https://youtu.be/Zd-ybxrTyvs>

Relaxation For Children – Quiet, Music for Learning, Harmony & Positive: <https://youtu.be/DBNaIRZ3Alq>

RELAXING YOGA MUSIC FOR CHILDREN in Classroom, Children, Yoga, Music & Meditation, Music for Children: <https://youtu.be/jbe6R2ImvwY?list=RDuMyMPb-ix-E>

## ❖ Mindfulness music for Children... classroom background...

- Top Tip: I use the soothing music while children are coming into classroom.
- Once everyone is seated, I have all the children close their eyes and do deep breathing.
- For those that have problems with the idea of closing their eyes, I have a soothing scene projected on the large screen to focus on while breathing.
- Then, at the end of the lesson, I do the same again as each class leaves.
- Students are calmer and more in control.

# YOGA - Spirits of Nature (the chant)

☺ *Spirits, spirits of Nature (2x)...*

☺ *It's Miss Ondina and Miss Salamandra...*

☺ *It's Mr. Gnomo and Mr. Silfo...*

☺ *Spirits, spirits of Nature (2x)...*

☺ *They always live together with the Nature (2x)...*

☺ *With the Water and the Fire...*

☺ *The Earth and the Air...*

☺ *Spirits, spirits of Nature (2x)...*

☺ Melody from the song, "Sailing" by Rod Stewart

☺ **The Spirits of Nature** - slideshow from the writer and illustrator, **Rita Goldrajch**:

☺ <https://www.youtube.com/watch?v=97dNHL9wwVs>

☺ You must subscribe the channel **Rita Goldrajch** on Youtube and invite her to go to your school or visit: <https://www.facebook.com/osespiritosanatureza>



# ❖ YOGA... in or out... the classroom

- Want to help cultivate better communication, focus, and coping skills in students?
- Create a daily silent moment to teach children to regroup and reflect.
- This will be easy for some students—maybe not so much for others, and that's okay. Instead of making it a stressful silent moment, have fun with it. Turn the moment into a game.
- Just say: 'Okay, let's see who can be quietest longest.'
- I always use this trick, and it always works. It's also nice to cultivate imagination, so afterward sometimes I'll ask them to share what they saw during the silent moment.

# Bibliography & Webgraphy:

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<https://www.youtube.com/watch?v=ap6S-Yc4ans>