



# HEALTH LESSON PLAN

## Crafted Meditation

### CONTRIBUTING TO HEALTHY AND ACTIVE COMMUNITIES

- Identify actions that promote health, safety and well being
- Participate in play that promotes engagement with outdoor settings and the natural environment

### PERSONAL AND SOCIAL CAPABILITY

- Explore own identities
- Develop and understanding of factors that influence and shape who they are
- Respond appropriately to own emotions

**IN THIS LESSON** students will create their own guided meditation visual model using Minecraft.



### APPS USED

Minecraft: Pocket Edition

Epic Zen Garden

iMovie

## Introduce the Topic

Start by reading through a guided meditation app or book, such as My heart of Art by Lizette Stone. Discuss the language, the scenery, and how it makes us feel. Allow students to explore an app like Epic Zen Garden, which provides students with a



wordless visual exploration of a serene zen, meditative garden space. Listen to soundscapes contained with an app like Naturespace.



## Build Understanding

Students create their own meditative garden space in Minecraft, reflecting what they found peaceful about the scenery and environment of the books and apps just explored. Consider the impact of time of day on meditative states. Stand on top of a mountain and watch the sun rise, and talk about how this makes us feel. Students take screenshots of these meditative positions.



## Apply Learning

In iMovie, students insert their Minecraft screenshots in order to create a meditation video that surveys the peaceful landscapes they have made. Students can create a soundtrack for their

'Crafted Meditation' video using an app such as SoundPrism that allows tranquil soundscapes to be performed and imported into iMovie with ease.

