

Name _____

Date _____

Mindfulness of Senses Video



Directions: Design a video with your partner or group that defines mindfulness and offers a “mindfulness of senses” practice session for the viewer.

Before you begin making your video, take some time to answer these reflection questions and do some pre-planning.

1. How can mindfulness be beneficial for communities? The world?

2. Interview other students, teachers, or an administrator. Ask them what mindfulness means to them and how it has helped them.

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3. Write a script to guide viewers in a short (1–3 minutes) mindfulness of senses practice session (focusing on what they see, hear, feel, taste, and touch).

5. Detail the roles each of your group members will play in making the video. Write the person's name and their role.

When you are ready to make your video:

- Use a video or movie app of your choice.
- Include the definition of mindfulness.
- Research and offer statistics on the benefits of mindfulness.
- Include a citation and sources at the end of your video. (Where did you get your statistics?)
- Discuss how mindfulness can be beneficial for communities and the world.