

Letting Go Bowl Lesson Plan

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Intention of Lesson: To provide a symbolic vehicle for letting go of worries for the short term to help students focus on learning.

Population: Any group of students (Adapt as needed for language level)

Materials needed:

- Large bowl of water
- Water soluble markers (No red or pink)
- Strips of paper towels

Preparation:

- Discuss with students how life's daily worries can interfere with the ability to focus in class. Teacher can offer examples through a short reading or by showing a picture of adult students trying to focus on classwork but thinking of all the things worrying them.
- Encourage students to brainstorm what things might be on their minds that interfere with focusing on school work.
- Explain that you will be discussing this topic more as the class goes on so students can share strategies with each other for things they do to help them concentrate. Today you will introduce one small idea for helping concentration.

Implementation:

1. Ask students to think for a moment about anything that is worrying them or holding them back from being focused and present in class that day.
2. Ask them to write their worry/worries on strip(s) of paper towel with a water soluble marker.
3. Go around with the bowl and ask students to place their worries in the bowl. (Students can fold their papers over for privacy if they wish.) Explain that this process can help them put their worries aside for a little while so they can focus better. As an alternative, teacher can ask students to go up to the bowl and place their worries in it.
4. At break or the end of class, take a look in the bowl to see how the worries have disappeared.

Follow Up:

- Ask students how it felt to do this activity and if they would like to do it on a regular basis.
- Ask students if they know of other kinds of release rituals they would like to share.