

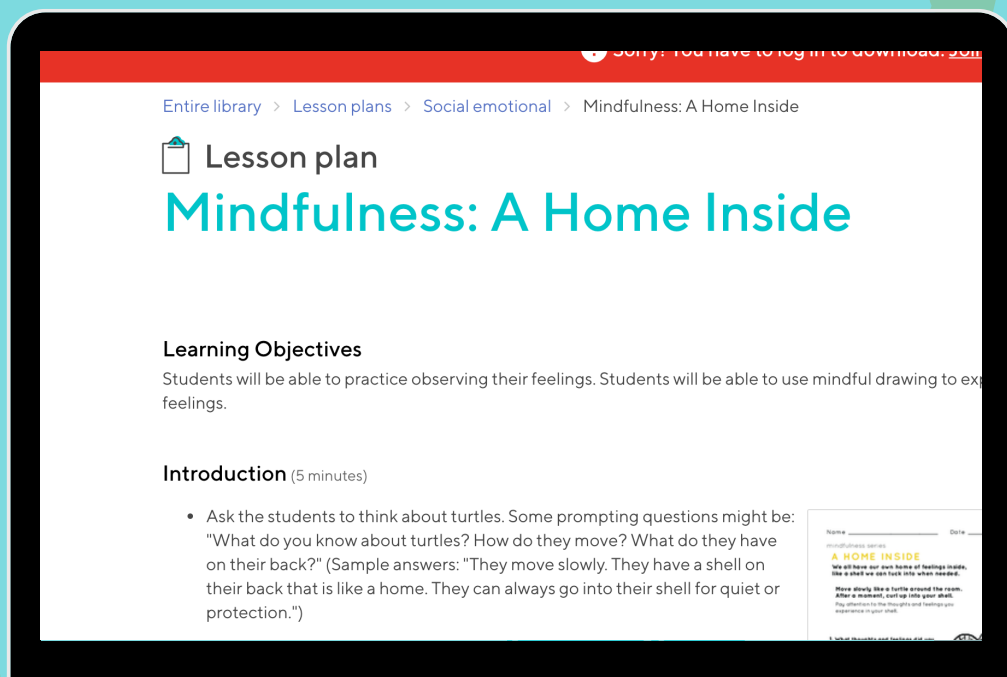
## FICHA TÉCNICA

- **Nivel:** Inicial y primaria
- **Costo:** Gratuito
- **Tipo de recurso:** Guía didáctica
- **Idioma:** Inglés
- **Área:** Desarrollo personal y social


## ¿QUÉ ES?

Se trata de una guía de actividades en inglés que puede utilizarse para enseñar acerca de las emociones y que los alumnos puedan reconocer cómo se sienten. En ella, también habrán dibujos que podrán utilizar los alumnos para describir sus emociones en ese momento. Es necesario suscribirse con un mail de manera gratuita para poder acceder a la ficha

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 Lesson plan

## Mindfulness: A Home Inside

**Learning Objectives**  
Students will be able to practice observing their feelings. Students will be able to use mindful drawing to express their feelings.

**Introduction** (5 minutes)

- Ask the students to think about turtles. Some prompting questions might be: "What do you know about turtles? How do they move? What do they have on their back?" (Sample answers: "They move slowly. They have a shell on their back that is like a home. They can always go into their shell for quiet or protection.")

Name \_\_\_\_\_ Date \_\_\_\_\_

mindfulness series

**A HOME INSIDE**  
We all have our own homes or feelings inside. Like a shell we can tuck into when needed.

Please draw like a turtle around the room. After a moment, get up into your shell. Pay attention to the thoughts and feelings you experience in your shell.

A Child Resources and Activities Kit