Lesson Plan for Mindfulness Integrated Class

| Grade: IV | Sub: Maths | Time: 30 mins | Date: ____________ |

**Learning Objective:** Students will be able to identify, draw and write fractions.

**Materials Needed:** Three chalk pieces (full/whole, one divided into two and one divided into 4)

**Mindfulness and Yoga components integrated:**
- **DB:** Taking a Deep Breath
- **MBV:** 3 Mindful Breaths with Values and then smile while breathing out
- **MLP:** Mindful Listening Position (Deep breath with Tongue to the roof of the mouth)
- **MFP:** Mindful Focus Position (Deep breath with third finger gently rubbing the center between the two eyebrows)
- **MWP:** Mindful Writing Position - The index finger touching the thumb of the non-writing hand.
- **PEB:** Positive Energy Booster

Say with 4 deep breaths: 1) I know how to do this, 2) I can do this, 3) I want to do this, 4) I will enjoy doing this.

**Value Integration:** Sharing plus as decided by class

**Opening:**

**Attention Grabber:** Class Class – Smile Smile

**MBV-Mindful Breathing with Values:**
Teacher and Student together pick 3 values for class today. Then they together take three mindful breaths with values (and/or corresponding action):
- Breathe in “Value #1”, breathe out smile.
- Breathe in “Value #2”, breathe out smile.
- Breathe in “Value #3”, breathe out smile.

**Remind Class Rule #1** Raise silent hands for speaking.

**Do Now Activity (in Mindful Writing Position):** Draw a pizza with 8 equal parts. Meanwhile teacher will plan the board, make places for the following:

- **Key words:** What: Why: How: Graphic Organizer (Draw the outline)

**WHAT is a fraction:**

**DB - Take a deep breath and breathe out**

**Concrete Activity (hook):**
Roleplay with 4 students. Ask: How can everybody write together on board with just one piece of chalk? Introduce students to a part of a full chalk. Share 1 part out of 2 or 1 out of 4 and show them concretely what it means. Talk about the value “Sharing”

**DB**
Listen to teacher in MLP

**Introduce definition:** Fraction is a part of a full thing.
Write the key words.
Check for understanding.
Peer Teaching- EOTO (Each One Teach One) with Mindfulness
1. Students smile and pair with neighbor.
2. They do MFP to recall definition
3. The student on left teaches while the student on right listens in MLP
4. Switch. The student on right teaches while the student on left listens in MLP

Student write the definition in notebooks using MWP.

WHY we need fractions:  
(5 min)  
Take a deep breath. 
Ask why we need fractions. 
Do MFP and think of the places at home or market where a part of full thing is used. 
Raise silent hands to tell answer. 
Expected answers: half of a “pizza”, one fourth of an apple etc. 
Check for understanding and repeat EOTO if needed

HOW can we draw and write fractions:  
(10 min)  
Take a deep breath (DB). 
Everyone show the notebooks with pizza drawn earlier. 
Appreciate the drawing of different students. (positive narration)

Fill the GO (Graphic Organizer) for the pizza. After “I do” check for understanding.

<table>
<thead>
<tr>
<th></th>
<th>Parts/Pieces eaten</th>
<th>Total Pieces</th>
<th>Draw</th>
<th>Write</th>
</tr>
</thead>
<tbody>
<tr>
<td>I do</td>
<td></td>
<td>1</td>
<td>8</td>
<td>1/8</td>
</tr>
<tr>
<td></td>
<td></td>
<td>3</td>
<td>8</td>
<td>3/8</td>
</tr>
<tr>
<td>We do (Group Practice)</td>
<td>2</td>
<td>8</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>7</td>
<td>8</td>
<td></td>
</tr>
<tr>
<td>You do (Independent Practice)</td>
<td>6</td>
<td>8</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>7</td>
<td>8</td>
<td></td>
</tr>
<tr>
<td></td>
<td>You do (High Rigor for those who finish early)</td>
<td>16</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Homework  
Draw and write the following:  
5 out of 8  
8 out of 8

Closing Reflection:  
(5 min)  
DB, Close your eyes & visualize from the beginning of the class. Use MFP, we started by drawing an eight piece pizza, then teacher told What are we going to learn today, he started with an example of chalks, A part of a full thing is called fraction. We taught this to each other using EOTO. Then we learnt Why we need to learn this because every day we need to eat, drink, buy or use things which are not full. Then we learnt How to draw fractions and how to write and read them.

MBV and gratitude  
Take 3 DBs & repeat after teacher: We are so grateful that today we learnt what fractions are, why they are needed in real life and how to draw and write fractions.