

Do-BeMindful Readers – Second Level

Book	Skill	Quote	Teaching Idea
The Boy Who Built a Wall Around Himself By Ali Redford	Kindness, compassion, managing emotions,	“Soon BOY didn’t mind the wall cracking around him. Bricks were falling about his feet. Someone Kind picked them up and turned them into bridges.”	Discuss why the boy built a wall around himself? What happened when someone kind listened to him and kept being kind?
The Lion Inside By Rachel Bright and Jim Field	Resilience, courage	“...they both learned that, no matter your size, we all have a mouse AND a lion inside.”	The mouse is very brave and overcomes his fears and asks the lion for help. Write about a time when you overcame your fears? The mouse realises that “if you want things to change, you first have to change YOU.” What does this mean?
A Handful of Quiet By Thich Nhat Hanh	Awareness, Attention	‘Breathing in, I see myself as a flower. Breathing out I feel fresh and new.’	Give each pupil 4 pebbles and try out the meditations!
What Does It Mean To Be Present By Rana DiOrio	Awareness, Attention	“Yesterday is history, tomorrow is a mystery, and today is a gift-that’s why we call it the present!.”	How are you feeling today? Discuss what we can practice to help us feel better.

