

Becoming Courageous

Pause: Lesson 1

Pausing

Objective:

1. To introduce the concept of *Pausing*
2. To help your students develop the habit of spending time in nature.

Rationale:

1. There is a growing body of evidence that spending time in nature is a powerful ally to positive mental health and behaviour in children
2. The most important thing you do today for your creativity might be daydreaming while on your walk in the woods.

Alignment to the British Columbia Core Competencies:

Personal Awareness and Responsibility;

Self Regulation;

1. I can use strategies that help me manage my feelings and emotions
2. I can persevere with challenging tasks

Well Being:

1. I can use strategies to find peace in stressful times

Supporting Literature:

1. [The Importance of Daydreaming](#)
2. In case you need to convince someone that getting outside is a good idea: *Last Child in the Woods* by Richard Louv <http://richardlouv.com/books/last-child/>
3. An explanation of [Forest Bathing](#)

Materials and Resources:

1. This is the easiest lesson of all because you don't need to prepare anything except find a place where your class can safely explore outside.

Lesson (approx. 30 minutes)

Pausing is either sitting or a walking through nature, rather than a playing time. The purpose of this activity is to give the students a chance to immerse themselves in nature, and to let nature support the children to daydream. Playing and doing structured activities in nature also has its place, but this is something different than a pause.

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Reflective Activity:

When you get back inside, use your Courage Journal to compare how your brain and body feel sitting inside the classroom and sitting outside in nature.

Extensions: Ideally, you would have time for pausing each day, but you will need to see what works for your students and your schedule. Depending on what their experience is outside of school, you may need to adjust your schedule.

Sit Spot: Observe nature from your own spot.

Discovery Journals: can be used in conjunction with Sit Spots or in many other ways.

Creative Activity: Nature Mandalas. Using a neutral space (such as grass or a stump) as a background, students gather materials to make mandalas (designs with circular symmetry). If you have access to bare earth or sand, students can use sticks to draw their mandalas. Nature also makes its own mandalas. Students can look for them (spider webs, flowers, cones) when out in nature. The “creative activity” button has a link to an explanation of how to make nature mandalas.

Story Books:

Varmints by Helen Ward and Marc Craste. Big Idea: Nature is beautiful and we need (to take care of) it.