

Slime – Mindfulness meditation

EXPLANATION:

Mindfulness is the practice of being aware of the smells, sounds and sights present in the moment. The tactile sensation of playing with slime can be a mindful experience for young children. When playing with slime children use their senses (touch, hearing, sight and smell) and can immerse themselves in the activity experiencing mindfulness.

YEAR LEVELS: Prior to school

STUDENT GROUPING: Whole session activity and individual play

ACTIVITY LENGTH: 15 – 20mins

LINK TO CURRICULUM:

Early Years Learning Framework:

Learning Outcome 1: Children have a strong sense of identity

- 1.2 Children develop their emerging autonomy, inter-dependence, resilience and sense of agency
- 1.3 Children develop knowledgeable and confident self identities.

Learning Outcome 3: Children have a strong sense of wellbeing

- 3.1 Children become strong in their social and emotional wellbeing.

SCOPE OF TASK

With young children, the goal of mindfulness is to help them to be present, in the moment, and to block out other thoughts and external distractions. Mindfulness empowers young children to accept their thoughts and feelings and to form healthy habits for coping with all the range of emotions they may have. Playing with slime is calming, provides a focus, promotes independent activity, supports fine motor development and encourages mindfulness.



1. Introduce to the children the idea of mindfulness:

- Mindfulness meditation is a feeling of calmness
- Mindfulness is accepting current thoughts and feelings

- Mindfulness is concentrating on one thing and blocking out other distractions, noises etc – an intention focus
- Mindfulness is an awareness of self in the space/context

2. In a whole group show the children the made slime. The teacher moves the slime slowly between their hands accentuating the slow and calm movement. Ask the children what they think of the slime and how the teacher is playing with it encouraging responses aligned with earlier discussion of mindfulness.

3. Give each child some slime to move in their fingers and hands. As they are exploring the slime ask questions that encourage thinking about mindfulness:

- How does the slime feel?
- What are you thinking about when playing with the slime?
- What can you hear when playing with the slime?



4. The slime can be left in a quiet space in the classroom where children can access. When teachers see children playing with the slime they can have conversations prompting awareness of mindfulness. For example, teachers can discuss breathing (inhaling and exhaling), focus on the slime, feelings of calm etc.

Involve parents: To promote the practice of mindfulness meditation, inform parents of the activity and terminology they can use to support children's growing understanding and awareness. The recipe for slime can also be shared with parents!

RESOURCES

- Slime in containers for individual or group use

Slime recipes

Slime using contact lens solution

Ingredients

- 2 bottles of white school glue (Elmer's can be purchased in most grocery stores)
- Optional food colour and glitter
- 1 teaspoon baking soda
- 2 to 3 tablespoons saline solution (i.e., contact lens solution)

Method

1. Pour the glue into a medium bowl and stir in the food colouring and glitter
2. Add the baking soda to the glue mixture and stir with a spoon until smooth.
3. Initially pour in 2 tablespoons of the contact lens solution into the mixture and stir slowly. The mixture will begin to harden and become stringy.
4. Continue mixing slowly - a ball of slime will develop and form.
5. Work the slime between your hands until smooth. If the slime is particularly slimy, use the extra contact lens solution and add as needed.

Slime using borax

Ingredients

- Warm water
- Borax
- A bottle of PVA School glue (Elmer's can be purchased in most grocery stores)
- Optional food colour and glitter

Method

1. Mixture 1- Borax solution: Into 1 cup of warm water mix 1 teaspoon of Borax. Mix until dissolved.
2. Mixture 2- Mix 1-part warm water and 1-part PVA school glue. This 50/50 mixture should be mixed well (ratio of 145ml glue and 145ml water approx.)
3. Gradually pour Mixture 1 into Mixture 2's bowl. Do this slowly observing the mixture as you may not need it all depending on the ingredients (e.g. Borax strength)

Important to note: If the borax solution is too strong your glue will clump instantly and become too thick. Allow it to rest as you fold in the extra mixture, so you can test its consistency. The slime mixture will continue to over several minutes so watch carefully and add a dash more of the extra mixture.