

# DEAR EDUCATOR,

Thank you for teaching children about mindfulness and yoga! Moreover, thank you so much for teaching yoga philosophy at a time when the children of the world need it the most. In this *What is My Mind Book?* educator's packet, you will find the explanation of the four parts of the mind and a written activity at the end. The written activity is meant to be done in a group or with partners.

The knowledge of the four parts of the mind comes from the first chapter of Patanjali's Yoga Sutras. Before teaching this to children, please take the time to meditate on discerning the four parts of the mind in everyday decision-making. When you have a firm grasp and personal experiences about the Sutras, the teachings become more meaningful and you are more than just a "talking head".

The goal of the lesson is self-understanding and self-empowerment. Intuition is illumined intelligence, and children have the beautiful gift of intuition. We just need to encourage them! As we have a grasp of our own power, we can serve the community with more ease and love.

Peace,

Ana Camacho-Hansen

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# WHAT IS MY MIND BOOK? LESSON PLAN

Ages: All Ages

Objective: Students will do the following:

- Learn the four parts of the mind: conscious–everyday mind, intuition mind, subconscious mind, and ego mind.
- Discuss the four parts of the mind.
- Determine the "chapters" of their own thoughts and feelings.
- Complete the *What Chapter Am I On?* Sheet in groups or with partners.
- Discuss the importance of intuition, and how to listen to intuition.

Preparation: Print out the posters and the *What Chapter Am I On?* sheets. *Yoga mats should be on the floor for children to do the Intuition Mindfulness Exercise.*

Instructions:

1. Introduce a familiar book to the children, and point out how the book has many chapters. Then introduce to the children that there are different chapters of our own mind book, just like the books we read in school or at home.
2. Show the children the first poster, and have the children close their eyes and listen to thoughts. Introduce the four chapters of the Mind Book.
3. Show the children each poster, and discuss each chapter of the Mind Book. Look at the pictures, and discuss the following questions: *What do you see in the pictures that are familiar to you? What actions are happening in the pictures? Can you predict what the children and adults are thinking or feeling? Have you ever felt the way the children are feeling in the poster?*

# WHAT IS MY MIND BOOK? LESSON PLAN

3. (cont.) *Are the children in the posters happy or sad? Are they expressing their feelings and thoughts? How are they expressing their feelings and thoughts? Do our feelings and thoughts affect our actions and movements?*

4. In groups or with partners, instruct the children to complete *What Chapter Am I On?* sheet. Give students ample time to discuss and write down answers. An example has been presented for the students.

5. As a whole class, discuss the answers with the whole group. Present the last two posters, and discuss how intuition helps calm down emotions.

6. Instruct the Intuition Mindfulness Exercise. Have the children lay in corpse pose. As the children inhale and exhale, they repeat mentally: I listen to my intuition with confidence. Start with 1 minute for the exercise, then go to 3 minutes and 5 minutes.

7. Close the lesson by discussing the children's experiences.

Total Time: 30-40 minutes

# WHAT IS MY MIND BOOK?

When you close your eyes, you open the book into your mind. In yoga, it is said that there are four chapters to your Mind Book.



Conscious-Everyday Mind



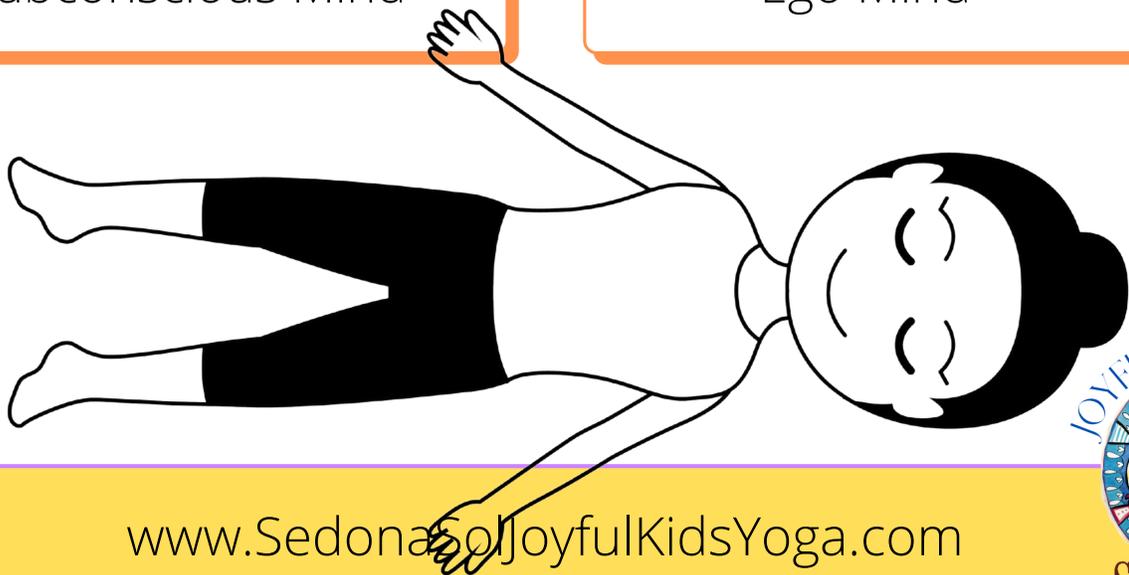
Intuition Mind



Subconscious Mind



Ego Mind



# Chapter 1



Conscious-Everyday Mind

Thoughts that help us every day to:

Eat our food

Talk with our friends

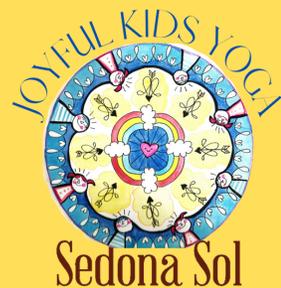
Listen to music

Smell the flowers

Hug our family

Act during the day

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# Chapter 2



Intuition Mind

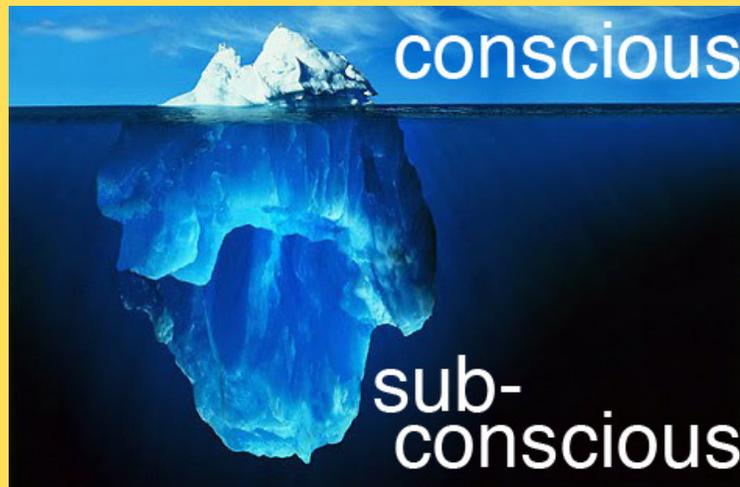
Thoughts that give us strength  
Thoughts that is our heart speaking  
Thoughts that point us in the right direction  
Thoughts that sound like someone who  
loves us  
Thoughts that gives us peace

# Chapter 3

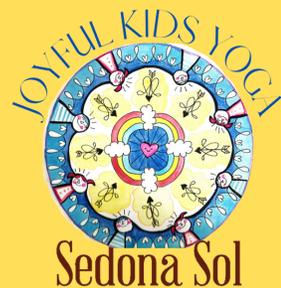


Subconscious Mind

Thoughts below the surface we may not understand



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# Chapter 4



Ego Mind

Thoughts that:

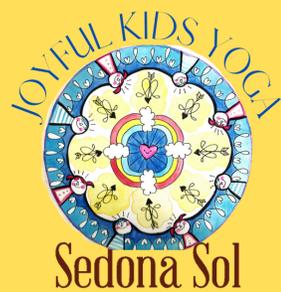
Judge things, topics, others and  
ourselves

Criticize things, topics, objects, others  
and ourselves

Compare things, topics, others and  
ourselves

Turn into Emotions

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# What Chapter Am I On?

Is it the everyday mind, intuition mind, ego mind, or the subconscious mind? Talk about it with your friend and write it down.

Thoughts	What Chapter?
I hate onions.	Example: ego chapter
I can do this.	
The dinner smells like chicken.	
The dinner smells so good!	
I have the patience to finish this homework.	
Her Xbox1 is better than my PS5.	
I don't know why, but I am afraid of the ocean.	
That boy is so ugly.	
I am strong.	

# At times, Your Thoughts May Turn into Emotions



sadness  
anxious  
angry  
fear

# At times, You May Need to Use Your Intuition to Calm Your Emotions



courage  
bravery  
strength  
love

# Intuition Mindfulness Exercise

**Inhale: I listen to my intuition**  
**Exhale: With confidence.**



CORPSE  
POSE