

GLOBAL COMPETENCIES

Learning to learn/self-awareness and
self-direction

Innovation, creativity, and
entrepreneurship

INITIATIVE HIGHLIGHT

Healthy Schools

Mental Health and Well-Being

MATERIALS

Pencil or pen

Paper or notebook

CROCK-A-DOODLE POTTERY

Secondary Level

Suitable for: PPL, PAI, PAD

ACTIVITY DESCRIPTION

There's hands-on fun for everyone in our cool and colourful studio. Transform ready-to-paint ceramic tiles into amazing works of art. Pieces are glazed and kiln-fired to a brilliant and durable finish.

CURRICULUM CONNECTIONS

[The Arts Curriculum](#)



Ontario
Curriculum



1. demonstrate personal and interpersonal skills and the use of critical and creative thinking processes as they acquire knowledge and skills in connection with the expectations in the Active Living, Movement Competence, and Healthy Living strands for the grade

C1. demonstrate an understanding of factors that contribute to healthy development (Gr 9:C1.1,C1.3/Gr 10:C1.1,C1.2/Gr11:C1.2)

C2. demonstrate the ability to apply health knowledge and living skills to make reasoned decisions and take appropriate actions relating to their personal health and well-being (Gr10:C2.3/Gr12:C2.3,C2.5)

C3. demonstrate the ability to make connections that relate to health and well-being - how their choices and behaviours affect both themselves and others, and how factors in the world around them affect their own and others' health and well-being (Gr9:C3.2/Gr11:C3.4,C3.5)

BEFORE YOU GO

Learning Goal

Students will learn the importance of mindfulness and how to use art as a natural way to explore this concept.

Minds On Activity:

- In the busy world of the 21st Century Learner, students' minds are constantly pulled in multiple directions, scattering thoughts and emotions, causing anxiety and stress. Most students find it challenging to engage in mindfulness, but it is essential for well-being to take a few moments whenever possible to focus on how they are feeling, and achieve a positive mind-body balance.
- Give students 5 minutes to make a list of all the demands on their time, attention and energy in a given day.

Action Activity

- Ask students to identify 5 things they experience during their regular day that typically go unappreciated. These things can be objects or people — it's up to the individual student.
- Ask students to repeat this activity recording their thoughts daily for 5 days. Advise the students that they might find they record the same things each day, and there may be additions or deletions from day to day.
- As students practice these daily observations, they will be enhancing their mindfulness skills and taking note of their environment. Examples students identify may include:
 - The clean air we breathe.
 - The smell of flowers on the way to school.
 - Relationships with friends or family.
 - Sounds heard while waiting for the bus each morning or walking to school.

WHILE YOU ARE THERE

At Blue Mountain Resort

- Instruct students to use their mindfulness skills during pottery class to select one thing that they want to focus on for the design of their ceramic tile.
- Encourage students to share what and why they chose for their design and why, as well as how it represents an aspect of their daily life.

ONCE YOU GET BACK

Consolidation Activity

- Lead a class discussion around the Blue Mountain pottery painting experience and the mindfulness process. Ask students to consider the focus of their painting and respond to the following questions:
 - *Have you ever thought about what life might be like without this thing(s)?*
 - *Have you ever stopped to notice their finer, more intricate details?*
 - *Have you ever sat down and thought about the relationships between this thing(s) and its role in your life?*
- Have students share their thoughts and responses to these questions with the class.