



## 500 Minutes for Parkinson's Lesson 6 : Mindfulness – Listening to the Rain

### Parkinson's Points:

- Recent studies have shown that mindfulness can help ease symptoms of Parkinson's.
- A gentle transformation to be mindful of each and every moment is accompanied by a diffusion of stress and a welcome disappearance of symptoms that are caused by the induction of stress.
- The clinical implications of these findings suggest that MBCT could be an acceptable and beneficial intervention for people with PD and could help people in coping with stress, confidence, negative thinking, social relationships, and reinforce practical coping with PD.

### Lesson Objectives:

- Mindfulness exercise

### Materials/Equipment:

Audio equipment to play "Listening to the Rain" meditation.

### References/Resources:

<http://www.susankaisergreenland.com/guided/listening-to-the-rain-guided-practice.html>

### Activity Description:

This mindfulness exercise leads students through an exercise where they listen to the rain and pay attention to the changing nature of sounds, breathing, thoughts and feelings.

*Discuss* with students:

Is it difficult to be mindful?

Are there types of mindfulness that you find more difficult than others?

How would people with Parkinson's benefit from these types of exercises?

Ontario Ministry Curriculum Links:

Health and Physical Education <http://www.edu.gov.on.ca/eng/curriculum/elementary/health1to8.pdf>