



## 500 Minutes for Parkinson's

### Lesson 4: Introduction to Mindfulness – Body Awareness Scan

#### 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 simply means that we live in the moment rather than in the past or the future.
- Mindfulness involves learning to pay attention to what is happening in the moment, using all our senses
- Introduce students to mindfulness and make connections to its use in treating diseases like Parkinson's

#### Materials/Equipment:

Mats if available  
Space for students to lie down comfortably

#### References:

Fitzpatrick, Lee., Simpson, Jane and Smith, Alistair.  
A qualitative analysis of mindfulness-based cognitive therapy (MBCT) in Parkinson's disease. Psychology and Psychotherapy: Theory, Research and Practice, Volume 83 (2). Blackwell Publishing Ltd.

The Mindful Edge  
Stress Reduction & Life Strategies  
for Grade 8s at UTS

#### Activity Description:

Introduction to Mindfulness: Body Awareness Scan

##### *Script for teacher*

Lie flat on your back. Place your feet slightly apart, letting your toes fall to the sides. Place your arms by your sides, palms up.

Bring your awareness into your left foot. Breathe in, imagining that you are breathing in through your left foot, all the way up your body. Breathe out, imagining that you are breathing out all the way through your body, through your left leg and out through your left foot. What sensations (if any) are you feeling in your left foot right now?

With your next breath out, shift your awareness to your left ankle, noticing any sensations there. Continue to breathe mindfully, bringing your awareness up your leg to your calf, your shin, and your knee.

There is no 'right' or 'wrong' way to do this practice. Continue the scan from foot to head. Here is a suggested order:

- Left foot
- Left leg
- Right foot
- Right leg
- Abdomen & belly
- Upper body, chest, & shoulders
- Back
- Hands & arms
- Head & face

Then bring your awareness to your body as a whole:

- Does it feel the same or different than when you started the body scan?
- Are there any parts of your body that still feel tense or that need extra care?

Slowly bring your attention back to your surroundings and open your eyes.

Discuss feelings with students.

How would this kind of mindfulness exercise help someone who was experiencing stress?

How could this type of exercise be helpful in your life?

Ontario Ministry Curriculum Links: Related Subject Area and Specific Expectations

Science

Health and Physical Education