

Lesson 3 – Exercise Support and Tips

Video: ‘Sadhguru ‘Becoming Seekers of Truth National Youth Day’

1. Educator to play ‘Becoming Seekers of Truth National Youth Day’. <https://youtu.be/IX-s0evYaLs>
2. The purpose of the video is to inspire students to seek ‘Truth’ and go beyond their thoughts in realising their full potential.

Exercise 1 ‘Sitting in Silence Practice’.

Full instructions are given on the exercise worksheets, if you require further support, you can email enquiries@thesej.co.uk or contact your SEJ Representative.

1. The ‘Sitting in Silence’ practice is given by Mary in the video presentation. The length of the practice including instructions is 10:10 minutes. 4:29 minutes are instructions with an additional 6 minutes of silence. You can fast forward after a couple of minutes of the 6-minute silence if you feel this is best for the students to time 24:00. However, please endeavour to complete the full 6 minutes.
2. Hand out exercise sheet Lesson 3 Exercise 1 ‘Sitting in Silence Practice’ after the video presentation for students to keep or paste into their exercise books.
3. The ‘Sitting in Silence Verbal Instruction Video’ is available as a separate vide to support you and students if required.
4. Afterwards ask the students to answer questions 1-6. Their answers can be used to reflect upon their success at sitting in silence and be a guide for their future practice.

Exercise 2 ‘Being Extraordinary’

1. Hand out exercise sheet Lesson 3 Exercise 2 ‘Being Extraordinary’ – you may need extra blank sheets of paper if various media is used, you may for example encourage students to create a vision board if time allows.
2. If there is not enough time to create a vision board, please encourage students to do this at home.
3. This exercise will enable the students to sit in silence and contemplate Truth in relation to the extraordinary things they can achieve in life.
4. Ask students to sit in silence to do the exercise, you may wish to talk them through the ‘Sitting in Silence Practice’ again.
5. Describe to the students what it means to contemplate as found on Exercise 2 ‘*To contemplate is akin to looking at a piece of art, not thinking but taking it in as you gaze at the art.*’ You can even get them to do this with a piece of art on in the classroom.
6. Ask the students to contemplate the question ‘what extraordinary things do you feel you could achieve in life?’
7. Ask the students to write their insights on their exercise sheet under the title ‘My Extraordinary Life’.

Students' Exercises for Different Abilities:

Exercise 1 'Sitting in Silence Practice'

1. Advancing students can be placed with Developing students to complete the exercise as a group and share their experiences if appropriate.

Exercise 2 'Being Extraordinary'

1. Advancing students may be encouraged to write more.
2. Developing students may prefer to show their work with various media. Use of drawings, cutting out images in magazines and written words can all be used to represent their 'My Extraordinary Life' story.