



# Mindfulness and Consumerism: Starting off the New Year with Good Habits

## January 2025 Lesson Plan: High School

**Theme:** Starting off the new year with good habits!

**Grade Level:** High School

**Duration:** 60 minutes

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### Objective:

- Students will analyze the relationship between consumerism and environmental impact.
  - They will examine the social, economic, and environmental consequences of overconsumption and waste.
  - Students will practice mindful decision-making, with a focus on reducing, reusing, and repurposing.
  - Students will engage in a critical thinking activity to reflect on consumerism and create actionable solutions.
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### Materials:

- Whiteboard and markers
  - Laptops/tablets (optional)
  - Advanced Worksheet: *The Ethics of Consumerism* (one per student)
  - Materials for repurposing projects (old jars, scrap materials, old furniture, etc.)
  - Camera or smartphones (to capture project photos)
  - Access to online resources or articles about consumerism and sustainability (optional)
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### Introduction (10 minutes):

1. **Class Discussion:** Start by discussing the global effects of consumerism. Ask students:
  - What does it mean to consume mindfully?
  - How do our daily choices impact the environment and society (e.g., waste, exploitation of resources, labor practices)?
  - What are some examples of things we often overconsume (e.g., fast fashion, electronics, food)?
2. **Introduction to the Eco-Challenge:** Announce that students will engage in a challenge to repurpose materials and create something useful from discarded items, reducing the need for new products.

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### Activity 1: Advanced Worksheet: The Ethics of Consumerism (20 minutes)

1. **Distribute the worksheet:** *The Ethics of Consumerism* worksheet to each student.
  2. **Explain the task:** This worksheet asks students to critically evaluate the environmental, ethical, and economic impacts of consumer habits, and to propose solutions.
  3. **Worksheet Questions:** Students will analyze five common consumer goods and consider their environmental, ethical, and societal implications. They will then brainstorm ways to reduce their impact through mindful consumption or repurposing.
  4. Allow 15-20 minutes for students to complete the worksheet. Offer support if needed.
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### Activity 2: Classroom Repurposing Project (20 minutes)

1. **Repurposing Challenge:** After the worksheet, students will move on to the repurposing project. Provide a range of materials (old jars, scrap fabrics, broken furniture, etc.).
  2. **Instructions:** In groups or individually, students will create a new, functional, or artistic object from repurposed materials. Encourage them to apply ideas from the worksheet. The goal is to create something that demonstrates the benefits of reusing and reducing waste.
  3. **Working Time:** Give students 15-20 minutes to work on their projects. They should take pictures of their final product to share with the class.
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### Conclusion & Reflection (10 minutes):

1. **Class Reflection:** After completing their projects, ask students to reflect on the process.  
**Discuss the following questions:**
    - How did repurposing materials change your perception of consumption?
    - How can you apply mindful consumption to your daily life moving forward?
    - What are some challenges in adopting more sustainable habits in our society?
  2. **Homework/Extension:**
    - Ask students to write a brief reflection (1-2 paragraphs) on one consumer habit they are going to change and why.
    - Alternatively, ask students to research and present on a global issue related to consumerism (e.g., electronic waste, fast fashion, the plastic pollution crisis) and its environmental impact.
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### **Assessment:**

- **Critical Thinking:** Evaluate how students analyze the ethical, environmental, and societal implications of consumer goods in the worksheet.
- **Creativity:** Assess students' ability to creatively repurpose materials and apply sustainability principles.
- **Engagement:** Observe students' participation in the discussion and reflection process, as well as the quality of their repurposing project.