



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

### January 2025 Lesson Plan: Middle School

**Lesson Plan:** Mindfulness and Consumerism

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

**Grade Level:** Middle School

**Duration:** 45 minutes

---

#### Objective:

- Students will explore the relationship between consumerism and environmental impact.
  - They will practice mindful decision-making and focus on reducing, reusing, and repurposing to minimize waste.
  - Students will engage in creative activities to repurpose items and develop sustainable habits.
- 

#### Materials:

- Whiteboard and markers
  - Laptops/tablets (optional)
  - Repurpose Brain Teaser Worksheet (one per student)
  - Materials for classroom repurposing projects (old jars, scrap materials, old furniture, etc.)
  - Photos from the classroom repurposing challenge (to submit later)
- 

#### Introduction (10 minutes):

1. Discuss the theme of mindfulness and consumerism. Ask students to reflect on how much stuff they use and throw away on a daily basis (e.g., packaging, single-use items).
  2. Introduce the eco-challenge: Repurposing Old Items in the Classroom. Emphasize that they will be creating new things from old materials, rather than buying new items, in order to reduce waste and make sustainable choices.
- 

#### Activity 1: Repurpose Brain Teaser Worksheet (15 minutes)

1. Distribute the Repurpose Brain Teaser Worksheet to each student.



2. Explain the task: Students will analyze five everyday items and come up with creative ways to repurpose them. This will get their creative juices flowing for the upcoming repurposing project.
  3. Allow students time to complete the worksheet. Walk around and support as needed.
  4. After students finish, discuss their answers as a class. Ask for a few examples of how students would repurpose the items creatively.
- 

### **Activity 2: Classroom Repurposing Project (15 minutes)**

1. Provide materials for the repurposing project. Students will work in small groups or individually to repurpose an old item they've selected from the classroom (e.g., jars, old magazines, broken furniture).
  2. Encourage creativity and remind students that the goal is to create something functional, artistic, or helpful from what would otherwise be waste.
  3. Allow students to start working on their projects. They should take photos of their creations to submit later as part of the eco-challenge.
- 

### **Conclusion & Reflection (5 minutes):**

1. Reflect on the activity: Discuss with students how the repurposing activity helped them think about how they can reduce waste in their daily lives.
  2. Homework: Ask students to reflect on one habit they want to adopt for the year to be more mindful of their consumption (e.g., using reusable bags, recycling, buying fewer single-use items).
- 

### **Assessment:**

- Creativity: Evaluate the students' ability to come up with original and practical ideas for repurposing.
- Critical Thinking: Assess how well students understand the environmental impact of the items discussed in the worksheet.
- Engagement: Observe how actively students participate in both the worksheet activity and the repurposing project.