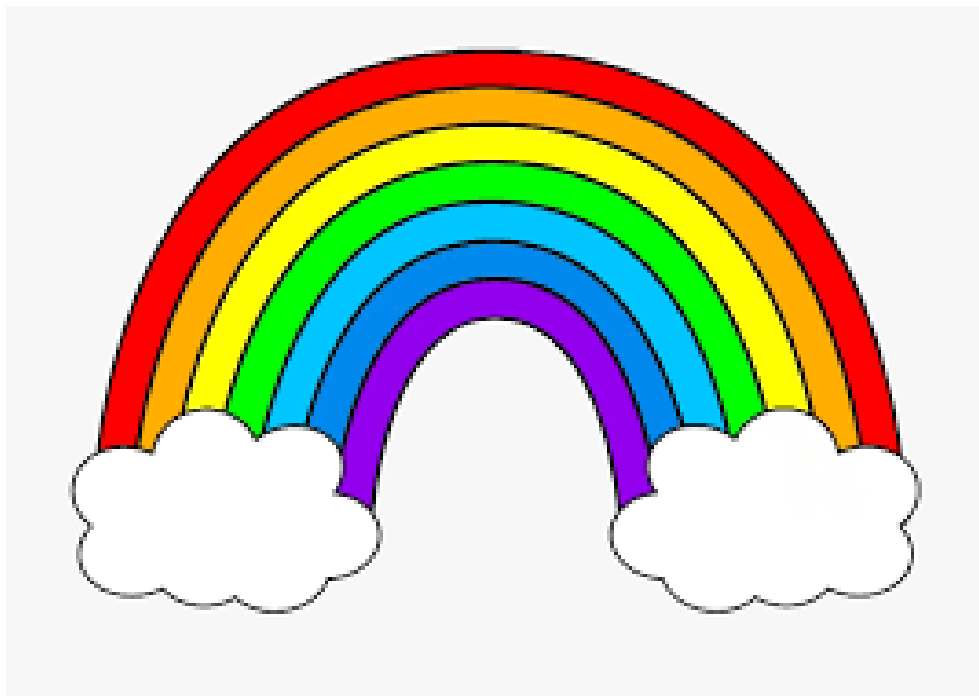


My Mindfulness Activity Pack



What is mindfulness?

Mindfulness means paying full attention to something. It means slowing down to really notice what you're doing.

Being mindful is the opposite of rushing or multitasking. When you're mindful, you're taking your time. You're focusing in a relaxed, easy way.

If you practice mindfulness exercises, being mindful can come naturally when you need it in your everyday life. This can help when you're stressed, worried, upset, when you have to do something difficult, or when you have to focus your attention on something important.

A mindfulness challenge

Lie comfortably on your back on the floor. Move your attention around your body by tensing and tightening your muscles and then relaxing them. Hunch your shoulders as tight as you can, then let them go. Make your hands into fists then tighten the muscles in your arms before relaxing them. Continue to move around your body repeating this process. How does it make you feel when your body is tight? Is it comfortable? What about when you relax parts of your body? How does it feel? Is it more comfortable to have our bodies tight or relaxed? This is just how mindfulness works on our brains. If we are busy rushing and running around we can be carrying a lot of emotions, feelings and thoughts in our brains, which is just like when we tighten up our bodies. But if we take some time out each day to practice being mindful and relaxed our brains get a break and time to process our feelings, thoughts and emotions.



Getting to know yourself

This is what I look like

These are my isolation buddies

This is my house

This is my favourite colour

This is my age

These are my friends

These are a few of my favourite things

This is my teacher

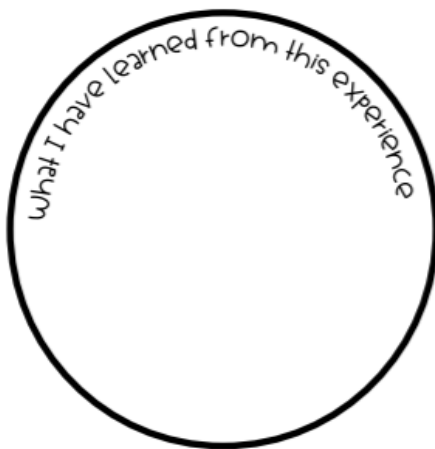
Living in the now.....

We are

HISTORY MAKERS

You are living through history right now! Fill in this page for your future self to look back on. You can create a time capsule by storing this page and other items in a container and not opening it for a few years! You could also include....

- ☐ Photos
- ☐ Newspaper
- ☐ Art work you have created
- ☐ Special memories



I am thankful for...

How I'm feeling at the moment

Things I am excited to do when all of this is over

What special occasions happened during this time?

My fingerprint
(use a marker)



My favourite song at the moment

What I am doing to keep busy at home

Where I'm living at the moment

STAND LIKE A SUPERHERO!

and TALL and try the following two superhero poses. While your standing take 5 deep breathes and afterwards think about how that pose made you feel!

1. The Superman:

- Stand with your feet apart.
- Stretch your arms up to the sky.
- Stand tall and breath.



2. The Batman:

- Stand with your feet apart.
- Stand tall and push your shoulders back.
- Stick your chest out and put your hands on your hips.

Mindfulness Connection:

This activity encourages children to focus on their posture and breathing. It also can develop confidence. (Young, 2017)

Mindful Walk

Mindfulness is all about being aware of the world around you. We can become more aware by focusing on our senses. Go on a mindful walk around your house and draw....

Mindfulness Connection:
This activity encourages you to pause and focus on the present, opening your awareness to the information your senses bring in (Young, 2017)



Something you see.....

Something you hear.....



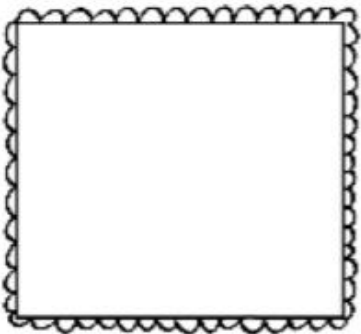
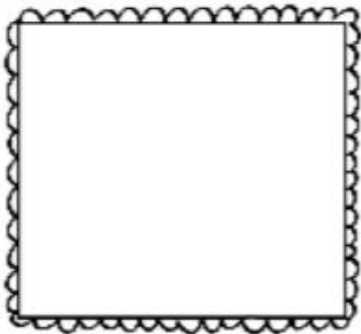
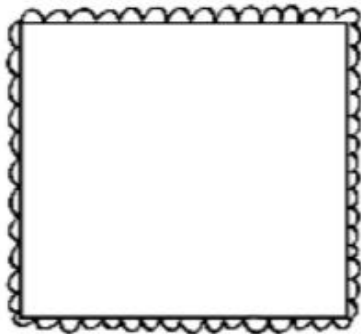



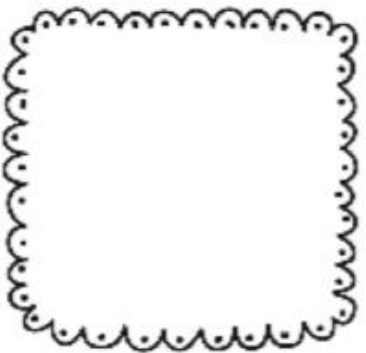


Something you touch or feel.....



Something you smell.....

Practicing Gratitude

Take a moment to draw 9 things in your life that you are grateful for.....

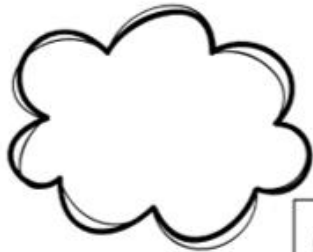
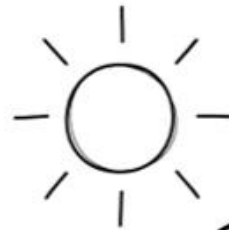
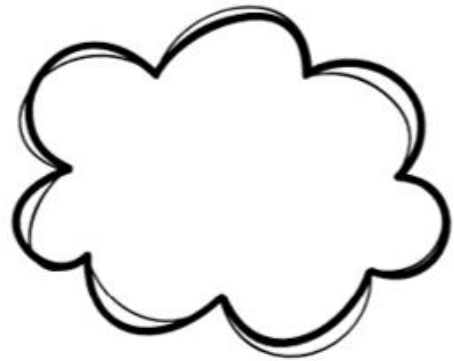
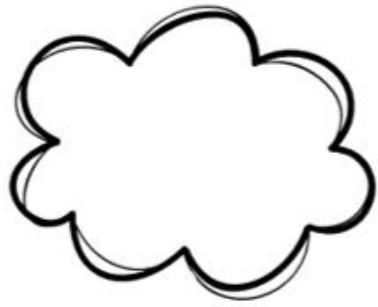
Mindfulness Connection:

This activity invites children to think about and appreciate the important things in their lives.

An extra idea:

What about creating a gratitude journal? At the end of each day write in 3 things you are thankful for from that day.





EVERY CLOUD HAS
A SILVER LINING

There is something **good** in every situation!
It's your job to find it! Write something
you're finding difficult and try and think of
the positive silver lining!

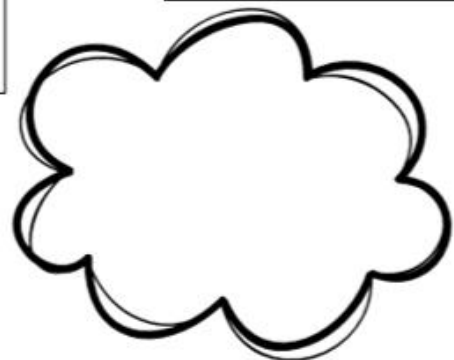
Mindfulness Connection:

This activity invites children to begin
to develop a growth mindset which
is a more positive way to look at
things.

I can't see my friends at the
moment because I'm stuck
at home.



Being apart from
them has made me
realise how much I
love them!



WORRIES

If we are becoming mindful we need to deal with something that is usually on every body's mind, worries. Everyone worries, you are not alone! Sometimes worries can make you feel scared, upset, annoyed or angry. Here are some ways you can deal with your worries.

1. Make a worry list and talk about it

Make a list of all your worries and fears, both small and large and discuss them with an adult you trust. Just the act of recognizing and writing down worries can sometimes make the scary emotions seem less intimidating for you. This way you can remove the small ones and the adult can help you deal with the bigger ones.

2. Change your attitude.

Instead of focusing on the negative change it to something more positive. For example instead of saying "I can't do this, I am no good at it". Try saying "What can I do to make myself better at this? How can I improve?"

3. Practice mindfulness and relaxation

Just 10 minutes each day of mindfulness and relaxation can help deal with stress and worries. Practise simple relaxation techniques and mindfulness techniques such as deep breathing, living in the now, being thankful etc.

4. Colouring

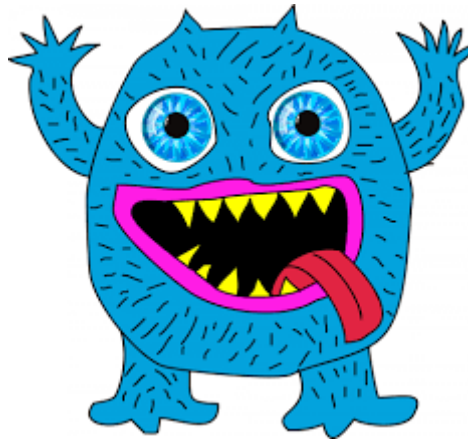
Colour therapy or mindfulness colouring has been a break-through phenomenon in the past couple of years. Colouring lowers the activity of the part of our brains called the amygdala, a basic part of our brain involved in controlling emotion that is affected by stress and worry.

WORRIES

Write all of your worries around the worry monster. Discuss your worries with an adult. Now discuss the things you can do to get rid of these worries. Write the things you will do to handle your worries around the worry superhero.

Mindfulness Connection:

This activity invites children to think about their emotions and feelings.



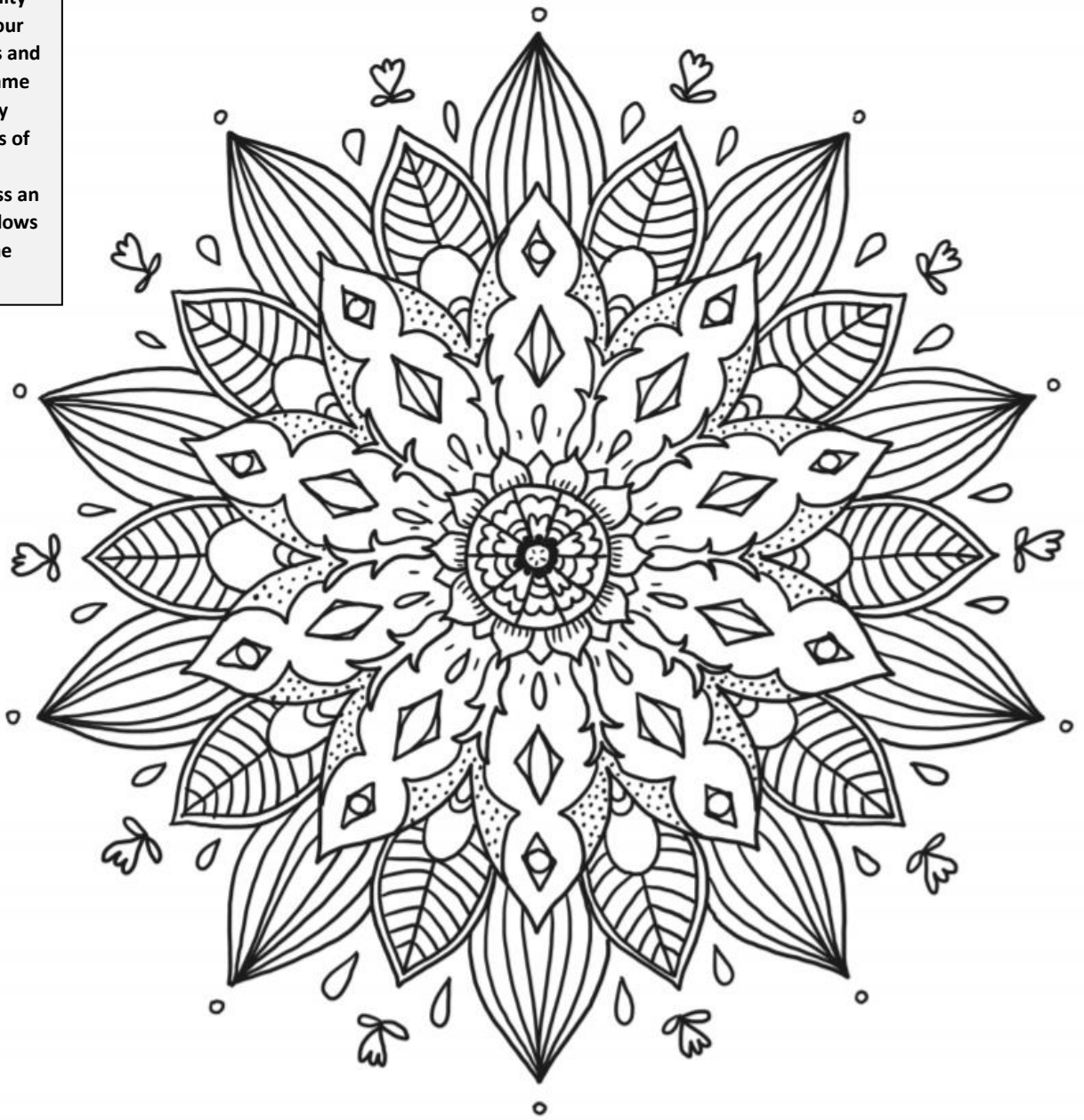
A mindfulness challenge

Sit on the ground and ask someone to drop a feather or a piece of paper from above your head. Watch it very closely as it floats to the ground. How do you feel watching it? Is it going fast or slow? Even though it falls slowly does it still reach the ground at some point? Do you think we could be more like the paper or the feather? Do we always need to rush from one thing to another? Do we always have to go in one straight line or is it okay to keep changing direction as we go just like the paper or the feather did?



Mindfulness Connection:

Colouring has the ability to relax the part of your brain that feels stress and fear. It induces the same state as meditating by reducing the thoughts of a restless mind. This generates mindfulness and quietness, which allows your mind to get some rest.



“A little magic can
take you a long
way”

- Roald Dahl

Mistakes Are Proof That You're Trying



You Are Amazing



You Are Somebody's Reason to Smile



One Minute Breathing Breaks

Brain Break Breathing

Bubble Breaths

Breathe in deeply and form a bubble in your mouth. Your cheeks should be puffed out. Blow your bubble out of your mouth and push it away from you by blowing out hard and strong. Do this slowly and picture your bubble floating away. Keep breathing in and out deeply. Close your eyes and think about where else your bubble could go. Can you blow it far away? Can you blow it to a friend? Imagine your bubble is returning to you. Open your mouth and catch it for next time. Repeat.



Brain Break Breathing

Bumble Bee Breaths

Open your hands out with the palms facing towards your face. Place your thumbs over your ears and your fingers over your eyes. Close your lips with your teeth slightly apart. Inhale deeply through the nose and breathe in. Count silently 1, 2, 3, 4, 5.

Exhale slowly through your mouth and make a humming sound like a bee. Count silently 1, 2, 3, 4, 5. Repeat.



Brain Break Breathing

Balloon Breaths

Sit comfortably on the floor with your legs crossed in front of you. Imagine that there is a big balloon in your belly. Place your hands over your belly. Take a big deep breath in, sitting up straight and make your belly puff out as if it was a balloon filling with air. Then exhale slowly like you are letting the air out of a balloon a little at a time. As you let the air out, slowly roll your shoulders and bend forward. Repeat.



Brain Break Breathing

Starfish Breaths

Sit on the floor with your legs comfortably crossed in front of you. Open your left hand and extend it slightly in front of you so it looks like an open starfish. Take your right hand and extend your pointer finger. Beginning with your left thumb, take your right pointer finger and go up the outside thumb while taking a deep breath in. Go down the inside of the thumb and breathe out deeply. Continue the deep breathing in while going up each finger and exhaling when going down each finger. Once you are finished, switch hands and repeat.



Mindfulness Connection:

This activity invites children to become more aware of their breathing and enhance the tools needed to practice deeper breathing.

Feelings Chart

For one week try to fill in a feelings chart of the different feelings you felt when you did certain things. At the end of the week separate the things that gave you positive feelings and negative feelings. The things that gave you positive feelings are good, they make you happy. Why did certain things give you negative feelings? If we changed our mindset would this make the feelings more positive? For example: If your parents ask you to clean up after dinner and this made you annoyed or frustrated because you wanted to watch TV. What about looking at it from a different angle? Your parents have worked very hard on making your dinner and maybe they didn't find it easy to ask for your help but they really needed it. You should be proud that they trusted you to help them out.

Mindfulness Connection:

This activity invites children to think about their emotions and feelings. It also helps the children to have a more positive outlook on life.

My Feelings	Monday	Tuesday	Wednesday	Thursday	Friday
Something that made me happy.....					
Something that made me laugh.....					
Something that made me excited....					
Something that made me proud.....					
Something that made me annoyed....					
Something that made me angry.....					
Something that made me upset.....					
Something that made me worried....					

Create Your Own Calm Jar

Being mindful is all about learning to pay attention.

By focusing our thoughts, we can help settle the mind.

This is particularly important when we are facing strong and difficult emotions.

When we are **stressed, anxious, sad or angry**, we can quickly get carried away by our emotions and this can affect our mood and behaviour.

However, by being mindful we can help focus and settle the mind when we experience difficult emotions.

This activity allows us to be creative and to make a 'Calm Jar'. This is a simple mindful tool that we can use to help us calm when we feel **stressed, anxious, sad, angry** or just out of sorts.



Mindfulness Connection:

This activity invites children to think about being mindful and using mindfulness as a strategy to settle their minds.

Preparation

You will need:

- An empty and clean jam jar or bottle
- Fine glitter or glitter shapes
- Water
- Food colouring (optional)
- Glitter glue

Instructions (please ask for help from an adult when making the jar):

- 1 Start by filling the jar or bottle with water almost to the top. Remember to leave a little space.
- 2 Then add the glitter glue to the jar. You can squeeze in as much as you like. It is your Calm Jar, so be creative!
- 3 Next, add the extra glitter and glitter shapes to the jar. Perhaps notice how cloudy and mixed up the water and glitter has become.
- 4 If you are using the food colouring, add a few drops to the water now.
- 5 Finally, screw on the lid of the jar or bottle. Make sure it is tight and leak proof!

Create Your Own Calm Jar

Using the Calm Jar

When we are **stressed, anxious, sad or angry**, our mind is like the Calm Jar when it is shaken up.

Our thoughts become busy and mixed up. If we get caught up in our stresses and problems, it is like shaking the jar and it just keeps our thoughts busy and not calm.

When we feel stressed we can use the calm jar to help us settle.

- 1** Start by picking the jar up and giving it a good shake. Allow the glitter to get mixed up and 'busy'.
- 2** Then, place the jar on a table or flat surface and focus on the movement inside the jar. Watch as it swirls and moves.
- 3** Just keep focusing your attention on the jar, watching as it settles. There is nothing else to do. Just giving yourself a few minutes to calm.
- 4** If the mind wanders, that is OK. Nothing has gone wrong. Just gently bring your focus back to the jar.
- 5** See if you can stay focused on the water until it settles and becomes still.
- 6** Then, notice how you feel. You will probably notice that you feel a little calmer, more settled.
- 7** If not, you can begin again, shaking the jar and watching it settle.

A mindfulness challenge

Lie on your back on the floor and place a soft toy or pillow on your tummy. Breathe in and out slowly and deeply. What did you notice? Now try it again and this time try to concentrate on the way your toy or pillow rises and falls with your breathing. Is it moving up and down fast or slow? What do you have to do to slow it down? What do you have to do to make it go higher towards the ceiling or lower towards the floor?



Mindfulness Connection:

This activity invites children to become more aware of their breathing and enhance the tools needed to practice deeper breathing.

Thought Petals

While you are completing your mindfulness breathing breaks you could fill in the thought petals. As you have a thought write it on the flower petals. As you breath out blow the thought petal away. This will allow your mind to be completely empty and let you be totally relaxed.



Mindfulness

Connection: This activity invites children to think about clearing their minds completely allowing total relaxation.

One Minute Breathing Breaks

Brain Break Breathing



Butterfly Breaths

Sit on the floor with the bottom of the feet touching and the knees bent out to the sides. Put your hands on your ankles and gently bounce your knees like you are flapping butterfly wings. Close your eyes and breathe slowly and calmly. Be sure to take slow deep breaths in and out. Pretend you are flying to your favorite place in the whole world. Imagine what it looks like. What do you see? What do you hear? What does it feel like? Imagine you are flying around and you are happy and calm. Now it is time to fly home, slowly flap your wings back home. Take a deep breath in and slowly exhale. Now slowly open your eyes.

Brain Break Breathing



Sun Breaths

Sit on the floor in a comfortable position. Close your eyes and take some slow deep breaths in and out. Picture a bright, shining sun smiling at you. Feel the sun on your face. Breathe slowly and let the sun warm your face. Imagine the sun warming your shoulders and back. Imagine the sun warming your arms. Continue to breathe in and out slowly and calmly. Imagine the sun's warmth spreading to your legs. Finally, feel the warmth all the way in your fingers and toes. Slowly stretch your arms overhead and your legs and feet out in front of you. Take a deep breath in and bend over towards your feet. Slowly exhale and sit back up. Take one more deep breath in and out and slowly open your eyes.

Brain Break Breathing

Rainbow Breaths

Stand with your feet shoulder width apart, arms gently resting by your sides. Slowly raise your arms and take a deep breath in. Try to breathe in until your hands reach each other over your head. Breathe out slowly while lowering the hands. Visualize the beautiful rainbow you are making. Repeat 5 - 10 times. Each time you breathe in imagine you are adding another color to your rainbow. What colors are you adding to your rainbow? Once your rainbow is done slowly open your eyes.



Brain Break Breathing

Waves on the Ocean Breaths

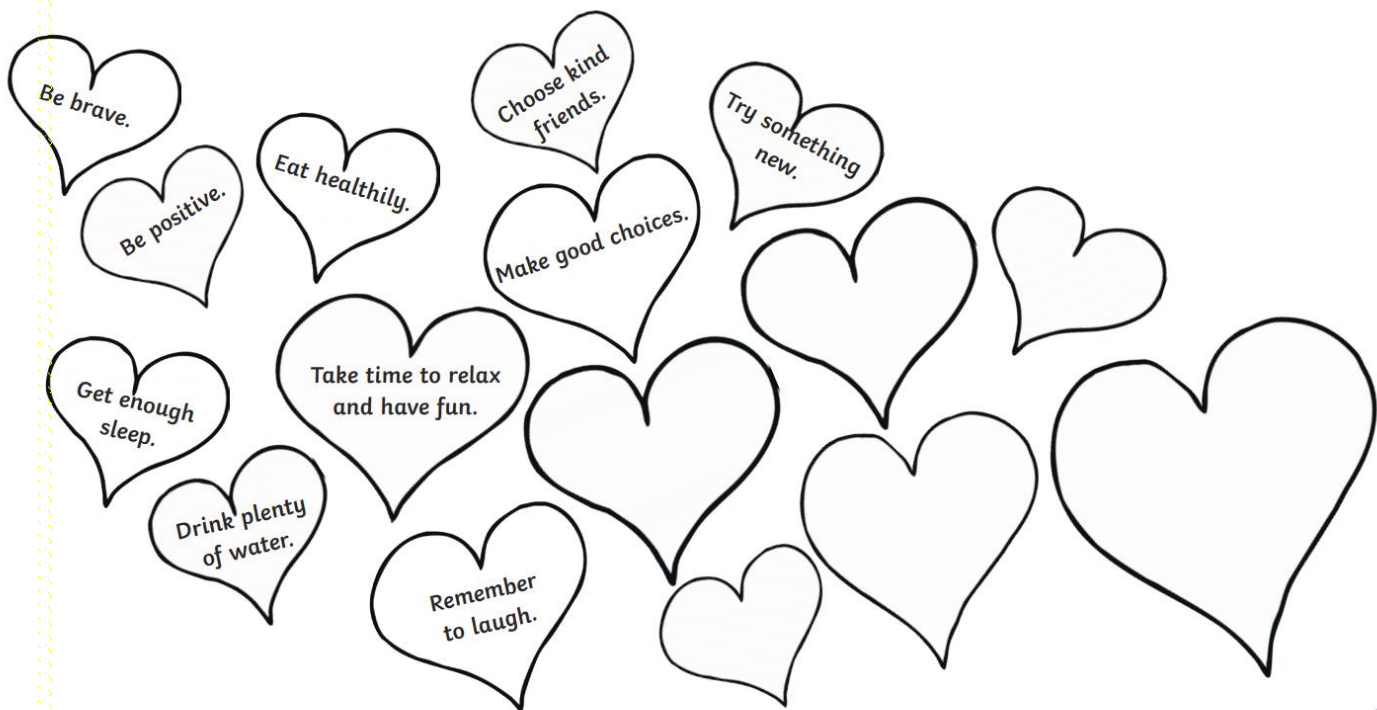
Lie back gently on the floor with your feet out in front of you. Place your hands on your stomach. Breathe in through your nose and feel your hands rise up. As you slowly exhale, feel your hands go back down. Pretend that your stomach is waves in the ocean and your hands are a sailboat. Each time you breath in the sailboat goes up on the waves and each time you breathe out the sailboat goes down on the waves. Repeat.



How Can You Be Kind to Yourself?

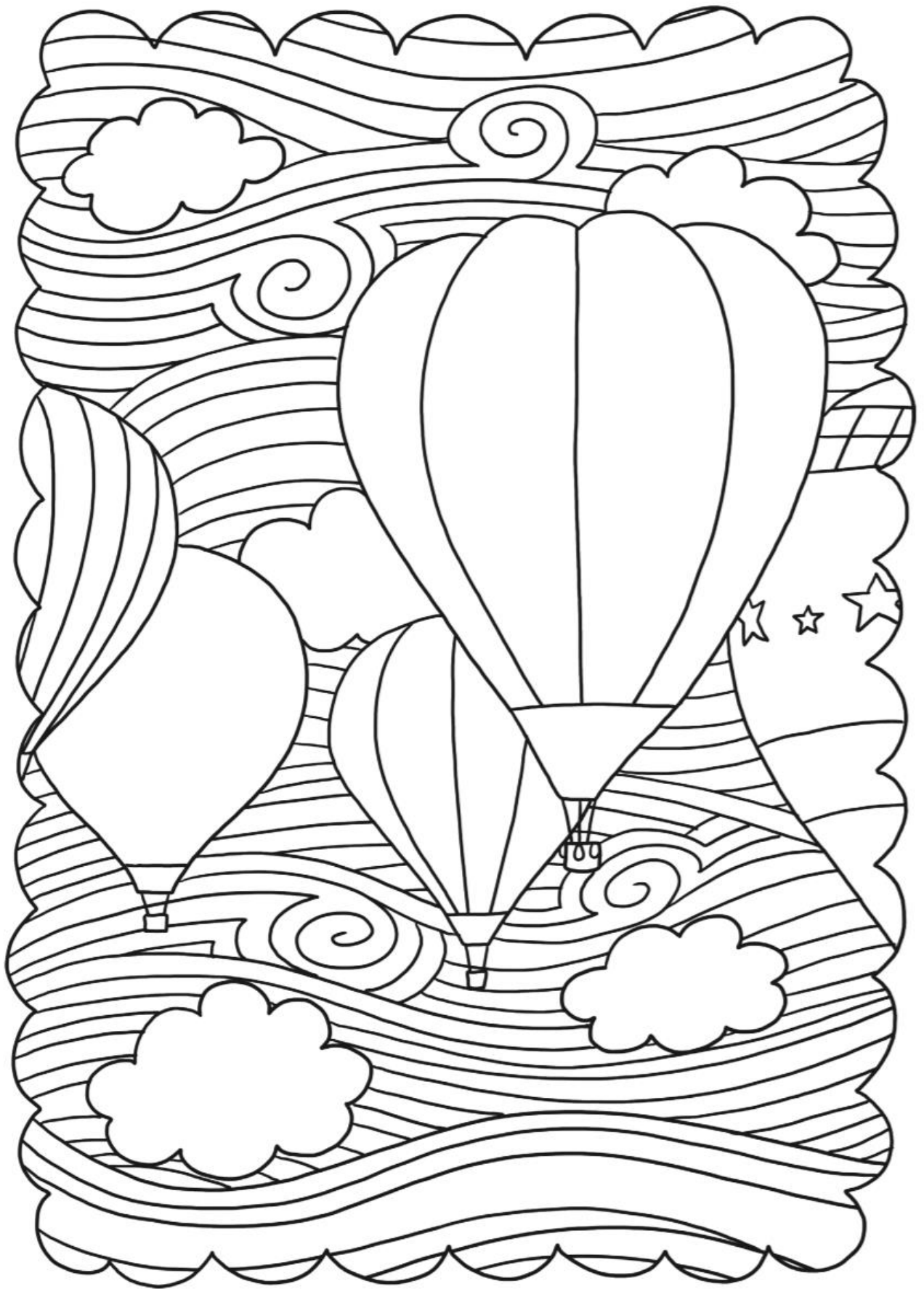
We often think about how we can be kind to others and what effect our behaviour has on other people.

Have you ever thought about how you can be kind to **yourself**? Using the hearts below, write your own ideas about how you can be kind to yourself. Some ideas have been given to start you off. Once you have recorded these ideas, start to think about how you can carry out these ideas to be kind to yourself.



Mindfulness Connection:

This activity invites children to see the link between mindfulness and self-care. This activity shows them that it is also important to take care of our whole bodies as well as our minds.





"The mind is not



a vessel to

be filled,



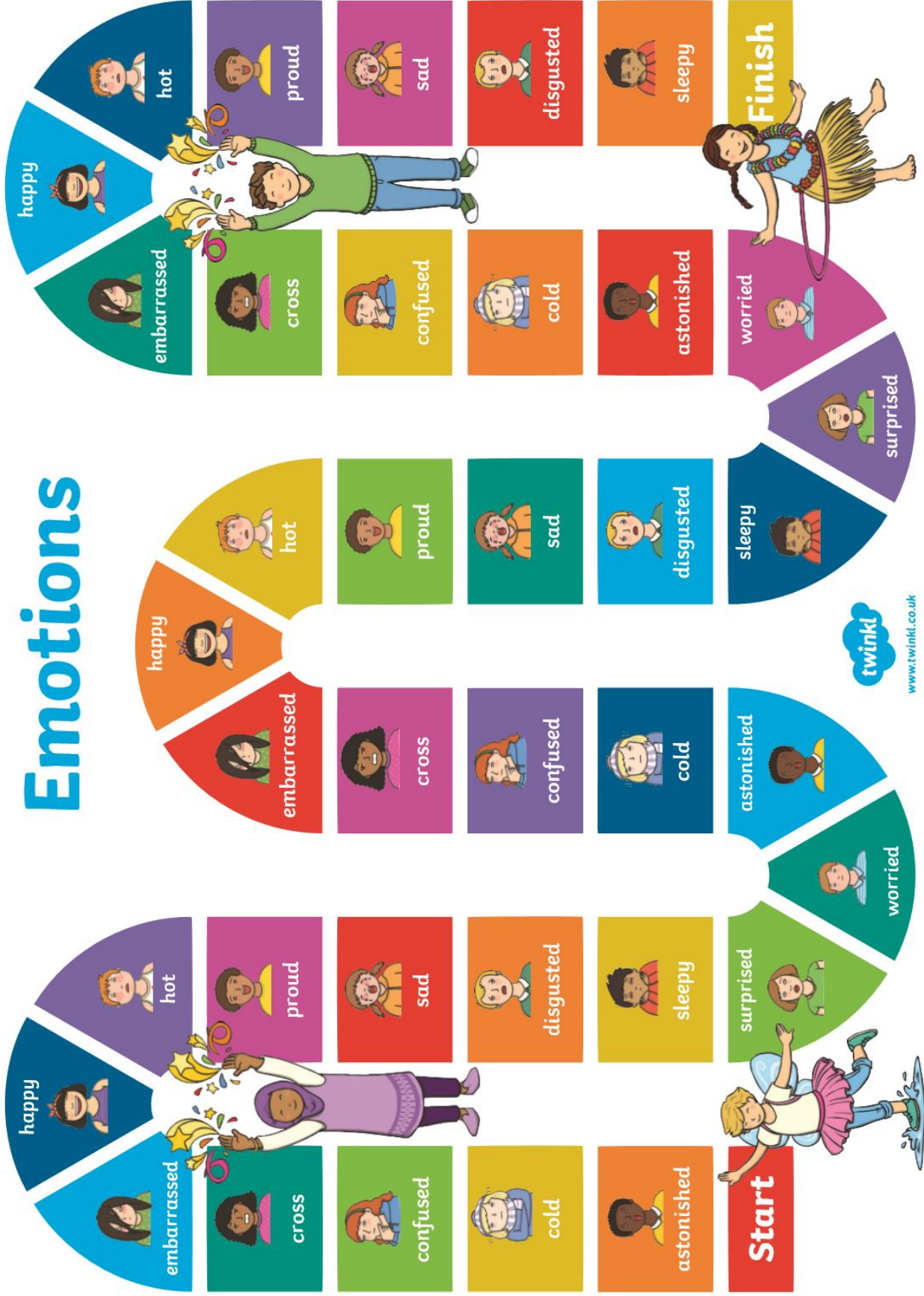
but a fire to
be kindled."

- Plutarch

Play the Emotions Board Game

Instructions: Roll the dice and move your game piece that number of squares. Read the emotion written in the square that you have landed on and say a time when you have felt this emotion e.g. I feel happy when I am riding my bike. The game can be for 2-4 players. The first player to get to the end wins!

Emotions



Let's go on a Safari.....

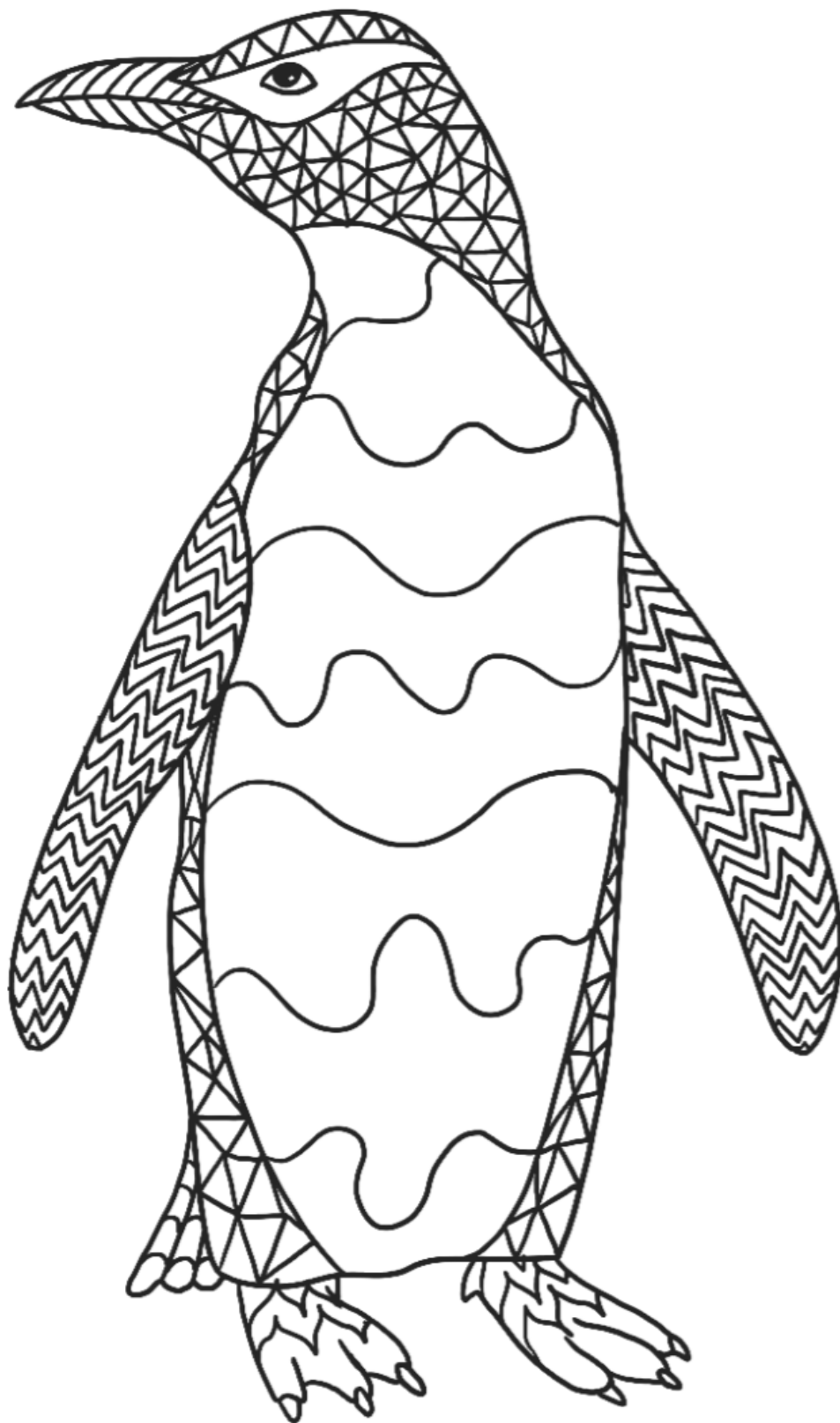
Do you know what a safari is? A safari is a trip, or an expedition, to look for animals in their natural habitats. Go on a safari around the outside of your house. The goal is to notice as many birds, bugs, creepy-crawlies, and any other animals as they can. Anything that walks, crawls, swims, or flies is of interest, you'll need to focus all of your senses to find them. After you have completed your safari maybe you could draw a picture with all the things you saw.



Mindfulness Connection:

This activity encourages the children to become more aware and ground themselves in the present. (Young, 2017)

Today Is a Good Day to Have a Good Day



**If You See Someone Without a Smile, Give
Them One of Yours**



Heartbeats











Watch the clock and for one minute move as much as you possibly can, don't stop at all. Once the minute is up sit down and put your hand over your heart. Close your eyes and focus completely on your heartbeat and your breath. What do you notice? Is your heart beating fast or slow? Is your breath soft or heavy? Fast or slow? Why do you think all of this is happening? What happens after you are still for a little while? Is your heart still beating fast? Is your breath still quick and heavy?



Mindfulness Connection:

This activity encourages the children to notice their heartbeat, and use it as a tool to help their focus. These skills will come in handy as they start engaging in more advanced mindfulness activities. (Roman, 2015)

Some useful links for mindfulness activities:

-  Mindfulness Meditation for Kids | BREATHING EXERCISE | Guided Meditation for Children
https://www.youtube.com/watch?v=Bk_qU7I-fcU
-  Be on the pond- Zen Den
<https://www.youtube.com/watch?v=wf5K3pP2IUQ>
-  Mindfulness Meditation for Kids - 5 Minutes Guided Meditation for Children
https://www.youtube.com/watch?v=VZ_wdeog5Ek
-  Morning Meditation for Kids POSITIVE ENERGY Feel on Top of the World!
<https://www.youtube.com/watch?v=9pZeLOHBScw>
-  Compassion & Gratitude: Loving Kindness Mindfulness
<https://www.youtube.com/watch?v=KIEcztQuyE8>
-  Compassion and Gratitude: Rainbow Meditation
<https://www.youtube.com/watch?v=zyjjz-Q2fDA>
-  Peace Out Guided Relaxation for Kids
https://www.youtube.com/watch?v=zPZmD3x4_Nc
-  "Emotions" - StoryBots Super Songs
<https://www.youtube.com/watch?v=akTRWJZMks0>
-  Kids Yoga with Bari Koral: "Fly Like a Butterfly"
<https://www.youtube.com/watch?v=oYI0TPJOuGk>
-  Yoga for kids!
<https://www.youtube.com/watch?v=X655B4ISakg>