



MINDFULNESS

FOR KIDS



Parent/Guardians

Best completed with the help of a parent/guardian. Read through each exercise and explain to your little one. Happy learning

What is mindfulness?

Mindfulness simply means to notice what is happening right now. It's about learning to take a moment to notice how you feel, this could mean everything from what you see, smell, taste and think. One of the most important parts of mindfulness is noticing what your mind is doing.

Why does noticing and focusing on these things help you?

Being able to stop what you are doing and take a break to focus on your body and mind can help in many ways. Firstly, it can help you relax when you have had a busy day, our mind and body need to be able to relax in order to recharge and be ready for the next day.

It can also help you calm down when you are feeling sad, angry or frustrated. Mindfulness helps us deal with our emotions so that we can make decisions when we are feeling calm.

Mindfulness also helps us experience our happy emotions too... imagine having a super exciting day and taking a few minutes to sit down peacefully to appreciate how thankful you are for such a wonderful day.

Learning how to control your focus whenever you want is almost like having a superpower... there are times in our life that we need extra focus on very important things like competitions, school, tests, studying or even playing your favourite game! Now imagine being able to let your mind know that it's time to focus.

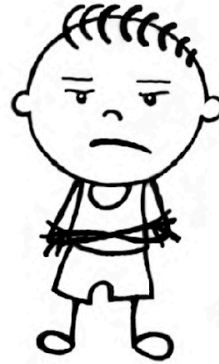
Mindfulness helps us listen to our mind and our body, just like you listen to your parents, friends and family... our own mind and body gives us signals on how we are feeling. Let's learn how to relax, unwind and become mindful!

Let's learn Emotions

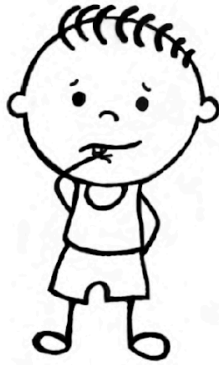
Colour in and cut out these emotion cards to help learn and spot different emotions... how many do you recognise? Once you are done... have a go at making some of your own!



Angry



Annoyed



Anxious



Bored



Brave



Calm



Confused



Excited



Happy



Sad

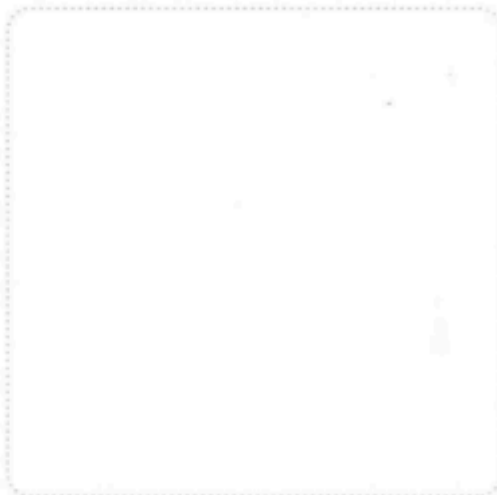
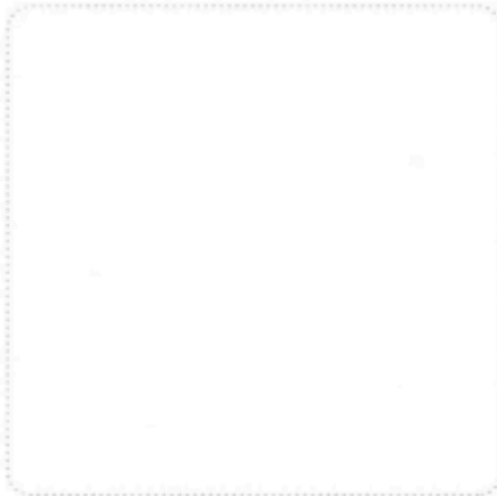


Shy



Grateful

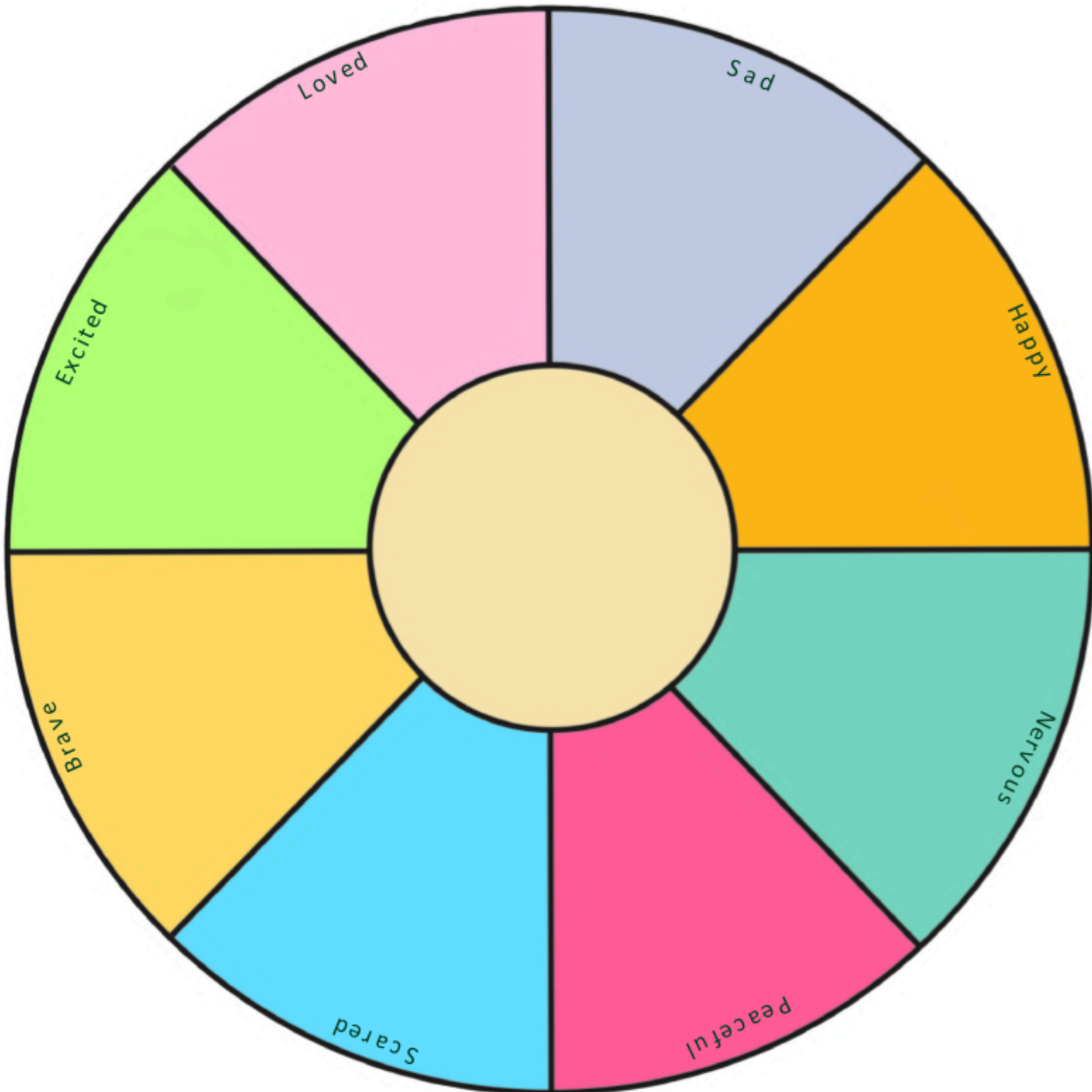
Now try creating
your own
emotion cards!



Emotions Wheel

Use the wheel below to draw or write a moment in time when you felt each of the emotions below.

As you complete this wheel, remember that *everyone* experiences these emotions, emotions are always changing and there are no "good" or "bad" emotions.



Let's colour in!

Colouring-in can be a very relaxing activity and helps give our brain a break, especially when we have been busy with school! Let's colour in the picture below

Can you spot the words hidden in the picture?!



Being 'Present'

The word "present" has two meanings. It can mean a gift and it also describes what is happening right now, in the moment. Let's practice being present.

Sit quietly and pay attention to what is going on right now around you. Below, name 3 things you can see, 2 things you can smell and 1 thing you can hear.







What is the difference between the past, the present, and the future?

write and/or draw about something that took place in the past, something that might take place in the future, and something that is happening right now.

PAST

PRESENT

Acts of Kindness Hand

Below is our 'Acts of Kindness' hand. Remember that every human being needs a helping hand and we can help each other by practicing kindness.

There is a box below which has lots of ways in which we can be kind to one another. Pick out your favourite words (or make up some of your own) and write one on each finger. You can then colour in your hand and cut it out.

BE FRIENDLY

GIVE A HIGH FIVE

SHARE YOUR THINGS

INCLUDE EVERYONE

SMILE

SAY GOOD MORNING

MAKE SOMEONE LAUGH

USE KIND WORDS

ALWAYS SAY THANK YOU



Tip: You can place a piece of string through the heart so that you can hang up your helping hand somewhere you can see it everyday to remind you of how important it is to be kind.

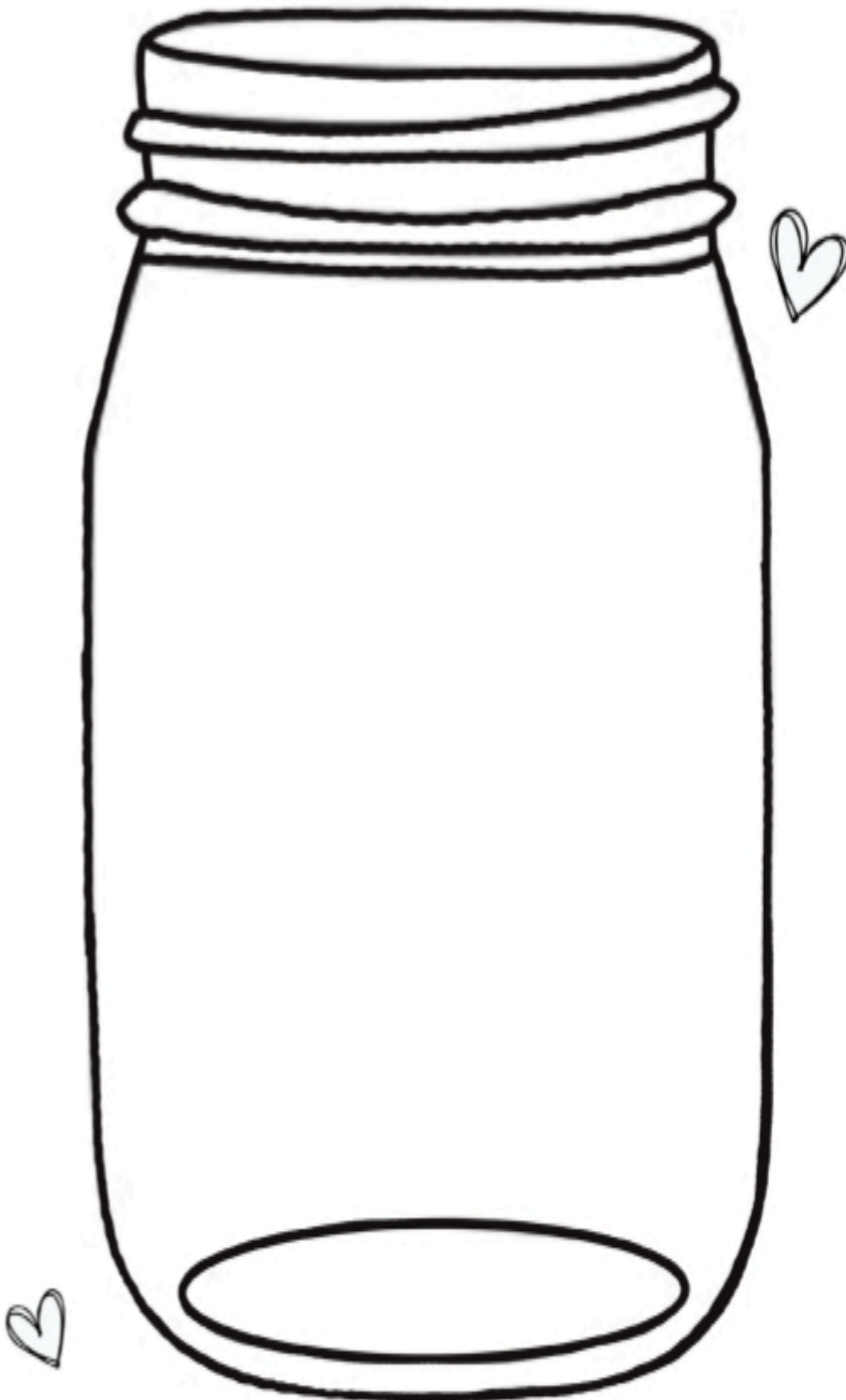
My Gratitude Jar

Gratitude is when we show appreciation and thanks for all the wonderful things we have in our lives. There are so many things in our lives to be thankful for and we must always remember those less fortunate.

You can be grateful for so many things that you receive, the people and family in your life and the fun things you get to experience everyday.

You can be grateful for the litttest things as well as bigger things. For example, you can be grateful that you have a cosy bed to sleep in everynight, you can also be grateful to have such a lovely mommy and daddy.

Think about all the things that make you happy everyday and write them in your gratitude jar. You can colour it in and decorate it too!



BINGO!

Let's play a game of bingo! Look at the squares below and try to complete each task.

Everytime you complete a task cross it out. One you have crossed out all the squares... BINGO!

Mindfulness Bingo

find
something
smooth

find a
flower that
smells good

find
something
hard

notice the
color of the
sky

find
something
that is your
favorite
color

make
someone
laugh

listen to a
song you
love

help a
family
member

give
someone a
compliment

find
something
soft

feel the
grass under
your feet

find
something
bumpy

Positive Affirmations

I am brave

I am patient

I am strong

I am intelligent

I am polite

I am a kind person

I am special

I am a good friend

Let's talk about affirmations. A positive affirmation, is a short statement that is designed to be repeated every day in order to encourage positive thinking.

Affirmations are personal, they usually start with "I..." or "I am..." followed by a positive quality.

Try tracing some of the affirmations below then have a go writing some of your own!

.....

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My thoughts: Mindfulness Practice

Lets try out a meditative mindfulness exercise.

This exercise requires you to sit very still in a comfortable position for about 5 mins (or 3 mins for an easier exercise). The aim of this exercise is to stay very still and relaxed.

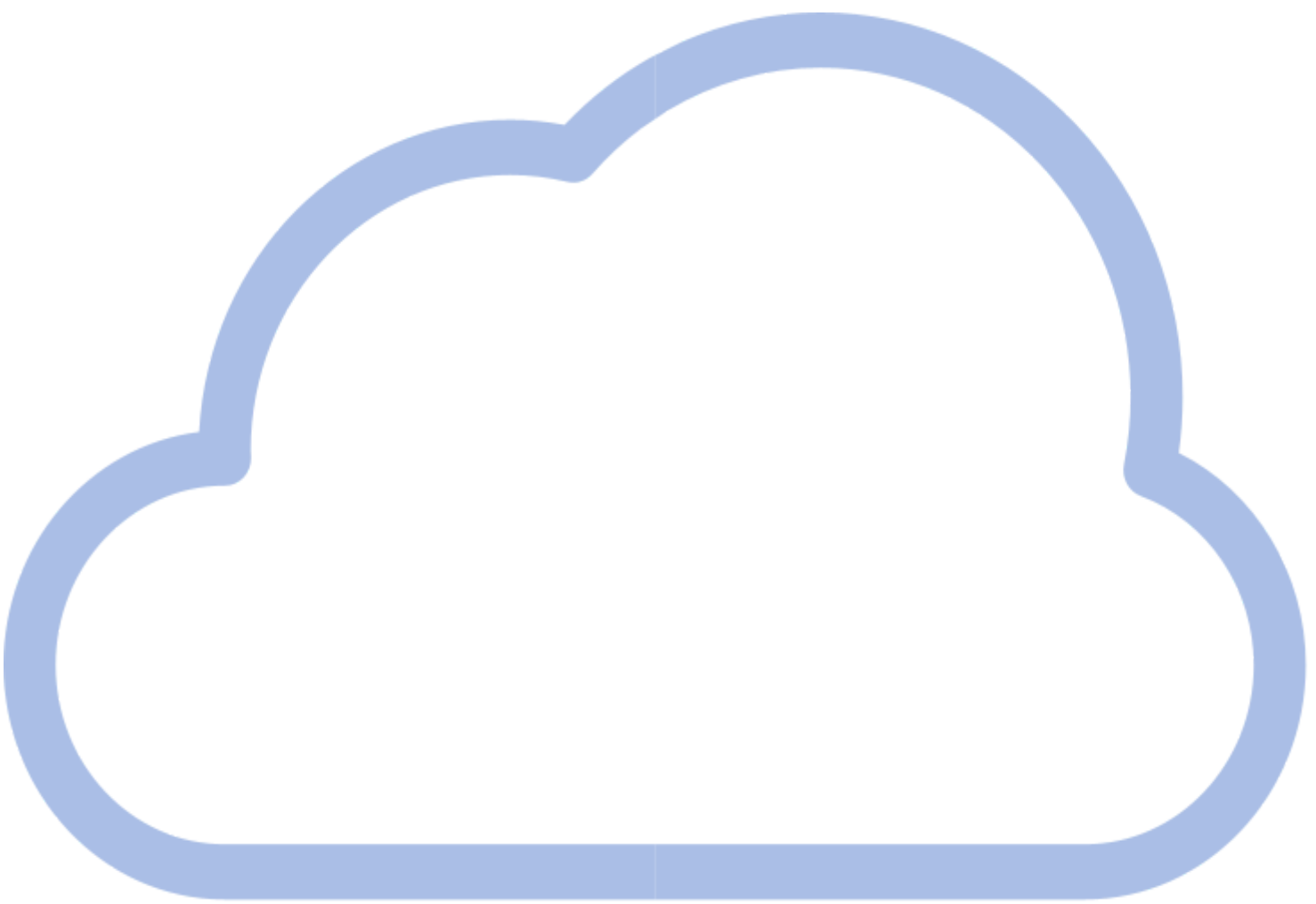
During this exercise, we will try to not think of anything and instead just observe our thoughts, this means if you start to

think of something, just let it fly by, like watching a cloud float by in the sky.

When your time is up, you can write down any thoughts or pictures that came into your mind and floated by. Each time you repeat this exercise, you should begin to have less and less thoughts until you are able to fully relax.

Tips* To help you relax and focus, you can concentrate on a sound or smell around you, for example hearing a dog barking outside or the smell of dinner from the kitchen.

As you start to get better at the exercise, you can increase the time that you are meditating for.



Write your thoughts inside this floating cloud

What have we learned about mindfulness?

Below, write down all the things that you have learnt about mindfulness and how it can help you everyday.

Will you use any of the exercises on a daily basis?

You can also write down some things that you would like to practice a little bit more.

