

What Is Mindfulness?

Mindfulness means paying full attention to what is happening right now! How does your body feel? What are you thinking? How do you feel?

Why Is Mindfulness Important?

- Mindfulness can help calm your mind
- If you feel worried or sad you can start to make yourself feel calmer by practicing little exercises that help
- It can help your body to feel less angry
- It allows us to be more kind to ourselves
- It helps us focus and listen more!

4 Ways to Practice Mindfulness

1

Squeeze!

2

5 senses

3

Sunshine visualisation

4

Teddy bear breath

Mindful squeeze

Can you pretend you have a lemon in one of your hands? Now squeeze that lemon really tight

now and count to 5....and let go

pass the pretend lemon to your other hand and squeeze what's left! Keep squeezing for 5

seconds.

shake out your hands to relax them

can you imagine squeezing the lemon with your toes and feet too?

Five Senses

You can do this mindful exercise anywhere whenever you need to calm your mind. All you need to do is use your 5 senses to observe what is happening NOW

Let's try!

What do you SEE?

What do you HEAR?

What do you FEEL?

What do you SMELL?

What do you TASTE?



Sunshine Fill Up

Do you like imagining things? Let's practice! Find somewhere safe and cosy to relax, you may prefer someone to read the words to you as you close your eyes!

As you close your eyes take a nice deep breathe in....as you breathe out I wonder if you can start to imagine a warm, bright happy sunshine at the very top of your head.

Imagine what colours that sunshine will be....its warmth... it's feel... can you imagine the sunshine moving slowly throughout your body now all the way down to the tips of your toes.

Take a moment to enjoy that relaxing feeling of the beautiful colours and the sunshine relaxing your body and mind.

Teddy bear breath

First get your favourite teddy bear and find somewhere nice and comfy to lie down.

Lie down on your back and place the teddy bear gently on your belly and put your hands at your side.

Take a slow deep breathe in through your nose and watch your teddy rise up.

Breathe out slowly and watch your teddy go back down.

Can you do this a few more times? Watch your teddy move!

REMEMBER

Mindfulness
takes
practice

WELL DONE for starting your mindful journey!

Which practice did you prefer the most?

I wonder if you can practice that every day
for the next week?

Just 2 minutes a day will be a great start!