



TRAINING NETWORK

MINDFULNESS FOR CHILDREN

Mindfulness means paying attention to the present moment with kindness. It can help you feel calm, happy and ready to learn!

CHILD RESOURCE



WHAT IS MINDFULNESS?

Mindfulness means:

- ♥ Noticing what is happening right now
- ♥ Using your senses
- ♥ Being kind to yourself
- ♥ Not worrying about the past or future



Remember: Mindfulness helps you feel calm and in control.



USE YOUR 5 SENSES

Try this exercise:
Look around and notice:

- 5 things you can see
- 4 things you can touch
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste



Remember: You can use your senses anywhere, anytime!



WHY BE MINDFUL?

Mindfulness can help you:

- ♥ Feel less worried or stressed
- ♥ Focus better
- ♥ Understand your feelings
- ♥ Be kind and patient
- ♥ Sleep better
- ♥ Enjoy the little things



Remember: A little mindfulness can make a BIG difference!

CALM BREATHING – Take a deep breath and try these!

1. BALLOON BREATH

Breathe in slowly to fill your balloon. Breathe out slowly to empty it.



2. STAR BREATH

Breathe in as you trace up the star. Breathe out as you trace down.



3. BEE BREATH

Breathe in through your nose. Breathe out making a soft "mmm" like a bee.



4. 4-4-4 BREATH

Breathe in for 4 counts. Hold for 4. Breathe out for 4 counts.



DID YOU KNOW?

Your brain can be like a monkey – jumping from thought to thought! Mindfulness helps your monkey slow down.



MINDFUL MOMENTS

You can be mindful in everyday activities. Colour the ones you would like to try!



Mindful eating



Mindful walking



Mindful listening



Mindful drawing



Mindful nature



Mindful stretching



MINDFUL JAR

Make your own mindful jar!

When you feel worried or upset, shake the jar and watch the glitter slowly settle. Take deep breaths and feel calm.



Remember: You can make one with water, glitter and a jar or bottle.



THOUGHTS CHECK-IN

What are you thinking right now? Write or draw your thoughts.



Remember: It's OK for your mind to wander. Gently bring it back to the present.



MINDFULNESS CHALLENGE

Try a mindful activity each day this week!

ACTIVITY	MON	TUE	WED	THU	FRI	SAT	SUN
Used my 5 senses							
Tried calm breathing							
Was kind to myself							
Noticed something beautiful							



Well done! You are building a mindful habit!



POSITIVE MINDFUL MINDSET

Read these kind thoughts. Which one is your favourite? You can add your own too!

I am enough just as I am.

I can take deep breaths anytime.

I choose kindness everyday.

I do my best and that is enough.

I am important. I matter.



Remember: Be kind to your mind, just like you are kind to your friends!



Be here now. You're doing great.
You are awesome!



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