

AND ME

So what is mindfulness and why is it important?

Mindfulness is all about living in the moment. It is a state of being fully aware of what is happening now. When we are mindful we focus on our thoughts and feelings as they happen. We take the time to appreciate our surroundings and enjoy each moment. Mindfulness is all about now, and training your brain to reject any fears or worries relating to the past or the future.

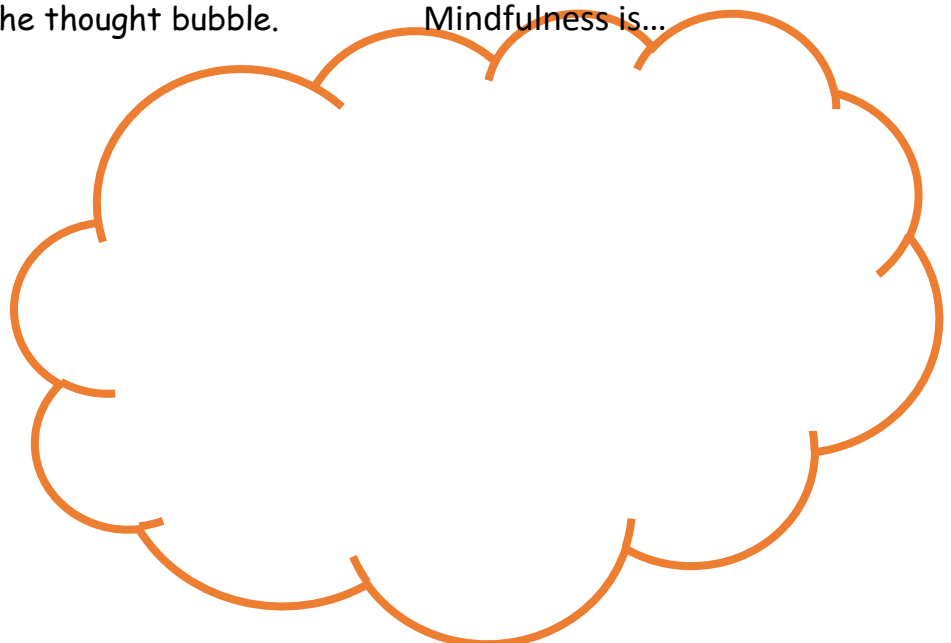
Being aware of what is going on around you is important for lots of reasons: it keeps you safe; it keeps you informed; it helps you to decide what you need or want to do. But being aware of what is going on inside your head - your thoughts and feelings - is just as important for your mental health. Mindfulness helps us to concentrate, understand our feelings and enjoy a better life.

Thoughts, feelings and the outside world can change all the time. Part of mindfulness is being aware of the changes that are happening from one moment to the next. A big part of mindfulness is focusing on the present moment - this includes what you can see, smell, hear, taste and touch, as well as what you're thinking about. The goal of mindfulness is to help you reconnect with your body and mind so that you can think about things clearly.

One of the big advantages of mindfulness is that it lets you appreciate things that you would otherwise take for granted or not think about. This could be even the simplest of things like the way it feels to sit in a chair, or the smell of a particular room. It also lets you notice your stream of thoughts and allows you to start seeing patterns in your thinking. Now it's your turn!

Complete the sentence in the thought bubble.

Mindfulness is...



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Let's see if we can match up our key terms.

Draw a line to the correct definition

Worries

What is happening now,
in this moment.

Emotions

A person's level of
emotional well-being.

Mental health

Focusing our attention on
what is happening now.

Mindfulness

Our feelings. For example being
happy, mad, scared or excited.

Present

Feeling mentally troubled
or concerned.

Can you write a definition for these key terms?

Past

Future

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Understanding Our Emotions



Our emotions are our feelings. They can be positive or negative and they can vary in strength or intensity. Our feelings often change throughout the day depending on what is happening or who we are with.

How do you think the characters below are feeling? How do you know? Sort each character's feelings into the categories shown below.

Positive Emotions

Negative Emotions

A large, empty rectangular box with rounded corners and an orange border, intended for sorting characters with positive emotions.A large, empty rectangular box with rounded corners and an orange border, intended for sorting characters with negative emotions.

Archie



Billie



Esther



Sam



Amaya



Harry



Polly



Hugo



Delilah

What are neutral feelings? Can you think of any examples of neutral emotions?

Do you need a brain break?
Try one of the activities below:

5 4 3 2 1

Take a moment to sit quietly and experience your surroundings.

Can you name:

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

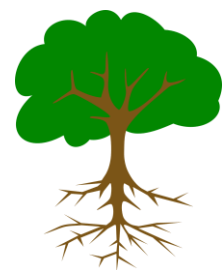
Hand on Heart

Gently place your hand over heart and breath in and out slowly. Notice the beating within your chest. Feel your rib cage slowly move up and down. Listen carefully to each breath as you draw air in and slowly breathe out.



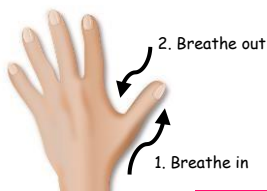
Be the Tree

Close your eyes and breathe in and out deeply. Make sure that you are sat in a comfortable upright position, with your hands placed together in your lap. As you breathe in and out imagine that you're a beautiful old oak tree with long elegant branches and deep supportive roots. Can you hear the wind gently whip around your branches? Can you hear birds cheerily chirping in the distance? As you breathe in and out imagine your roots are growing deeper and deeper into the rich supportive earth. Now, with each breath, imagine your magnificent roots are sucking up energy and nutrients from the earth, filling you with a sense of calmness and fulfilment.



Finger Breathing

Starting at your wrist, use your index finger to slowly trace the outer edge of your thumb as you slowly breathe in. Pause at the tip of your thumb, then slowly trace down the inner edge of your thumb as you slowly breathe out. Pause again at the bottom, then repeat for your remaining digits.



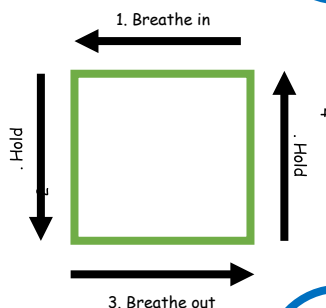
Colour Hunt

Close your eyes and take a deep breath in, and out. Now open your eyes and look around the room. What can you see? Try to find an object for each colour.

RED
YELLOW
GREEN
ORANGE
PURPLE
BLUE

Square Breathing

There is an imaginary square in front of you. As you slowly breathe in for 4 seconds, imagine tracing the top edge of the square. Trace down the left hand side for another 4 seconds as you hold your breath. Then, breathe out for 4 seconds as you trace along the bottom edge. Finally, hold your breath again, for a final 4 seconds as you trace the final edge of the square and return to your starting point.



Blowing Bubbles

You'll need some bubble mixture for this one! Breathe in slowly and deeply for 10 seconds. As you breath out, try to blow bubbles as slowly and carefully as you can.

