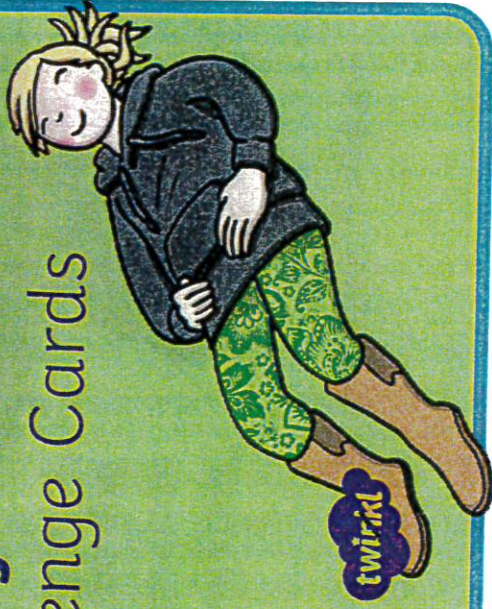
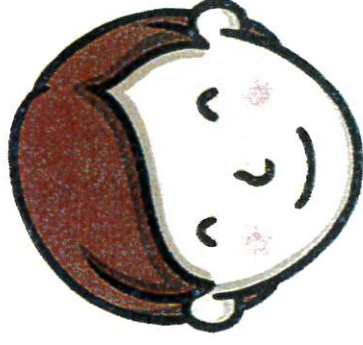


Mindfulness Challenge Cards



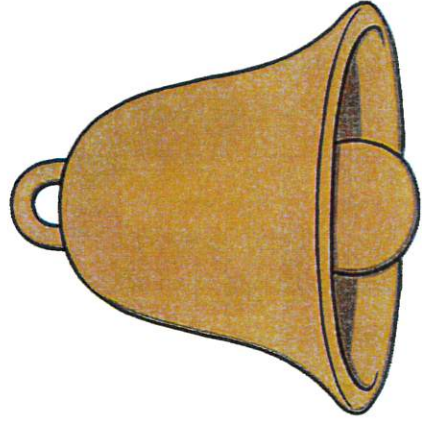
Listen carefully with your eyes closed to any sounds you can hear. After one minute, open your eyes and write down everything you heard.



1

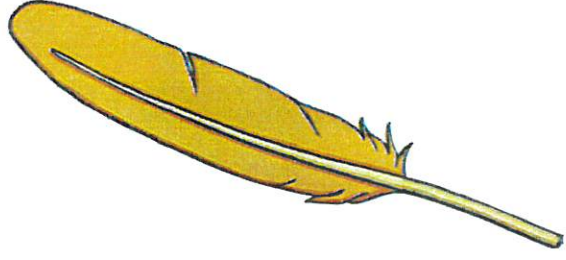
Ring a bell or make a lasting noise with another instrument or method.

Listen very carefully to the fading sound until you are sure you can no longer hear it.



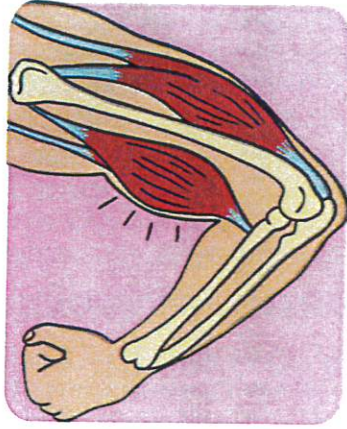
Ask someone to drop a feather and watch it very closely as it floats to the ground.

Listen carefully to a piece of music and draw a line on a piece of paper which matches the feeling created by the music.



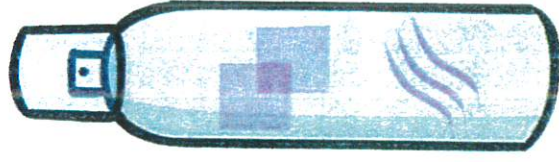
Lie comfortably on your back on the floor. Move your attention around your body by tensing and clenching your muscles and then relaxing them. Hunch your shoulders, then let them go.

Make your hands into fists then tighten the muscles in your arms before relaxing them. Continue to move around your body repeating this process.

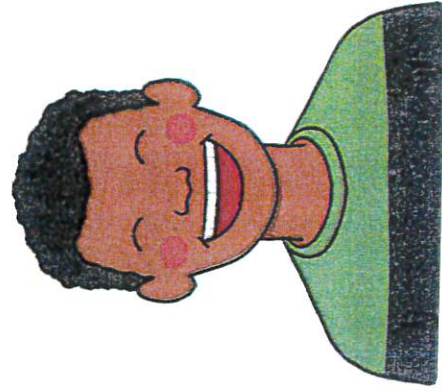


Sit in a room with your eyes closed. Ask someone else to spray a perfume or deodorant at the other side of the room and, keeping your eyes closed, try to notice the exact moment when the smell reaches you.

②



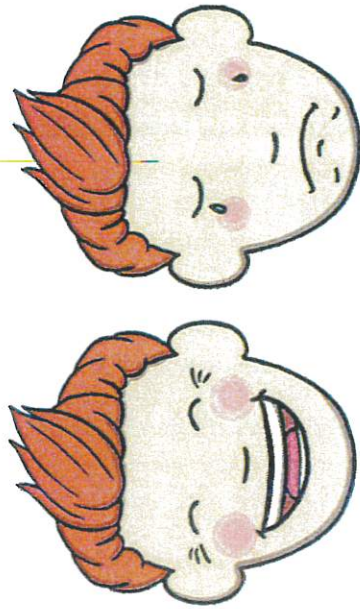
At the same time of every day, think of one thing to be thankful for.



When you are eating, slow the process right down and try to activate all your senses. Look carefully at your food before you eat it. What does it look like? Bring it closer so you can smell it. What does it smell like?

As you place it in your mouth, be aware of the texture of the food and how it feels. What does it taste like? Does the taste come in successive waves or all at once? Can you recognise the individual ingredients?

Take a moment to think about how you are feeling.
Which words would describe how you are feeling?
Can you trace back the origins of those feelings?



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. ①



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

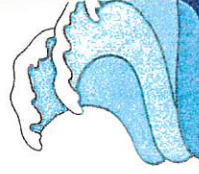
Stand with your feet shoulder width apart, arms gently resting by your sides. Slowly raise your arms and take a deep breath in. Try to breathe in until your hands reach each other over your head. Breathe out slowly while lowering the hands. Visualize the beautiful rainbow you are making. Repeat 5 - 10 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. ②



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 breathe in the sailboat goes up on the waves and each time you breathe out the sailboat goes down on the waves. Repeat.



Seven days of kindness

In celebration of **Mental Health Awareness Week 2020** and the theme of **kindness**, we are encouraging primary schools to get mentally healthy by spreading a little kindness.

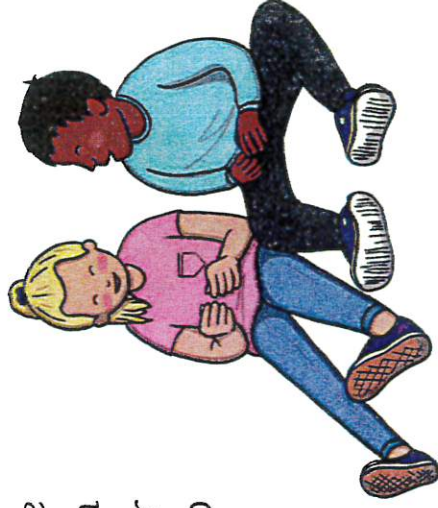
This calendar, designed to be used throughout Mental Health Awareness Week, encourages pupils to do **two acts of kindness** each day – **one for someone else and one for themselves**.

Depending on the age of the children, there are two calendars included. One has two suggested kindness activities for each day, which is best for giving to younger children, or using as an example for older children. The other calendar is blank for older children to complete with their own ideas.



Close your eyes and ask a partner to pass you an object that you can hold in your hands.

Touch and turn the object, describing each aspect in detail to your partner and then swap places.



Lie on your back outside and close your eyes so you can use all of your senses except for sight.

Notice the feel of the air, the feel of the ground, the sounds that surround you and any smells that are present.



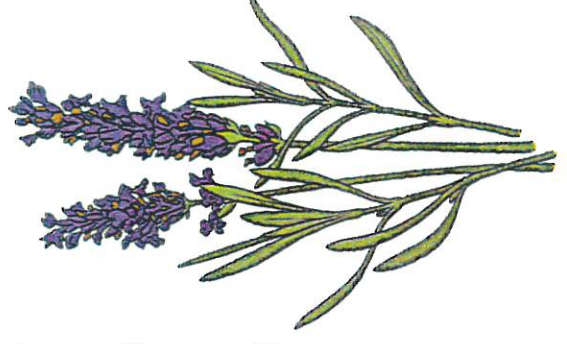
Lie with your back on the floor and place a soft toy on your tummy.

Breathe in and out slowly and deeply and try to concentrate on the way your toy rises and falls with your breathing.



Find something with a strong and pleasant scent e.g. lavender or orange peel and place it close to your nose.

Try to concentrate just on the smell for a whole minute.



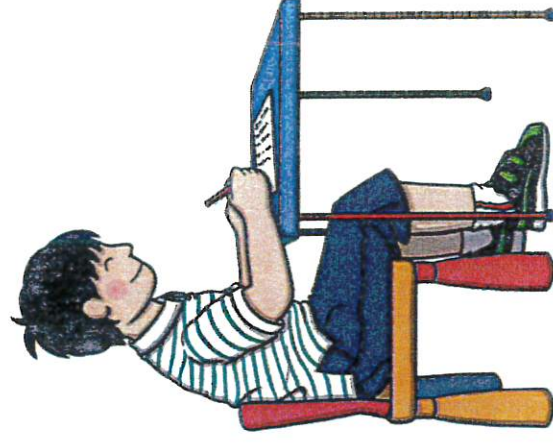
Take a walk and concentrate on the act of walking.
What movements does each leg perform in each stride?

Which part of your foot hits the ground first?

What does the ground feel like underneath your shoe/foot?



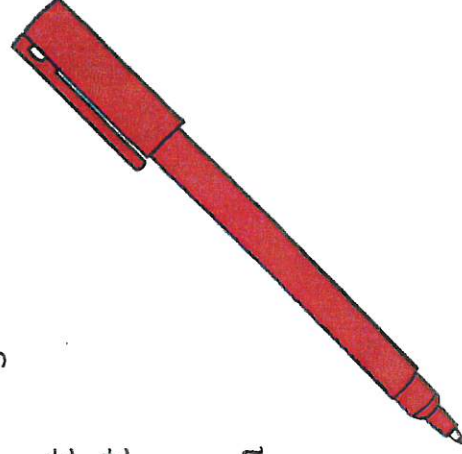
Try hot writing – choose a short period of time such as one minute and try to keep your pen or pencil moving for the entire time.



Choose a subject to focus your thoughts or simply write about whatever arises in your mind.

If you can't think of what to write then write 'I can't think of what to write...'

Do whatever you need to in order to keep writing.



Listen really carefully to what someone else is saying.

Stop doing anything else and give them your complete attention.

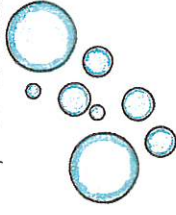
If you think of things you wish to say, let the speaker finish before you add your thoughts.



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.

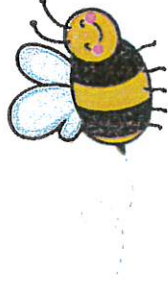


Brain Break Breathing

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.

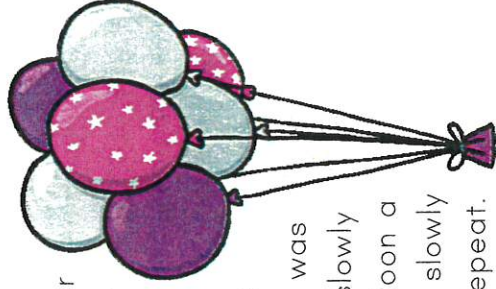
Exhale slowly through your mouth and make a humming sound like a bee. Count silently 1, 2, 3, 4, 5. Repeat.



Brain Break Breathing

Balloon Breaths

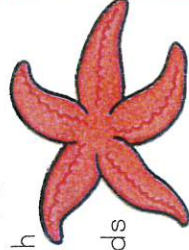
Sit comfortably on the floor with your legs crossed in front of you. Imagine that there is a big balloon in your belly. Place your hands over your belly. Take a big deep breath in, sitting up straight and make your belly puff out as if it was a balloon filling with air. Then exhale slowly like you are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



Creating a Routine

You will need



We've all experienced changes in our lives and routines, especially children because they can't go to school.

Create a new routine together to help your child feel more secure.

Use the timetable on the following page to create a visual timetable with your child.

Children can draw or write in the timetable or cut out and stick images of our suggested activities below.

Remember, it is important to have time to relax.

School work

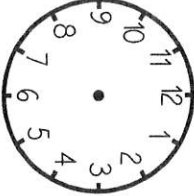
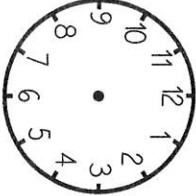
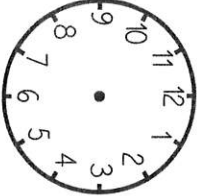
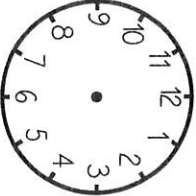
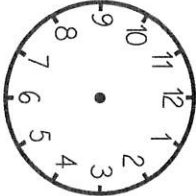
Exercise

Chores

Creativity
or playtime

Screen Time



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
							
							
							
							
							

More examples for the calendar

Being kind to others:

- Sit with someone who looks lonely
- Be friendly to a child you aren't normally friends with
- Have a nice conversation with a loved one
- Ask a family member if they would like a drink
- Share a snack with a family member or friend
- Write your teacher a note or a poem about why you like them
- Clear the table after dinner without being asked
- Pick up three pieces of litter when you go to the park
- Smile and say hello to people you pass on the way to and from school
- Draw a picture for a loved one



Being kind to yourself:

- Do some gentle exercise
- Read your favourite book or watch your favourite film
- Go for a walk
- Play with your pet
- Write down 3 things you are grateful for
- Spend some time in nature
- Do some arts and crafts
- Have a dance party
- Wear your favourite outfit

7 DAYS OF KINDNESS

MON TUES WED THURS FRI SAT SUN

BEING KIND TO OTHERS



REMINDE A
FRIEND OR
FAMILY MEMBER
OF A NICE
MEMORY YOU
HAVE TOGETHER

HELP TIDY
UP



BE KIND,
PATIENT AND
SHARING WITH
YOUR BROTHER/
SISTER/
CLASSMATE



TELL SOMEONE
A JOKE

GIVE 3
COMPLIMENTS
TODAY



MAKE A CARD
OR GIFT FOR
SOMEONE

ASK A LOVED
ONE HOW
THEY ARE
AND LISTEN
CAREFULLY

BEING KIND TO MYSELF

WRITE DOWN
3 THINGS
YOU'RE PROUD
OF (SMALL
OR BIG!)



LISTEN TO A
SONG THAT
MAKES YOU
FEEL HAPPY



TRY OUT A
MINDFULNESS
ACTIVITY

(TRY ONE
OF OURS!)

GIVE YOURSELF
3 COMPLIMENTS



EAT SOME
OF YOUR
FAVOURITE
FOOD



SPEND SOME
TIME ON YOUR
FAVOURITE
HOBBY



PLAY A FUN
GAME WITH
YOUR FRIENDS
OR FAMILY

NAME:

7 DAYS OF KINDNESS

DATE:

MON

TUES

WED

THURS

FRI

SAT

SUN

BEING KIND TO OTHERS

BEING KIND TO MYSELF