

MINDFULNESS

LEARNING

- FROM -

HOME



MINDFULNESS

CONTENTS

Mindfulness Activity Task Cards

These task cards contain 17 mindfulness exercises and instructions for each. You may choose to select a different activity for students to complete each morning.

Gratitude Journal Writing Prompt Cards

Use these writing prompt cards as part of daily gratitude practise to help increase positivity and mindfulness, and to encourage a growth mindset. Select a writing prompt card and ask students to complete the activity in a journal or workbook.

Body Scan: Guided Meditation Script

Read this script aloud to guide students through a Body Scan meditation. A Body Scan meditation is sometimes referred to as 'progressive relaxation', as it helps calm the body and mind.

Breathing Colours: Guided Meditation Script

Read this script aloud to guide students through a mindful visualisation and breathing meditation. It encourages students to imagine the breath as a colour, which improves focus and awareness and helps develop conscious relaxation skills.

Mindful Breathing: Guided Meditation Script

Read this script aloud to guide students through a mindful breathing meditation. This meditation teaches students practical mindfulness skills that can serve them throughout many aspects of their lives.

Mindfulness Colouring-in Pinwheel Activity

This template encourages students to use a paper straw, thumb tack, and a stopper to create a paper pinwheel that can be used for mindful breathing activities. While it's true that pinwheels do turn better on a real pin, the activity includes instructions for a pin free/split-pin assembly too.

Nature-Inspired Gratitude Writing Prompt Sheets

Use these nature-themed gratitude writing prompt sheets to help students share the joy they find in nature, whether in their backyards or on their balconies. Students can use the sheets to brainstorm ideas, words or phrases. Alternatively, they could use them as a part of a reflective prose writing activity

Yoga Poses for Kids

Choose one or more of the yoga cards for students to focus on. These yoga activities improve students' gross motor skills, concentration and general fitness levels.

Mindfulness Colouring Sheets

Colouring is a valuable relaxation and mindfulness activity. These beautifully illustrated colouring sheets offer a calming 'brain-break' for students.

MINDFULNESS



Activity
Task Cards

MINDFUL BREATHING

1. Sitting or standing, place your hands on your belly. Close your eyes, or look down towards your hands.
2. Take three slow, deep breaths in and out.
3. In your mind, count '1, 2, 3' for each breath in and '1, 2, 3' for each breath out. Pause slightly at the end of each exhale.
4. Continue for 3 to 5 minutes or until the teacher says, "Stop".

Guiding Questions

- Can you feel your hands moving?
- What is moving your hands? Is it the air filling your lungs?
- Can you feel the air moving in through your nose?
- Can you feel the air moving out through your nose?
- Does the air feel a little colder on the way in and warmer on the way out?
- Can you hear your breath?
- What does it sound like?



PINWHEEL BREATHING

Materials: a pinwheel

1. Sitting or standing, hold your pinwheel in front of you. Focus your attention on it.
2. Take a deep breath in through your nose.
3. Breathe out gently through your mouth and see if you can make your pinwheel spin.
4. In your mind, count '1, 2, 3' for each breath in and '1, 2, 3' for each breath out. Pause slightly at the end of each exhale.
5. Continue for 2 to 3 minutes or until the teacher says, "Stop".



Guiding Questions

- Is the pinwheel moving quickly or slowly?
- Can you feel the air moving in through your nose?
- Can you feel the air moving out through your mouth?
- Can you hear your breath?
- How does the handle of the pinwheel feel against the skin of your palm?

BELLY BUDDIES

Materials: small lightweight object such as a soft toy, a small beanbag or a wooden block

1. Lie flat on your back and place the object on top of your belly button. Look down towards your object.
2. Take three slow, deep breaths in and out.
3. In your mind, count '1, 2, 3' for each breath in and '1, 2, 3' for each breath out. Pause slightly at the end of each exhale.
4. Continue for 3 to 5 minutes or until the teacher says, "Stop".

Guiding Questions

- Can you feel the weight of your object on your belly?
- Can you see your object moving?
- What is moving your object? Is it the air filling your lungs?
- Can you feel the air moving in through your nose?
- Can you feel the air moving out through your nose?
- Can you hear your breath?



SHARK FIN

1. Sit or stand comfortably. Keep your body straight. Be still and silent. Soften your breath and shut your eyes.
2. Place the side of your hand on your forehead, with your palm facing out to the side.
3. Slide your hand down your face, in front of your nose.
4. Say "Shhh" as you slide your hand down your face.
5. Complete this once, or repeat 2 to 3 times.



BREATHING COLOURS



1. Sit or stand comfortably. Keep your body straight. Be still and silent. Soften your breath and shut your eyes.
2. Think of a relaxing colour. It can be any colour, as long as it reminds you of relaxing.
3. Now think of a colour that represents stress, sadness or anger.
4. Imagine you are surrounded by the relaxing colour. No longer is the air clear; it is the relaxing colour.
5. Take a deep breath in and imagine breathing in the relaxing colour. Imagine the colour filling your lungs.
6. As you breathe out, imagine that your breath is the colour of stress.
7. See the stress colour mix into the relaxing colour around you. Watch it disappear.
8. Breathe in your relaxing colour. Breathe out your stress colour.
9. Continue for 3 to 5 minutes or until the teacher says, "Stop".

BREATH STAR

1. Spread one hand out like a star.
2. Use the index finger on your other hand to trace the outline of your star hand.
3. Take a deep breath in as you move your tracing finger to the top of your thumb.
4. Breathe out as you move your tracing finger down between your thumb and first finger.
5. Take another breath in as you move to the top of your first finger.
6. Breathe out as you move down between your first and second fingers.
7. Continue this pattern, tracing each of your fingers until you have taken five slow, deep breaths.
8. Repeat on the other hand.



BACK-TO-BACK BREATHING

1. Find a partner. Sit with your back resting against your partner's back.
2. Sit up straight. Be still and silent. Soften your breath and shut your eyes.
3. Take three slow, deep breaths in and out.
4. In your mind, count '1, 2, 3' during each breath in and '1, 2, 3' during each breath out. Pause slightly at the end of each exhale.
5. Continue for 3 to 5 minutes.



Guiding Questions

- Can you feel your partner's back moving as they breathe?
- Is their breath shallow or deep? Fast or slow?
- Did your breath fall into sync with your partner's? In what way?

BODY SCAN

1. Stand or lie comfortably. Keep your body straight. Be still and silent. Soften your breath. Shut your eyes or look towards your hands or the ceiling.
2. Take three slow, deep breaths in and out.
3. Focus on your feet for 5 to 10 seconds.
 - How does this body part feel?
 - Is it cold or warm?
 - Does it feel tight or relaxed?
 - Is all, or part, of that body part touching the floor?
 - Can you feel any clothing against your skin?
 - What does it feel like?
4. Move your focus to your toes, then your ankles, then your calves and then your knees. Consider the above questions at each 'stop'.



5. Continue, body part by body part, until you reach your head.
6. If you feel any tightness or stress in a particular area, imagine breathing the stress out of that body part with each exhale.

MINDFUL EATS

Materials: a small piece of allergy-friendly food such as chocolate or fruit

1. Sit straight and still. Close your eyes or look downwards.
2. Take three slow, deep breaths in and out.
3. Hold the food up to your nose and take a deep breath in. Notice the smell and how the smell makes you feel.
4. Take a small bite of the food. Let it sit in your mouth awhile before you swallow it.
5. Notice which muscles in your mouth, neck and body move as you eat.
6. Pause between each bite and notice any changing sensations in your mouth or body.
7. Continue eating your food slowly and mindfully.



Guiding Questions

- What is the taste like? Is it sweet or savoury?
- What does the food feel like on your tongue?
- Do you need to crunch it between your teeth, or can you slowly dissolve it in your mouth?
- Try taking a slightly smaller or slightly larger bite. How does this change the way eating this food feels?

MINDFUL STEPS

1. Head outside and find a small area where you can walk in a line for five steps, then turn and walk back again, without interruption. You may like to take off your shoes and socks.
2. Stand still and straight. Take three slow, deep breaths in and out.
3. Take five steps in one direction, walking slowly and noticing how your body moves with each step.
4. Listen to the sounds around you and the sound your feet make on the ground. Try not to change the way you walk, but instead just notice how your body naturally moves.

Guiding Questions

- What does the ground feel like under your feet?
- When you take a step, which part of your foot touches the ground first?
- Does your body feel heavy or light today?
- Are you slouching when you walk or is your back up straight?



MINDFUL SOUNDS

Materials: live or recorded sounds such as a ringing bell, nature sounds or calming music

1. Sit straight and still. Close your eyes and take three deep breaths in and out.
2. When you begin to hear a sound, concentrate on what you can hear.
3. Pay attention to whether you hear it louder in one ear than you do in the other.
4. Keep your eyes closed until the sound is completely gone.
5. If you notice your thoughts wandering, bring your attention back to the sounds you can hear.
6. After you open your eyes, remain silent until you hear a voice again.



Teacher Notes

- Students close their eyes while the teacher initiates the sound/s.
- The activity is finished when the sound has completely dissipated.

SUPER SENSES

1. Sit or stand straight and still. Close your eyes or look downward.
2. Take three deep breaths in and out. Then, open your eyes.
3. 'Turn up' your senses to a superhuman level. You will begin to see, hear, smell, taste and feel more than an ordinary human being.
4. Focus on what you can hear. Listen intently to the sounds around you, beyond the space you are sitting in now and out in the wider world.
5. Think about what you can see. Pay attention to tiny details that you may not usually see, like the slightly curled edge of a piece of paper, or a speck of dust on a table.
6. What can you taste? Is your mouth dry? Is your tongue relaxed?
7. What can you smell? Is there a strong or subtle smell in the air?



8. Notice what you can feel, such as the weight of your body on the chair, or your feet in your shoes, or the temperature of the air.
9. Keep your super senses switched on until the teacher says, "Stop".

A MOMENT OF GRATITUDE

1. Sit or stand straight and still. Close your eyes or look downward.
2. Take three deep breaths in and out.
3. Think of something you feel grateful for today. This is your 'gratitude moment'.
4. Think about how this moment affects your life, or the lives of people around you.
5. Notice how you feel when you think about your 'gratitude moment'.
6. Let the feeling grow bigger, spreading from where it is until it fills your entire body.

Suggested Gratitude Prompts

Something that someone else did for you today

A person in your life whom you appreciate

An activity or hobby you are grateful to be able to do

A positive quality of someone who can sometimes be hard to get along with

A skill or ability you have

A part of your body you are grateful for and why

An item that you love

Something that made you laugh

What you have learned from something that was hard.



SENSORY BOTTLE

Materials: a sensory bottle filled with small floating objects or coloured liquid bubbles

1. Shake the bottle well so that its contents are all mixed up.

Imagine that the stirred-up bottle is like your mind when you are feeling stressed, angry or upset. Just like it is hard to see the contents of the bottle clearly, it is hard to think clearly when we are upset.

2. Place the bottle down on a table.

Watch what happens when the bottle is still for a few moments.

Notice how its contents begin to settle and the water clears. Our mind and our feelings work the same way.

When we stop and are still for a little while, hard feelings feel less intense and we can see things more clearly.

Follow the falling objects or coloured bubbles with your eyes until every last one has settled at the bottom of the bottle.



MINDFUL EXPLORERS

1. Head outside and imagine that you are an explorer in a land where humans have never been before.
2. Remain quiet, calm your thoughts and move slowly while you are exploring.
3. Turn your senses of sight, touch and sound onto high.
4. Search for a natural object or a small creature to examine.

- What does it look like?
- What colour is it?
- What does it smell like?
- Can you touch it safely?
- What does it feel like?
- How does it move?
- What shapes and lines can you see in it?



SENSE COUNTDOWN

1. Sit or stand straight and still. Close your eyes or look downward.
2. Take three deep breaths in and out.
3. Open your eyes.

- Notice **five** things you can see.
- Notice **four** things you can touch.
- Notice **three** things you can hear.
- Notice **two** things you can smell.
- Notice **one** thing you can taste.



HEARTBEAT

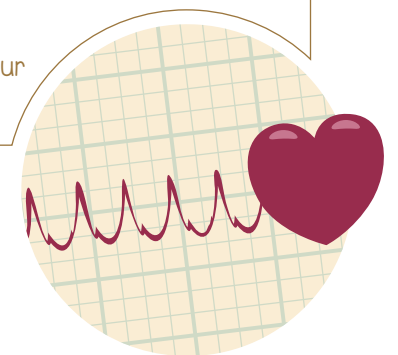
1. Sit straight and still. Close your eyes or look downward.
2. Take three deep breaths in and out.
3. Place your fingers or hands over the part of your body where you can best feel your pulse (or heartbeat):
 - on the side of your neck, under your jaw
 - inside your wrist
 - over your heart.
4. Notice how quickly or slowly your heart is beating.
5. Think about your current feelings.

Do you think this feeling is connected to how quickly or slowly your heart is beating?

6. Without speaking, stand up and jump on the spot ten times.
7. Sit down and find your heartbeat again.

What changes do you notice? Is your heart beating faster or slower than you expected?
Can you notice any change in your breath?

8. Close your eyes and focus on your heartbeat until it slows down again.



What was your favourite part of yesterday?



Write a thank you card to someone.



Which season are you most grateful for and why?



What is your favourite activity to do?



Write about a time you were able to help someone.



What is one special skill you have that you feel proud of?



What is your favourite day of the week and why?



Write about your favourite place outdoors.



Write about your favourite place indoors.



What is one of your happiest memories?



Think of one person in your family and write about why you are so grateful for them.



What do you love most about yourself and why?



Write about your favourite time of day.



Who is someone that inspires you?



What is the best thing about where you live?



Write about a challenge you've overcome.



What is something you are looking forward to?



When was the last time you felt really sad? What is something good that came out of that feeling?



What have you created that makes you feel proud?



Write about an opportunity you've had to learn something new.



Describe your favourite taste and how it makes you feel.



What do you love most about your body?



Describe your favourite celebration.



What is one thing you can't stop thinking about?



What is a big change in the world that you'd like to make?



Write a list of your five favourite places and why you are grateful for them.



What is a talent that you have used today?



Write about the last time someone made you laugh.



Write about the last time someone made you smile.



What is something or someone who makes you feel safe?



How are you able to help people in need?



What mistake are you grateful for?



List five ways you can share happiness with others today.



*What hobbies or activities would you miss if
you were unable to do them?*



*Think about someone in your life who can be hard to
get along with. Write down one quality about
them that you are grateful for.*



What part of your morning routine are you most grateful for?



Write about a time someone helped you when you were hurt.



What is your favourite way to move your body?



What is your least favourite time of year? Think of three reasons to be grateful for that time of year.



Think about someone you see every day. What is it about that person that you are most grateful for?



Think about what life was like one year ago. Write five reasons you are grateful for your experiences since then.



What is your favourite natural element: earth, air, fire or water? Why?



What is your favourite colour and why?



What is your favourite of the five senses: taste, sight, touch, sound or smell? Why are you grateful for this sense?



Write about three items that you own and feel grateful for.



*How do your family and friends help
to make your life happy?*



*What is something you did today that
you'd love to do every day?*



*How would you rate today from 1 to 10?
Why are you grateful for today?*



What is your favourite word right now? Why?



*What part of your evening routine are
you most grateful for?*



Body Scan: Guided Meditation Script

Teacher Notes

- Students need to be lying down for this activity.
- Try to make mindfulness mini-lessons a special time of day. Schedule 5 minutes a day, at a time that suits you and your class.
- A small, routine change in the environment helps students focus on mindfulness practise. You may like to dim or turn off the lights or close classroom curtains or blinds.
- Consider beginning and ending each guided meditation with the sound of a bell.
- These guided meditations are highly effective when practised in a quiet space; however, you may like to play some soft, calming instrumental music. Keep the volume very quiet so the music does not distract your students as they learn to focus solely on their breath and the sound of your voice.

Teacher Script

(Optional) Ring bell. When the sound dissipates, begin reading.

Place both of your hands on your belly. Close your eyes, or look up towards the ceiling or the sky, so you are not distracted by what is around you.

Place your arms by your side, and focus on your breath. Notice whether your belly is moving up and down as your breath moves in and out of your body.

On the next breath in, focus on filling the bottom of your lungs first. Breathe right down deep into your belly.

When you breathe out, let all of the air out of your lungs.

As you breathe into your belly and all the way out, you will notice your breath slowing down.

(pause)

Now bring your awareness to your feet. Without speaking out loud, think about how your feet feel.

Are you wearing socks and shoes?

What can you feel against the skin on your feet?

Are your toes cold or warm?

What part of your feet are touching the ground?

What does the ground feel like where it is touching your feet?

(pause)

Now move your awareness to your ankles. Notice any feelings or sensations in your ankles. As you lie on the ground, do your feet make your ankles turn out a little bit? What does this feel like?

(pause)

Move your mind's eye to your calves – the big muscles at the back of the lower half of your legs. Notice any feelings or sensations in your calves.

Notice where your calves touch the floor and where they don't.

Now bring your attention to your shins (the front of your legs). Thinking about your shins and your calves, notice whether they feel tight or relaxed.

Can you feel any specific textures, like the floor or clothing, on different parts of your lower legs?

(pause)

Move your awareness up to your knees. Are you holding your knees tight. If you are, try breathing out that tension with the next breath out.

(pause)

Move your awareness to your quadriceps and hamstrings. These muscles in the top half of your legs work hard to move you around each day. Do the muscles feel tight or relaxed?

With your next breath in, imagine the air travelling all the way down to the top of your legs. When you breathe out, imagine all of the tightness and tension leaving the muscles, sent out with your breath.

(pause)

Bring your focus to your hips and gluteal muscles. Notice any feelings of heaviness as these parts of your body sink deeper into the floor with every breath out.

Pay attention now to the entire lower half of your body, from your hips, quadriceps, knees, calf muscles, ankles, feet and toes.

On the next breath in, imagine filling the lower half of your body with air. And with the breath out, releasing all tension and stress being held in the lower half of your body.

Continue breathing like this for three deep belly breaths.

(pause)

Now move your focus up to your stomach and lower back. Notice which parts of your lower back are touching the ground, if any.

Consider whether you can feel any parts of your lower spine or tailbone on the ground. What does it feel like?

With each deep belly breath in, your lower lungs fill up first, pushing your belly out. With each breath out, feel your stomach contract.

Notice the movement of your ribcage as you breathe – moving up and down, outwards and inwards.

Breathe in, filling your lungs with relaxing air, and breathe all the way out. Let go of any feelings of muscle tightness or stress as you exhale.

(pause)

Bring your awareness to your upper back and chest. Notice which parts of your upper back are in contact with the floor. Feel the weight of your body as this part of your back sinks into the floor.

With each deep belly breath in, notice any movement of your upper back against the floor. Notice whether your shoulder blades move a little with each breath in and out.

Bring your attention to the feeling of your chest rising and falling with each breath. Think about your lungs completely filling with air as you take a deep breath in, and completely emptying with every long, slow breath out.

Notice whether you are holding any tension in your shoulders. Do your upper back and shoulder muscles feel tight or do they feel relaxed?

Breathe in relaxation with each new breath. Breathe out any feelings of muscle tightness or discomfort with each exhalation.

(pause)

Now move your awareness to your arms. Notice how they feel along the floor. Pay attention with your mind's eye to which parts of your arms are touching the floor and which are not.

Notice any clothing that is touching the skin of your arms. Are you wearing long sleeves that finish near your wrists, or short sleeves that finish around your upper arms?

Do your arms feel cold or warm? Maybe the skin underneath your sleeves is slightly warmer than the skin exposed to the air?

Think about your fingers, hands and wrists. Notice how your fingers curl gently when you are relaxed. Are your fingers or palms touching any part of the floor, or maybe they are gently making contact with the side of your body.

Notice any feelings or sensations in your fingers, palms and wrists.

With the next breath in, imagine the air travelling all the way through your arms, into your hands and into the very tips of your fingers.

Follow your breath with your mind as you breathe out and the air travels back out of your body.

(pause)

Move your thoughts to your neck. Your neck carries the weight of your head for all of your waking hours. Notice whether you can feel any tension or stiffness in your neck. Take a deep breath in. With the next exhale, let go of any feelings of tension or discomfort.

Notice whether your lower neck arches up off the floor or whether you can feel your whole head resting on the ground.

Pay attention to the feeling of any clothing or jewellery touching the skin of your neck. Pay close attention to any small movements or sensations that are created by your breath.

(pause)

Move your awareness to your face. Think about all of the little muscles that you use with every word, smile and frown. Notice whether your facial muscles are tense or if they are relaxed.

With each breath out, relax the muscles in your face.

Now pay attention to your nose. Can you feel the air moving in and out of your nostrils as you breathe?

Maybe the air feels a little bit cooler on the way in, and warmer on the way out. Maybe you can't feel any difference in temperature at all.

(pause)

Bring your awareness to the back and the top of your head. Feel where the weight of your head rests on the floor. Notice whether the air feels warmer or cooler on different parts of your head, face and neck.

(pause)

Now bring your awareness to the entire upper half of your body – your stomach, lower back, upper back, chest, arms, wrists, hands, fingers and then your neck, face and head.

Take a deep breath in and imagine filling the upper half of your body with air. Let the breath out, completely emptying your lungs.

(pause)

Now let your awareness spread throughout your entire body. With each breath in, imagine your whole body filling with feelings of relaxation and peace. With every breath out, feel your body sink deeper into the floor.

Continue for three long, deep belly breaths.

(pause)

Allow students to continue mindful breathing in silence for as long as you feel is appropriate. This could be anything from 30 seconds to 15 minutes. Be flexible and responsive to the student group you are working with.

Start to bring your awareness back to the room. Notice the sounds you can hear inside of, or outside of, the room. Notice how the ground feels underneath you. Notice the temperature of the air inside of, or outside of, the room.

Start to wiggle your fingers and toes to begin waking your body up. Being aware of the people and furniture around you, and without talking, stretch out your body. Stretch your neck, your arms, and your legs.

When you are ready, slowly roll over onto your side. Lie on your side a for moment. When you are ready, move to a sitting position and open your eyes.

Sit still for a moment and notice any new feelings or sensations in your body. Do you feel different after this body scan practise? Notice how your body and mind may have calmed and focused after spending this time with your breath.

(Optional) Ring bell to signify the end of the mindfulness mini-lesson.

Breathing Colours: Guided Meditation Script

Teacher Notes:

- Students can stand, sit or lay down for this activity.
- When first beginning mindfulness practice try to make mindfulness mini-lessons a special time of day. Schedule 5 minutes a day, at a time that suits you and your class.
- A small, routine change in the environment helps to focus students for mindfulness practise. You may like to dim or turn off the lights or draw closed classroom curtains or blinds.
- Consider beginning and ending each guided meditation with the sound of a bell.
- These guided meditations are highly effective when practiced in a quiet space, however, you may like to play some soft, calming instrumental music. Keep the volume very quiet so the music does not become a distraction for your students as they learn to focus solely on their breath and the sound of your voice.

Teacher Script:

Take some time to make sure you are in a comfortable position. Whether you are sitting, standing or lying down.

Close your eyes, or look down, so you are not distracted by what is around you.

Think about where your hands are. You may keep your arms by your side. Or you might like to put your hands on your belly or over your heart so you can feel your breath.

Start to bring your attention to your breath.

(Optional) Ring bell. When the sound dissipates, begin reading.

Feel the air coming into your body as you breathe in.

Notice the air leaving your body as you breathe out.

Begin to slow down your breathing, counting silently in your mind.

Count to three on the breath in, and count to three on the breath out.

1, 2, 3 in.

(pause)

1, 2, 3 out.

(pause)

Bring your awareness to any changes you feel in your body as you breathe in and out.

Think about how your belly rises and falls. If you have your hands on your belly, or over your heart, you might be able to feel how your lungs expand and retract with each breath.

(pause)

On the next breath in, breathe deep down behind your belly button. Use the air to fill the very bottom of your lungs.

This will begin to slow your breathing down.

Breathe deep into your belly.

(pause)

On the next breath out, concentrate on getting all of the air out of your lungs.

Take a long breath in.

And a long breath out.

Continue focusing on your breath.

(pause)

Without speaking, I want you to think about a colour that reminds you of stress. It might be red, or grey, or any other colour that makes you think about feelings of stress or upset.

Continue breathing in, deep into your belly, and exhaling all of the air with your breath out. But now I want you to imagine that the air that you breathe out is the colour of stress.

Take a deep breath in, and breathe out the stress colour.

Imagine that as you breathe out this colour, all of your stresses, worries and sad feelings are leaving your body and floating away through the air. Don't follow those feelings. Keep paying attention to your body and your breath, as you can feel it right now, in this moment.

(pause)

Now, without speaking, I want you to think about a relaxing or happy colour. You can choose the colour. It may be green, or blue, or gold. Or any other colour that reminds you of feeling good.

Imagine that you are surrounded by a relaxing colour. The air around you isn't clear anymore. It is the relaxing colour.

(pause)

As you breathe in, imagine the relaxing colour coming in through your nose and filling up your lungs. Breathe the colour deep into your belly.

As you breathe out, imagine breathing out the stress colour.

Breathe in the relaxing colour. And breathe out the stress colour.

(pause)

On the next breath, imagine that the relaxing colour doesn't just fill your lungs, but that it travels right to the very ends of your arms and legs, into your fingers and toes, and right to the top of your head.

Soon the relaxing colour takes over the stress colour. And as you breathe, all of the air that travels in and out of your body is the colour of relaxation.

(pause)

In your imagination, look around the room. You can still make out shapes, but your world is now a different colour. As you continue to breathe more of the relaxing colour out into your world, the stress colour totally disappears.

(pause)

Take three more deep breaths, visualising the colour filling your body and then flowing out into the room.

Lengthen the mindfulness breathing meditation here by allowing students to continue mindful breathing in silence for as long as you feel is appropriate.

This could be anything from 30 seconds to 15 minutes. Be flexible and responsive to the student group you are working with.

Start to bring your awareness to the rest of your body. Notice the sounds you can hear in the room, or outside of the room. Notice how the chair or the ground feels underneath you.

Start to wiggle your fingers and toes to begin waking your body up. When you are ready slowly open your eyes.

Being aware of the people and furniture around you, and without talking, stretch out your body. Stretch your neck, your arms and your legs.

Sit or stand still for a moment and notice any new feelings or sensations in your body. Do you feel different after this mindful colour breathing practise? Notice how your body and mind may have calmed and focused after spending this time with your breath.

(Optional) Ring bell to signify the end of the mindfulness mini-lesson.

Mindful Breathing: Guided Meditation Script

Teacher Notes

- Students can stand, sit, or lie down for this activity.
- Try to make mindfulness mini-lessons a special time of day. Schedule 5 minutes a day, at a time that suits you and your class.
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Teacher Script

Place both of your hands on your belly. Close your eyes, or look down so you are not distracted by what is around you. Begin to concentrate on your breath.

(Optional) Ring bell. When the sound dissipates, begin reading.

Rest your hands on your stomach, close to your belly button. Notice your hands moving each time you breathe in and out.

Without speaking, think about what it is that you can feel.

What is moving your hands? Is it the air filling your lungs?

Keep breathing in and out. In and out.

Try not to change anything about the way you are breathing. Even though you are paying close attention to it, just keep breathing the way you always do.

Notice which parts of your lungs fill with air when you breathe naturally.

Does the air go right down to the bottom of your lungs, right down behind your belly button? Or does your breath stay mostly in the top part of your chest?

(pause)

On the next breath in, breathe right down deep into your belly. Right down, behind your belly button, underneath your hands.

Your hands are still resting on your belly. Feel your breath moving your hands up **(pause)** and down **(pause)**.

When you think about breathing deep into your belly, your breath should start to slow down.

(pause)

Silently, in your mind, count along with your breath.

1, 2, 3 on the breath in.

1, 2, 3 on the breath out.

1, 2, 3 in.

(pause)

1, 2, 3 out.

(pause)

If your mind wanders, if you get distracted for a moment and start thinking about something else, that's okay. When you notice that you're thinking about something else, just bring your awareness back to my voice, to your breath, and to the counting in your mind.

(pause)

Notice how your breath changes when you count in your mind.

1, 2, 3 in.

(pause)

1, 2, 3 out.

(pause)

1, 2, 3 in.

(pause)

1, 2, 3 out.

(pause)

Continue this slow, deep breathing, right down into your belly.

(pause)

On your next breath out, concentrate on emptying all of the air from your lungs.

Breathing in, breathe deep into your belly.

Breathing out, empty all of the air from your lungs.

(pause)

Notice whether this changes anything about your breath.

Notice whether this changes anything about how your body feels, or the movement of your hands.

Breathing in, deep into your belly.

Breathing out, emptying all of the air from your lungs.

(pause)

Now that you are doing deep belly breaths, move your mind's awareness to your nose.

Can you feel the air moving in through your nose? Can you feel the air moving out through your nose?

Maybe the air feels a little colder on the way in, and a little warmer on the way out. Or maybe you can't feel any difference at all.

There's no right or wrong. These are just more ways you can use your mind to help you focus on your breath.

(pause)

Continue with deep belly breaths in. And long, full exhalations out.

(pause)

Can you hear your breath? What does it sound like?

Does your breath sound louder on the way in, or on the way out?

(pause)

Allow students to continue mindful breathing in silence for as long as you feel is appropriate. This could be anything from 30 seconds to 15 minutes. Be flexible and responsive to the student group you are working with.

Start to bring your awareness to the rest of your body. Notice the sounds you can hear inside of, or outside of, the room. Notice how the chair/ground feels underneath you.

Start to wiggle your fingers and toes to begin waking your body up. When you are ready, slowly open your eyes.

Being aware of the people and furniture around you, and without talking, stretch out your body. Stretch your neck, your arms and your legs.

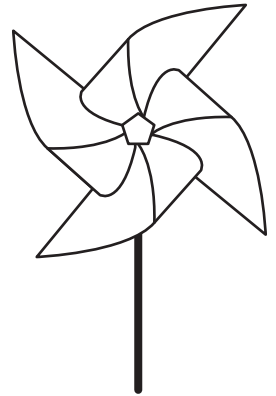
Sit/stand still for a moment and notice any feelings or sensations in your body. Do you feel different after this mindful breathing practise? Notice how your body and mind may have calmed and focused after spending this time with your breath.

(Optional) Ring bell to signify the end of the guided meditation session.

MAKE A PAPER PINWHEEL

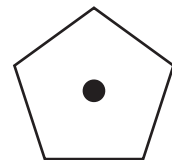
YOU WILL NEED:

- Scissors
- Glue stick
- Eraser
- Paper straw
- Map pin or thumbtack
- Stopper (a rubber earring back, a seed bead or a Styrofoam ball)



INSTRUCTIONS

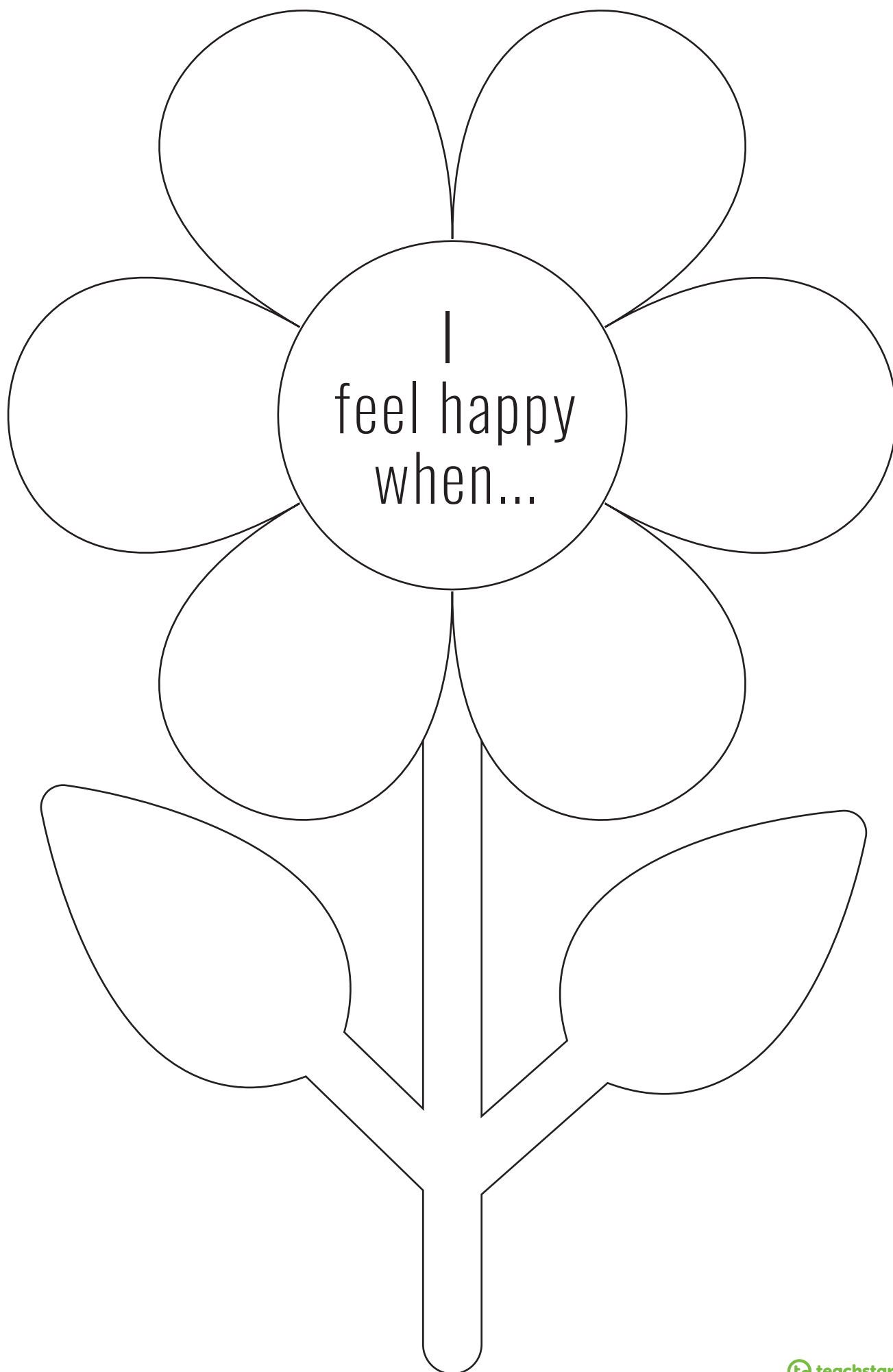
1. Colour in the front of your pinwheel and the small pentagon.
2. Cut along the black lines.
3. Glue each of the black dots into the centre, one on top of another.
4. Glue the pentagon on top, in the centre of the pinwheel.
5. Pinch one end of the paper straw to make it flat.
6. Lay the flat end of the straw on the eraser, and place the centre of the pinwheel on top of it.
7. Very carefully push your pin through all the layers of your pinwheel and the straw.
8. Pull the eraser off and put a stopper on the point of the pin.

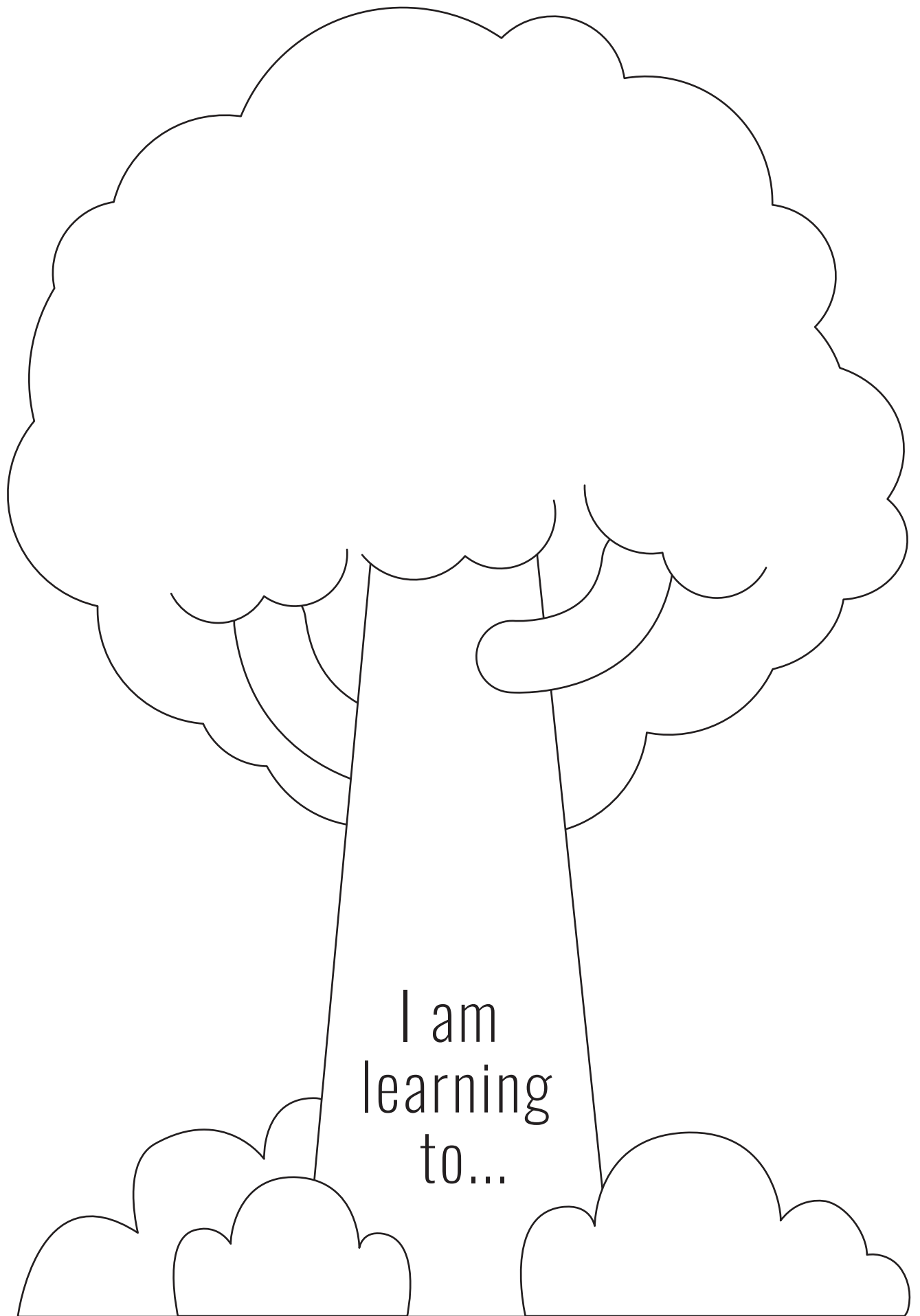


A Pin Free Alternative

Use a medium paper fastener (split pin) instead.

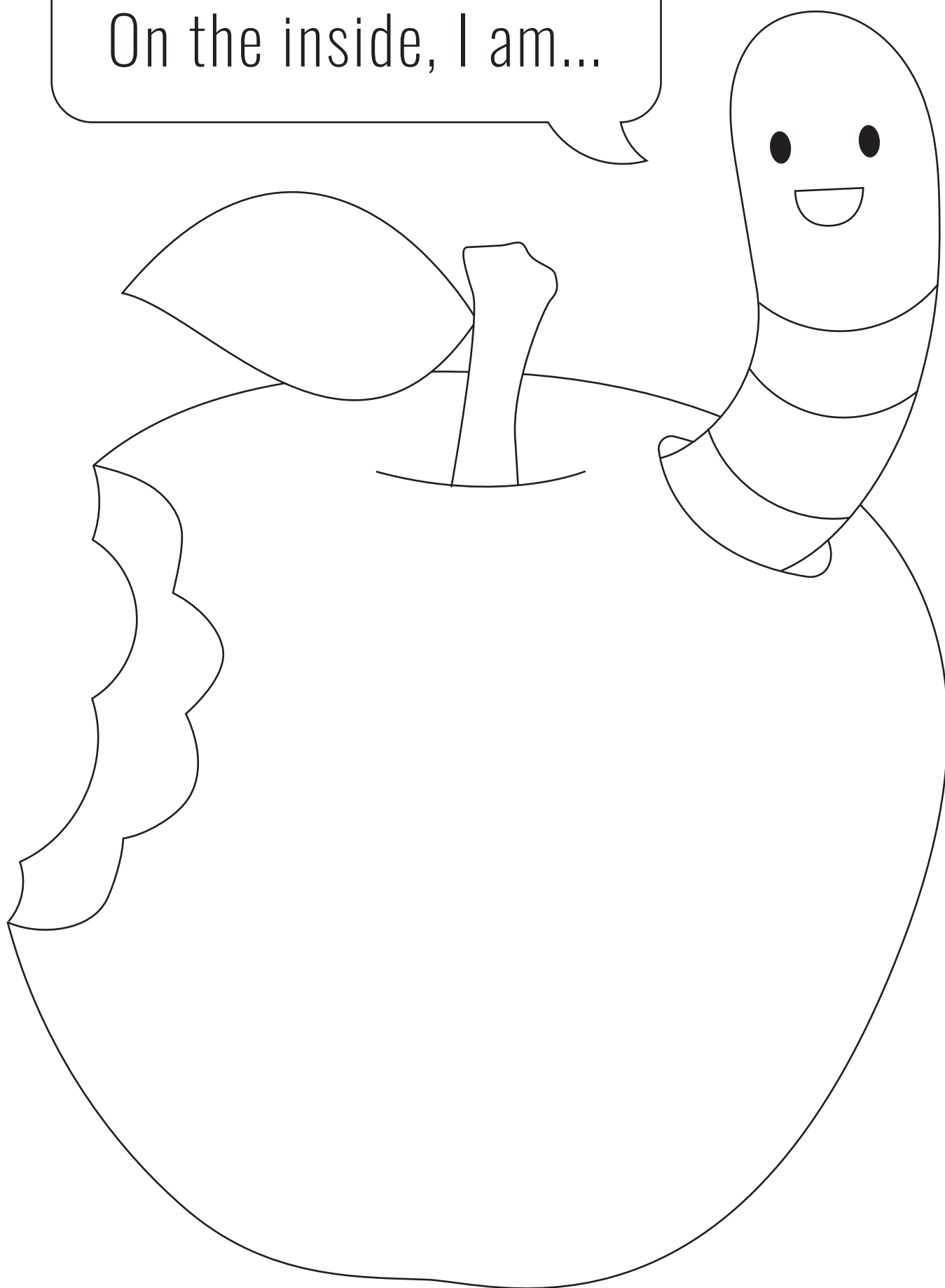
Use a hole punch to form large holes on each dot. Fasten and open the split pin. Pinch the top of the paper straw together and cut a 1 cm slit down the centre. Slide the split pin into the slit in the paper straw.





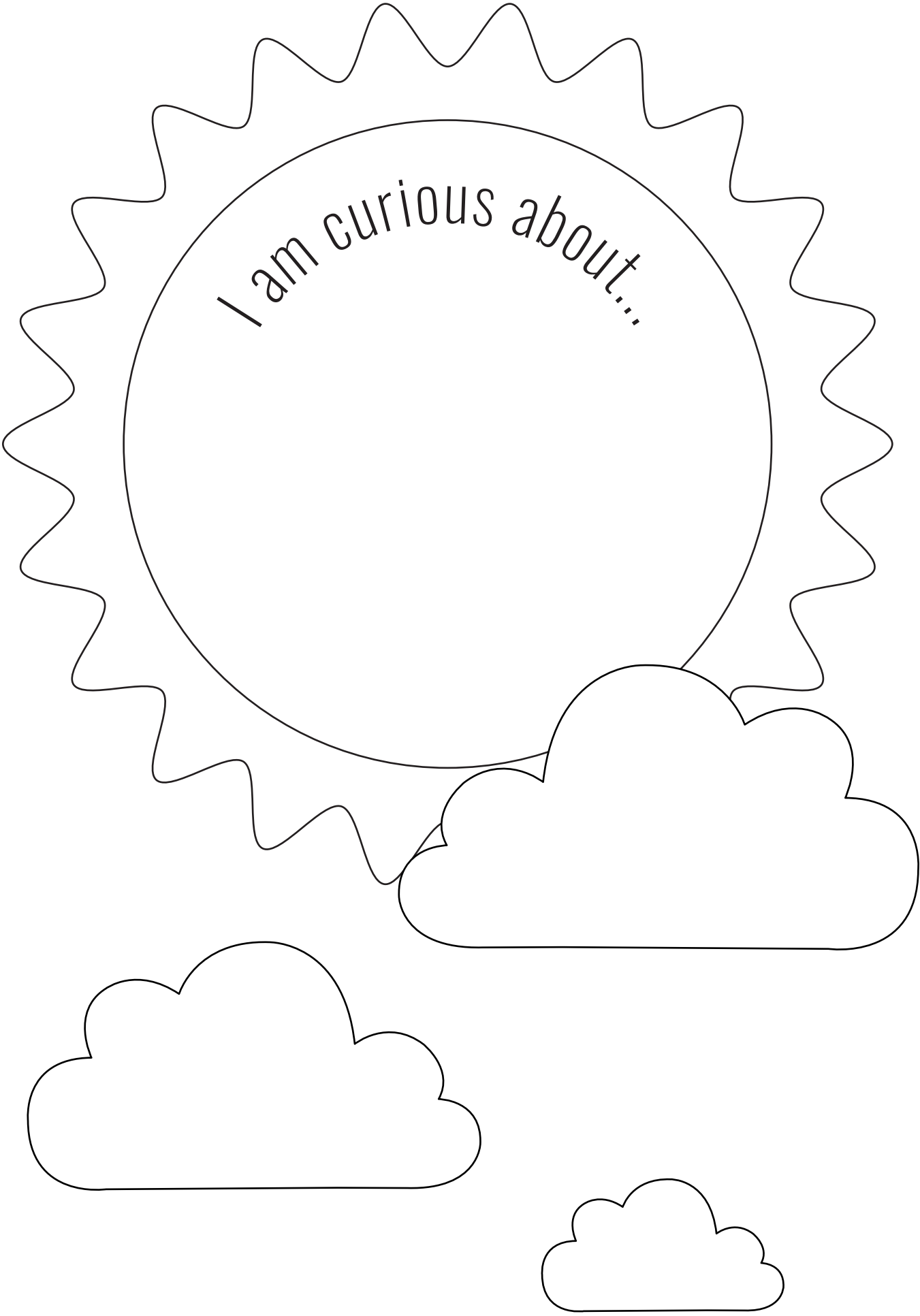
I am
learning
to...

On the inside, I am...





Challenges
help me to...

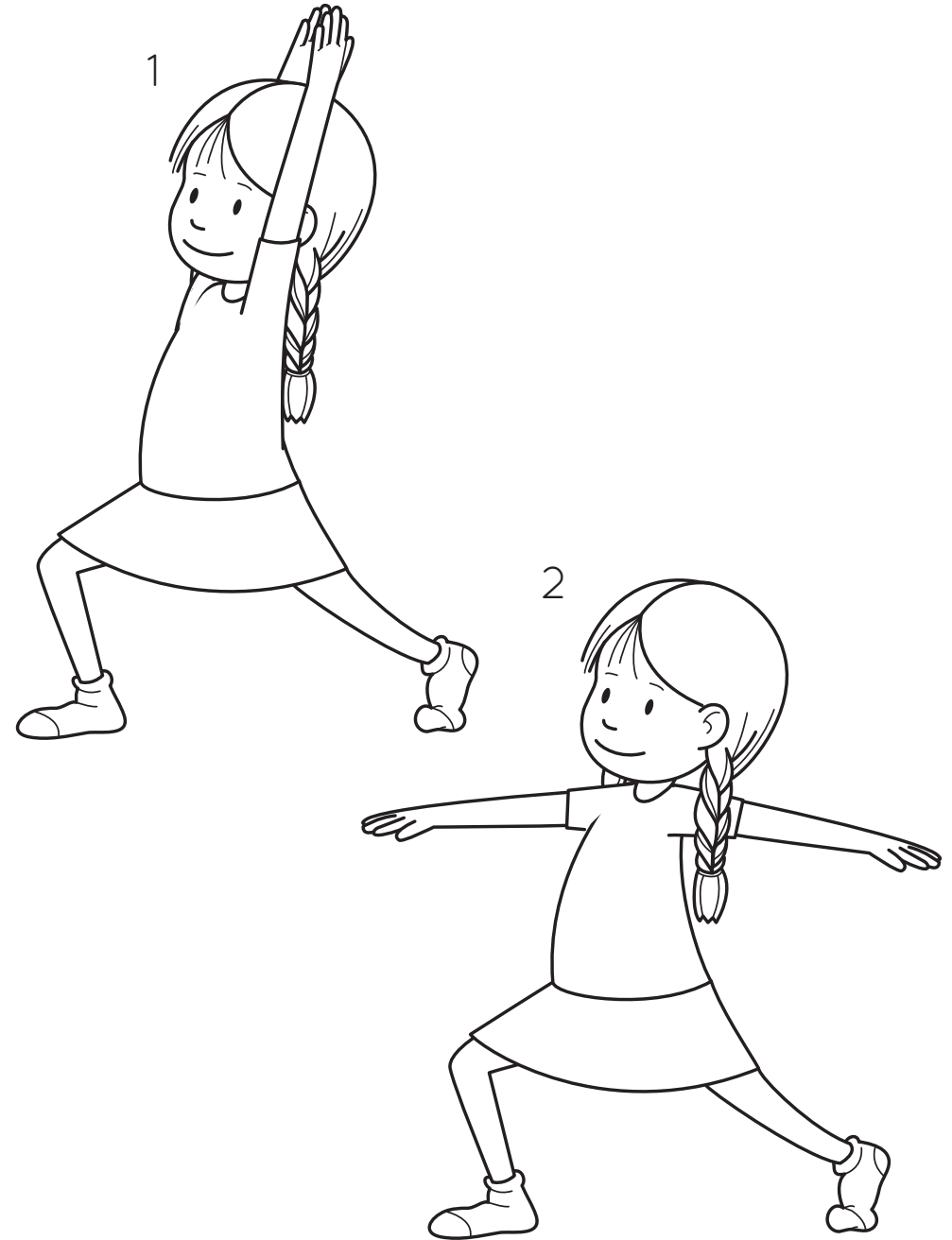


I am curious about...

Tree



Warrior



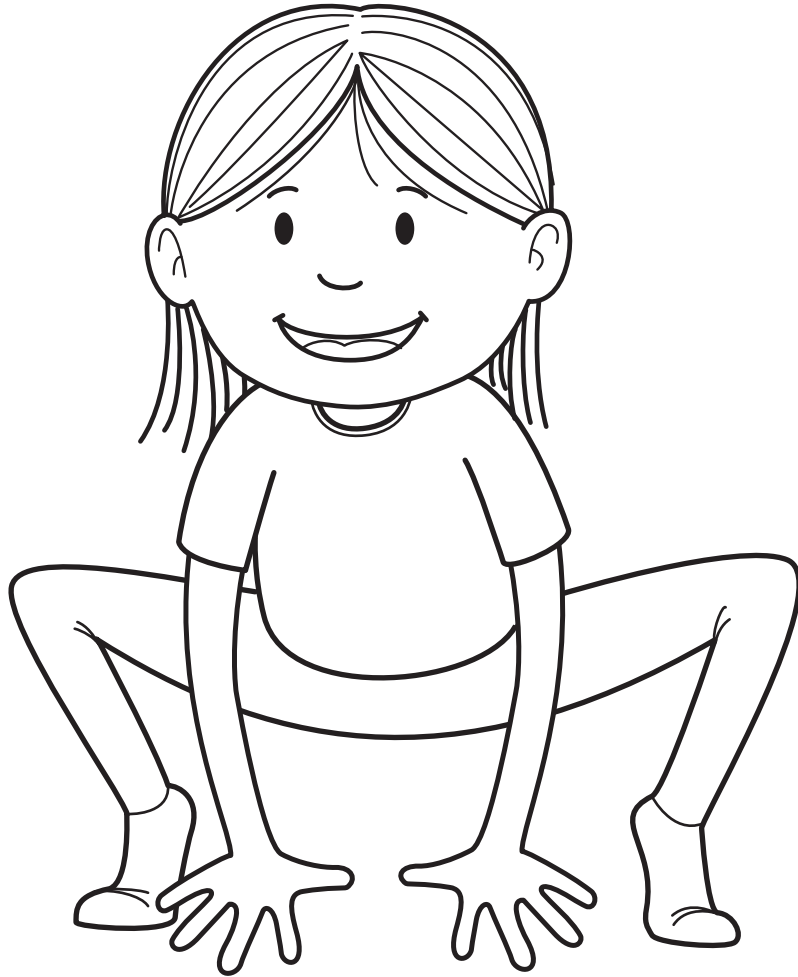
Palm Tree



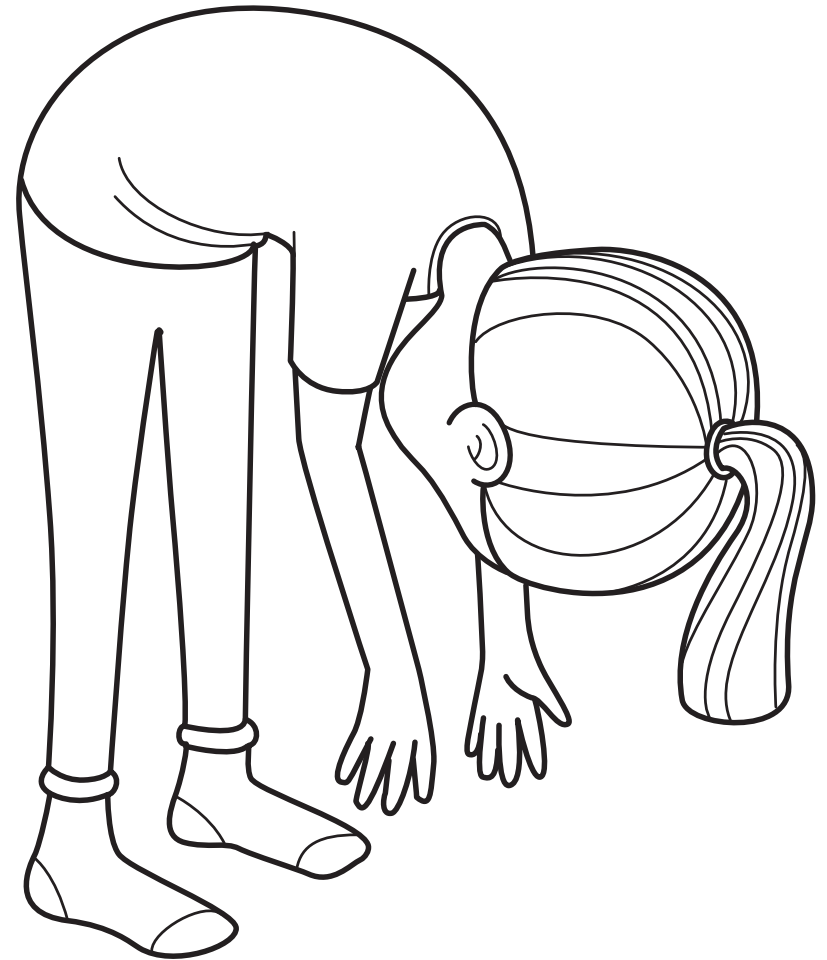
Relaxation



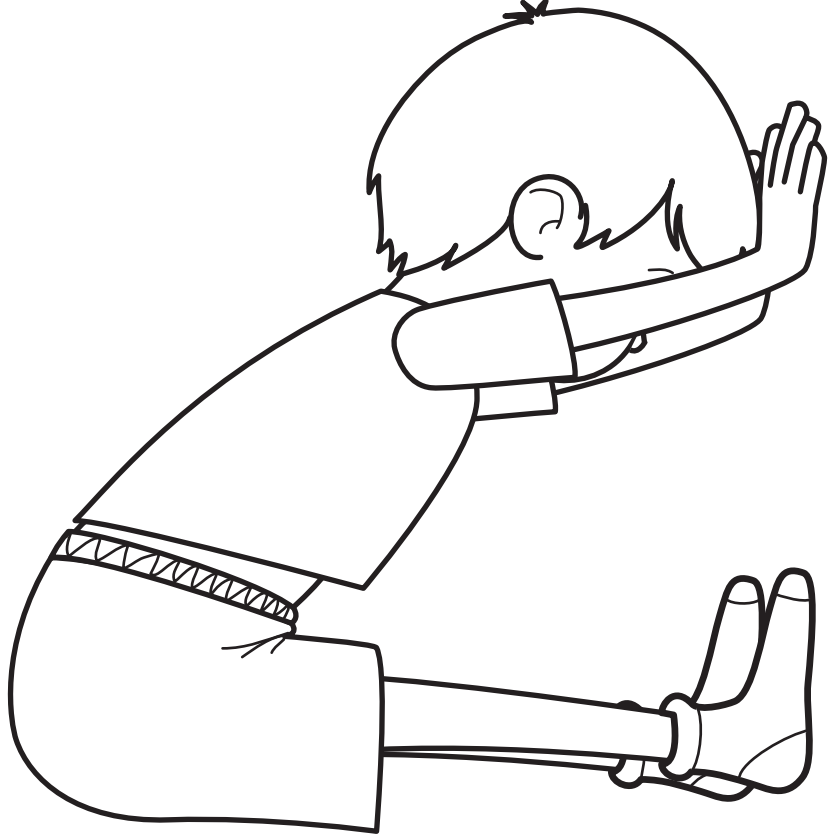
Frog



Ragdoll



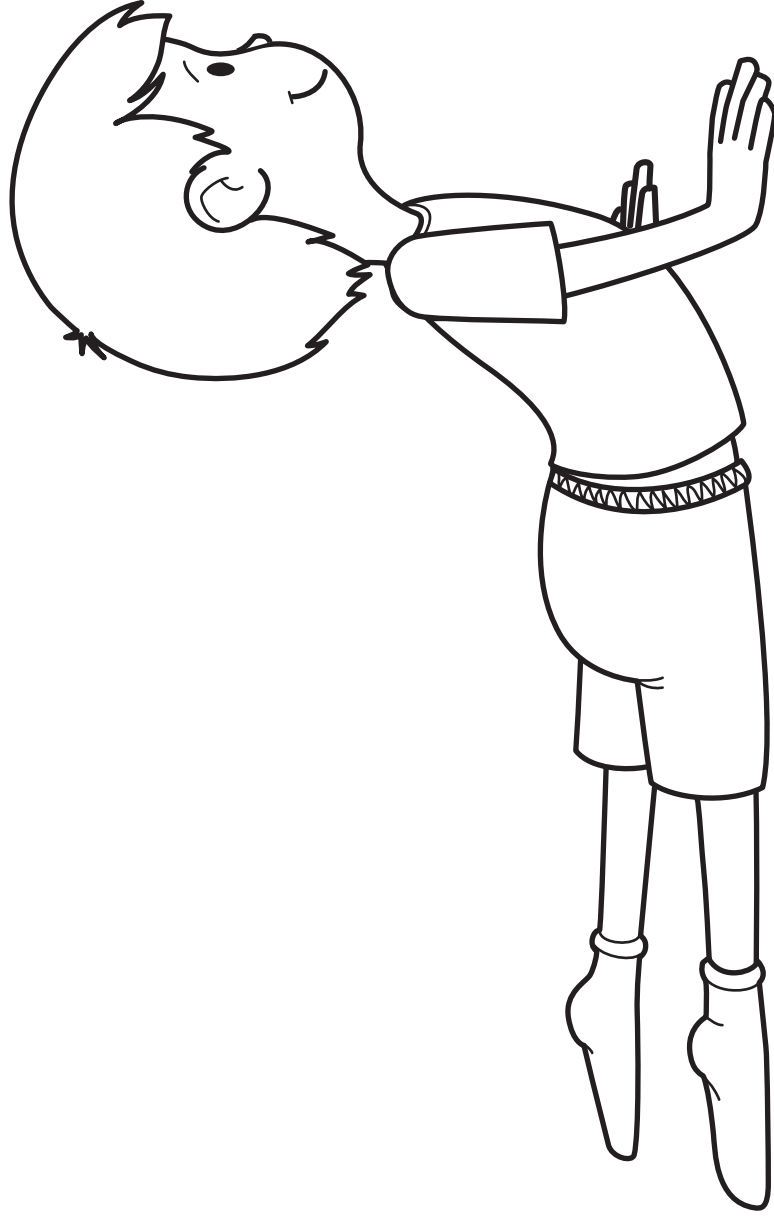
Down Dog



Yoga Poses for Kids



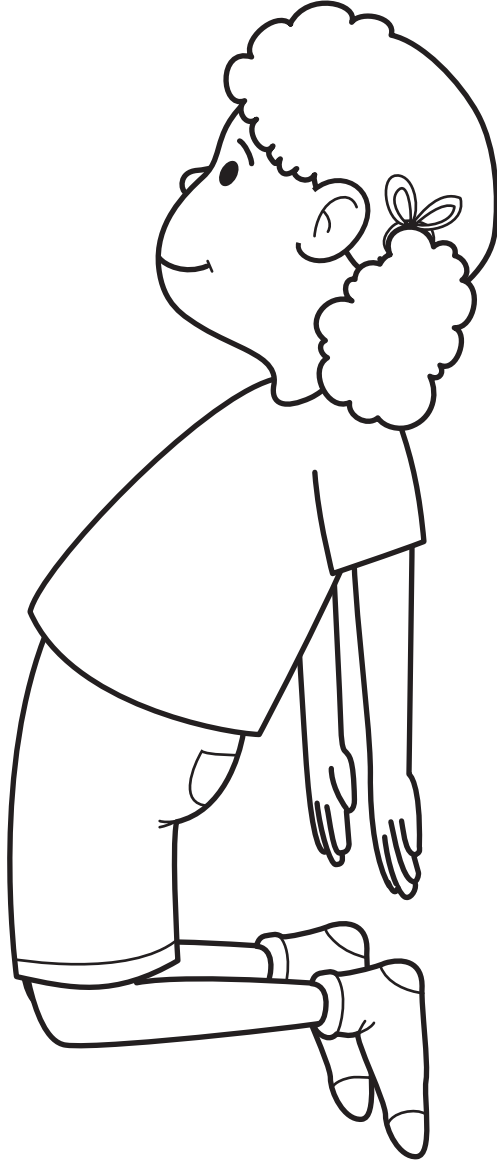
Up dog



Yoga Poses for Kids



Bridge

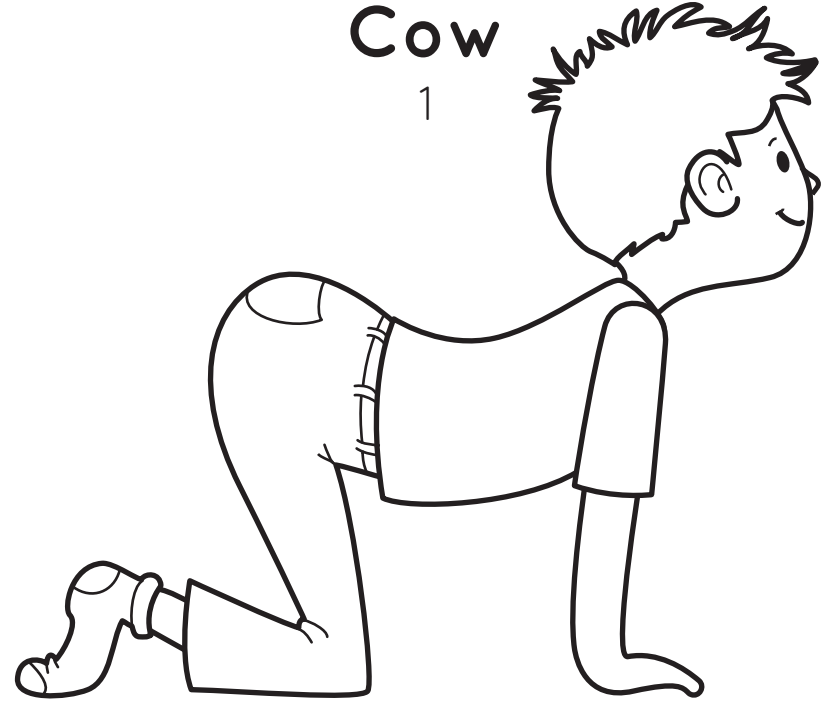


Yoga Poses for Kids



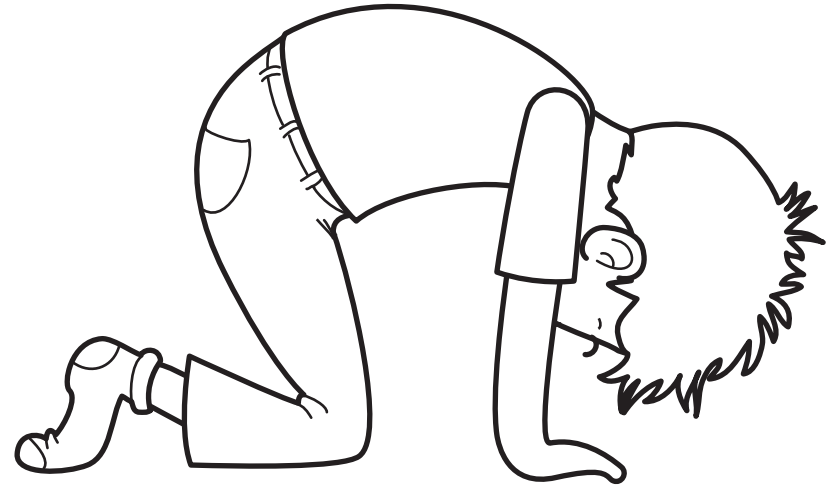
Cow

1



Cat

2



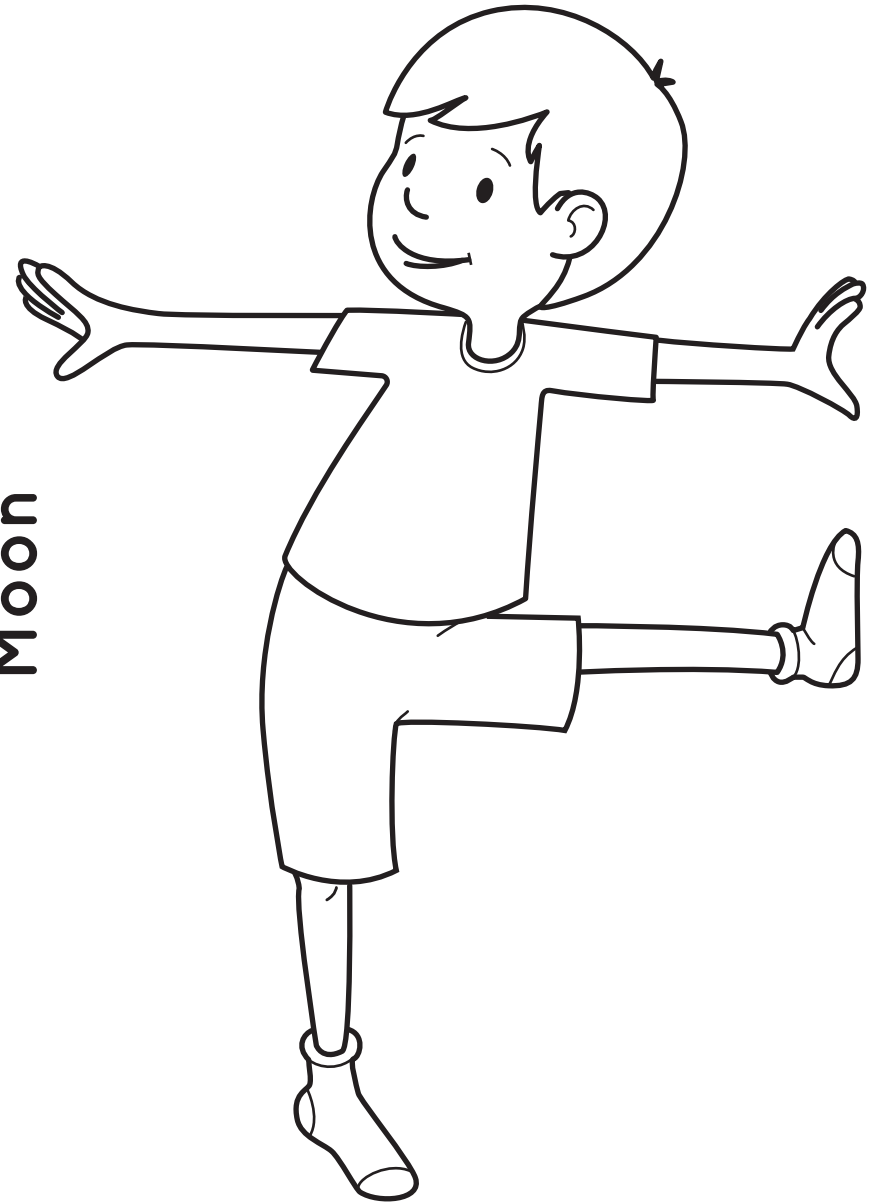
Yoga Poses for Kids



Rainbow



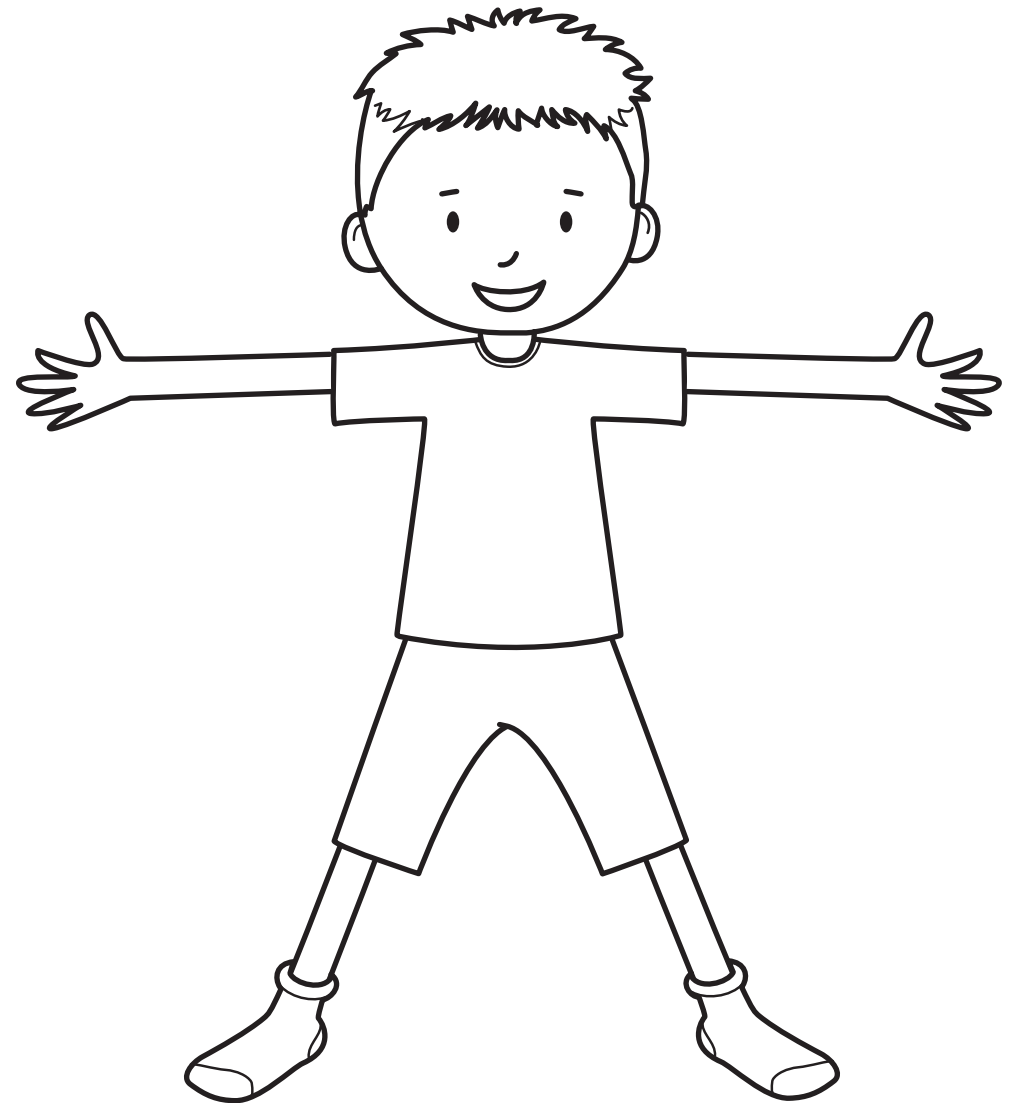
Moon



Butterfly



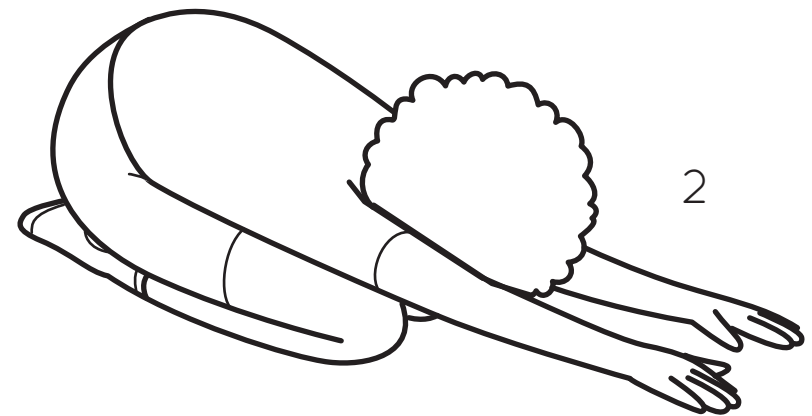
Star

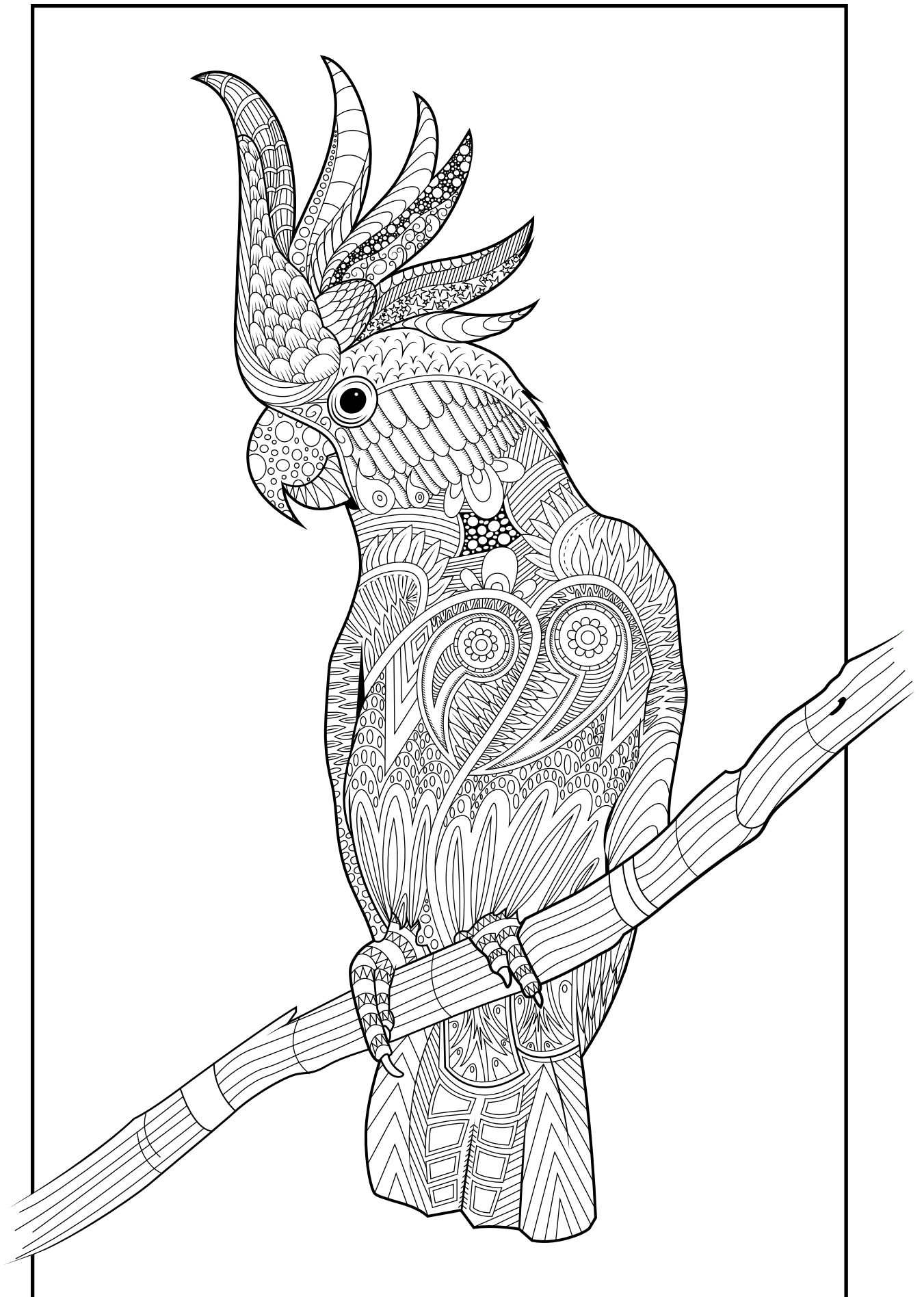


Dancer

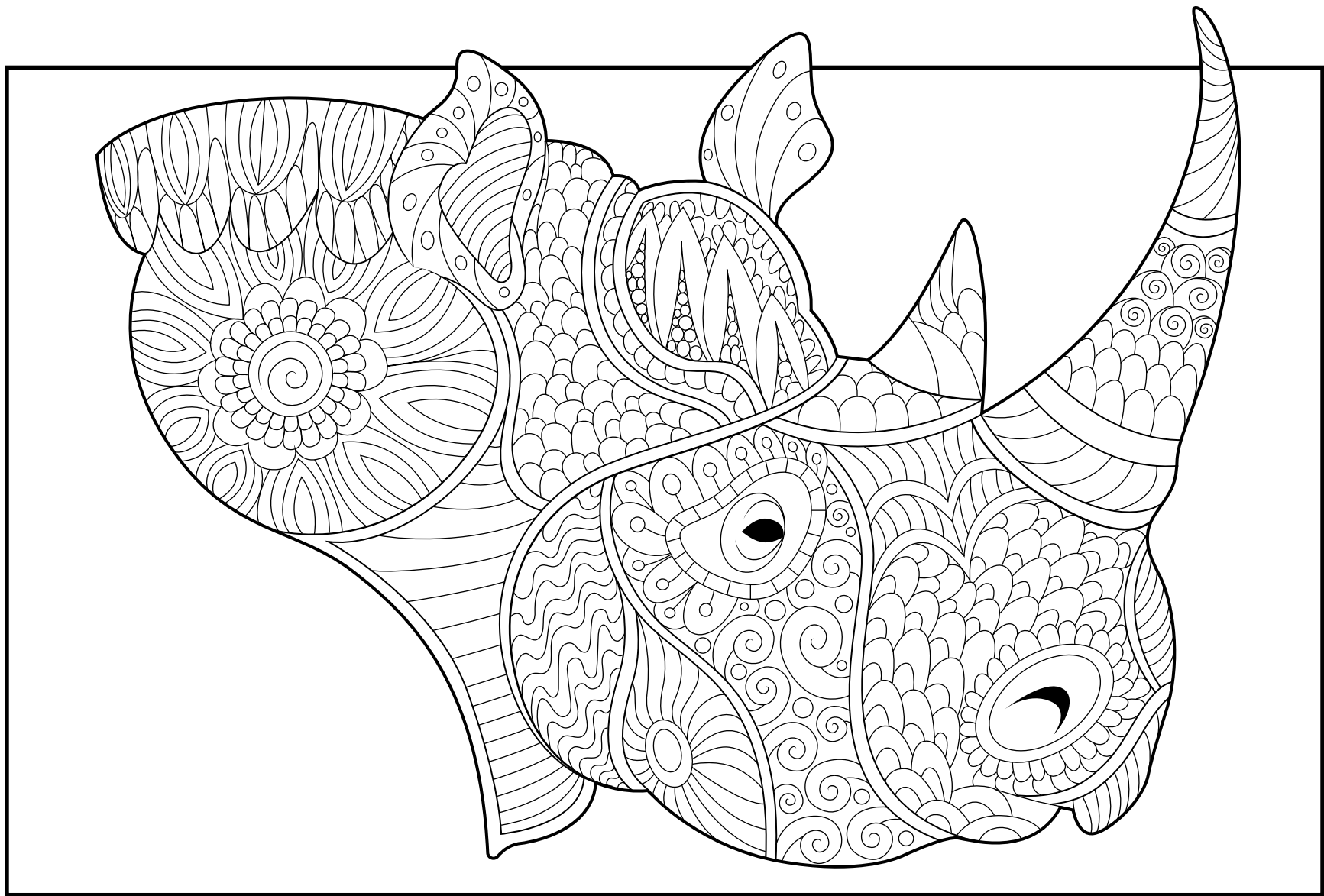


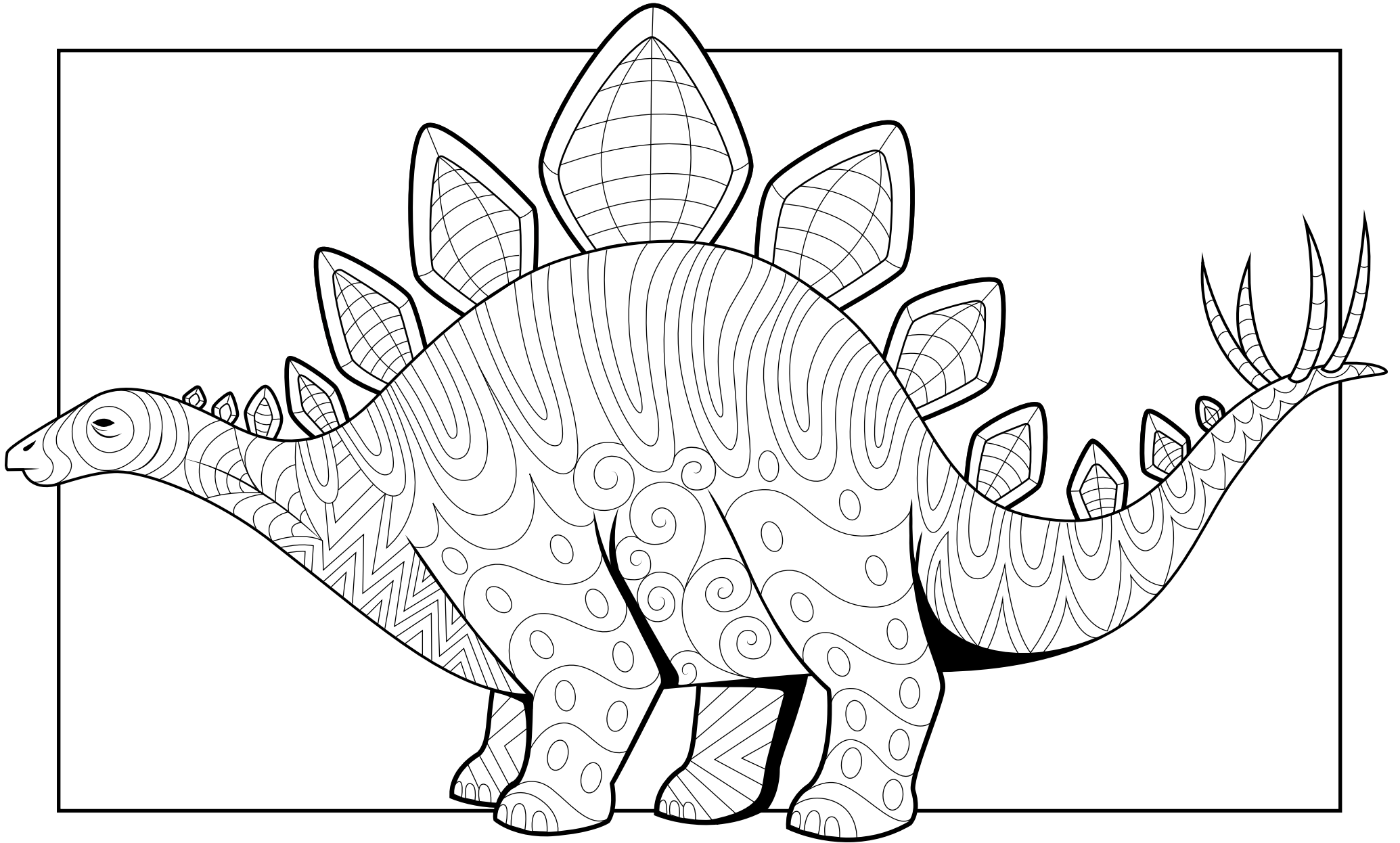
Child's Pose

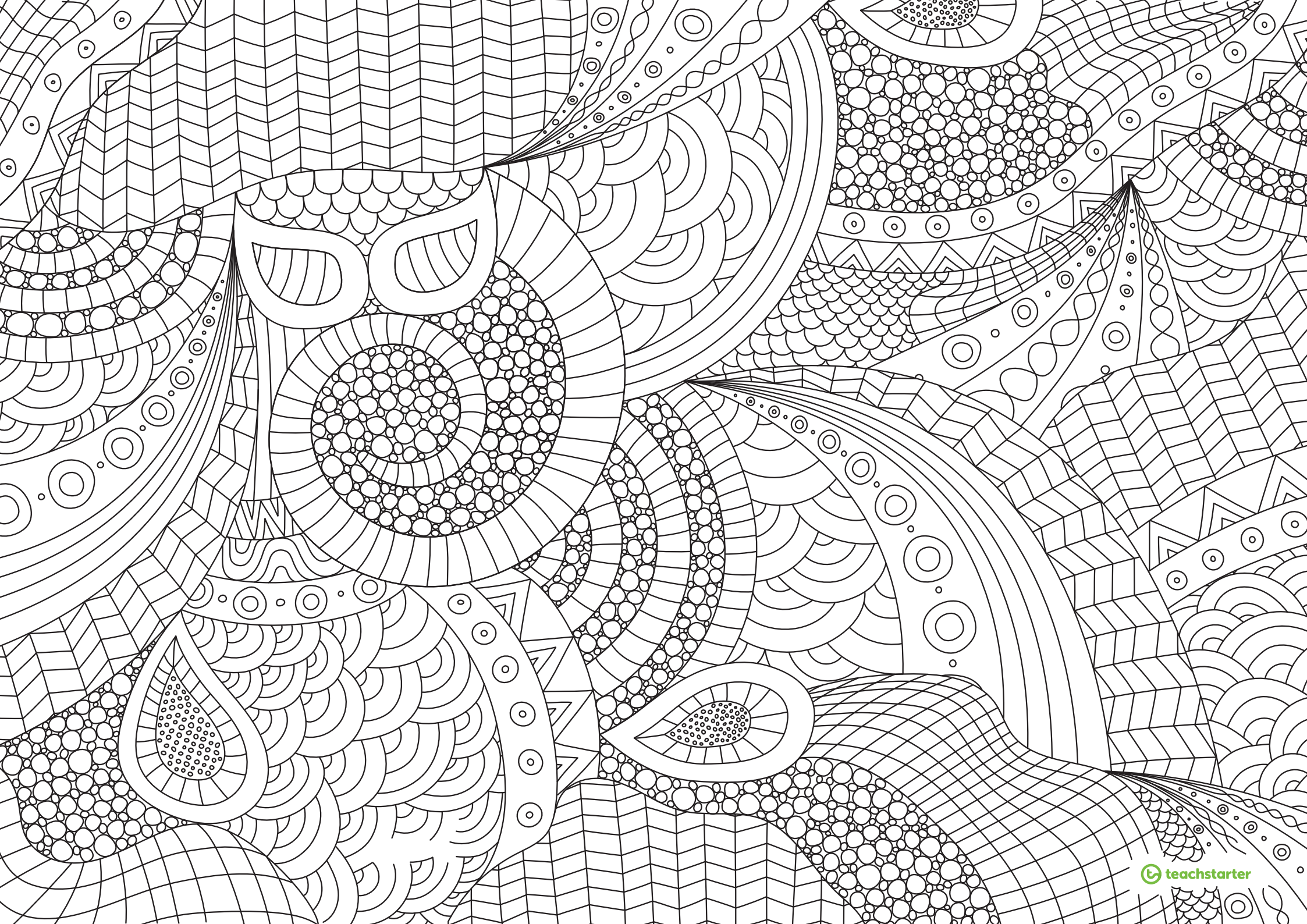




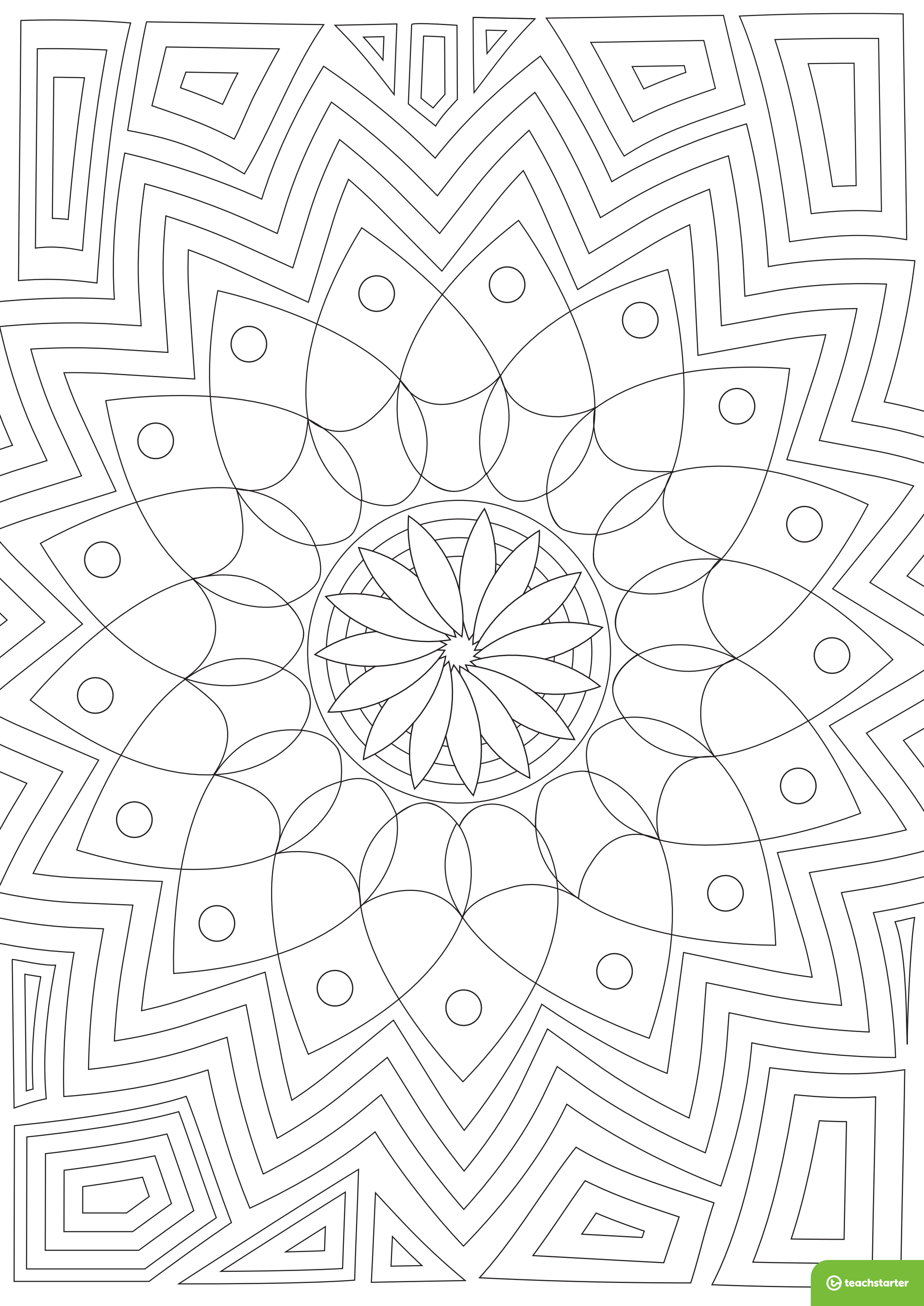












EVERY DAY
MAY NOT be
GOOD BUT THERE
IS SOMETHING
good IN EVERY
DAY

