

Daily Mindful Moments

Mindfulness is about being aware and paying attention to the present moment. When we are anxious, worried or stressed, mindfulness can help us to settle our mind and focus on what is around us. By taking a mindful moment each day, we are helping ourselves to be more present.

You can use this calendar to help you choose a mindful moment each day. Write down what you would like to do.

- | | | | |
|---|--|--|---|
| 1
Together as a class, read the Mindfulness Story - The Clear Blue Sky. | 2
Listen to a piece of music. Close your eyes and imagine colours and shapes. What do they do with the music? | 3
Learn the cat/cow and eagle yoga poses. | 4
Pretend a rainbow is in front of you and you are at the bottom. Breathe in through your nose and run your hand along the rainbow to the top. Breathe out through your mouth as you run your hand back down the rainbow. |
| 8
Together as a class, read the Mindfulness Story - Taming the Puppy. | 9
Draw pictures and patterns on the concrete with chalk. | 10
Learn the swan and puppy yoga poses. | 11
Pretend you are blowing up a balloon. Take a big deep breath in and slowly blow out. Fill the balloon with air. Repeat this three more times. |
| 15
Together as a class, read the Mindfulness Story - The Hole in the Road. | 16
Put a piece of ice in your mouth and savour the moment. What is it doing? How does it feel? | 17
Find three leaves. Sit down and trace your fingers over each leaf. | 18
Choose an activity from the Mindfulness Colouring page. |
| 22
Complete your own Bubble Painting. What happens to the bubbles when you do big deep breaths? | 23
Pretend you have a mug of hot chocolate in your hands. Slowly sniff the sweet smell. Slowly and gently blow on the hot chocolate to cool it down. Repeat this three more times. | 24
Practise the cat/cow and eagle yoga poses. | 25
Gather items from around your school. Draw patterns and pictures on them. |
| 29
As a class, make your own Handprint Trees - Gratitude Craft. | 30
Practise the swan and puppy yoga poses. | 31
Write down your favourite mindful moments. Why are they your favourite? How did they make you feel? | |





moment. It helps us feel calm and relaxed. If we are feeling
and body. Mindfulness is also appreciating ourselves and
ng our bodies and minds stay healthy and well.

ay. You might like to do them in order or choose one that you

nd a rainbow is in
you and your hands
the bottom of the
the in through your
your hands up the
e top. Breath out of
as your hands run
n the rainbow.

5 As a class,
complete the
Guided Mindfulness
Body Scan.

6 Listen to a piece of
music, close your eyes
and move along to it.
Move however you feel.

7 Make a batch of
playdough. Take
the time to roll
it, squeeze it and
pat it flat.

nd you are
up a balloon.
g deep breath
ly blow out to
balloon. Repeat
e more times.

12 Sit outside on the
school field and focus
on the sounds you can
hear. Describe them in
your mind.

13 Assist family at home
with gardening. Help with
planting trees or flowers,
weeding or watering.

14 Choose one of the
Mindfulness Bubble
Colouring Pages.

se another
ness Bubble
ring Page.

19 Using a paint brush
and water, paint a
fence or the concrete.

20 Go on an outdoor scavenger
hunt. Find something for
each of the five senses.

21 Make Your Own
Bubble Mixture and
blow bubbles outside.
Watch the bubbles
float up into the air.

ms from nature
ur school. Make
and pictures of
the ground.

26 Lie on the grass and look
up at the clouds. How
are they moving? What
shapes can you see?

27 Lie down with a soft
toy on your tummy.
Breath in slowly through
your nose and out through
your mouth. How does
your toy move?

28 Make your
own Rainbow
Bubble Snake.



Save the Children