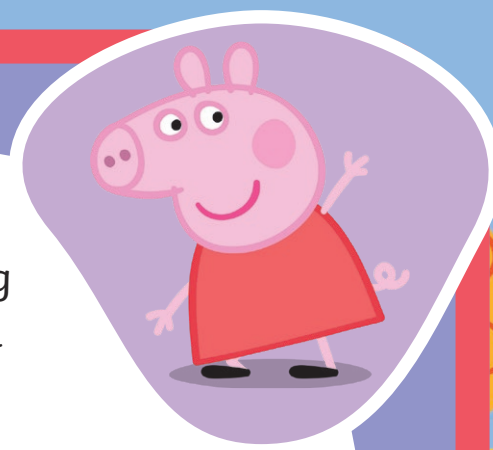


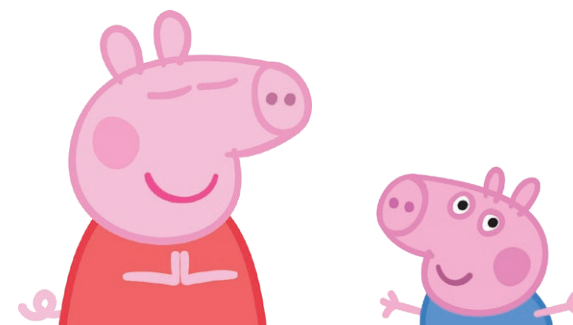
Daily Mindful Moments



Mindfulness is about being aware and paying attention to the present moment. It helps us feel calm and relaxed. If we are feeling anxious, worried or stressed, mindfulness can help us to settle our mind and body. Mindfulness is also appreciating ourselves and what is around us. By taking a mindful moment each day, we are helping our bodies and minds stay healthy and well.

You can use this calendar to help you choose a mindful moment each day. You might like to do them in order or choose one that 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 your hands are at the bottom of the rainbow. Breathe in through your nose and run your hands up the rainbow to the top. Breathe out of your mouth as your hands run back down 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.
- 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 and slowly blow out to fill the balloon. Repeat this three 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.
- 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 another Mindfulness Bubble Colouring 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.
- 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 nature around your school. Make patterns and pictures of them on 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. Breathe in slowly through your nose and out through your mouth. How does your toy move?
- 28 Make your own Rainbow Bubble Snake.
- 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?



Save the Children