

Mindfulness Calendar

To our wonderful teachers,

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

Your students may need assistance in learning about mindfulness, how to practise it and understanding why it is important. You can use this calendar to help you choose a mindful moment each day with your class. How you use it is your choice. You could do them in the order displayed or choose which ones you might like to do.

This calendar gives you a range of mindfulness activities to choose from. Some activities are out in nature. There are craft and making projects as well as colouring pages. There are also opportunities for your students to practise yoga poses and listen to music. Some activities give your students a chance to work independently and there are some whole-class activities.

Because we are not at school every day of the month, there are eight activities that make excellent whānau activities. These are shown at the end of each week on the calendar.

Enjoy taking these mindful moments with your students.

From the Twinkl Team.

