



Mindfulness Calendar

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.

You can use this calendar to help you choose a mindful moment each day. You could do them in order or choose which ones you might like to do.

1 As a class, create the word 'Mindfulness' with the Mindfulness Colouring Sheets.

2 Listen to a piece of music. Close your eyes and relax. What are you imagining? What colours and shapes can you see? What do they do with the music?

3 Roll Yoga Dice 1 three times and practise the poses.

4 Gather nature items from around your school grounds. Use them to make Mandala patterns on the ground.

5 Make a creation of your choice. Take the time to appreciate what you have done.

6 Make a Gratitude Ideas Jar with your family.

7 Sit by yourself in a relaxed state and put a piece of ice in your mouth. Let the ice melt slowly and savour the moment of the ice melting. What is happening to the ice?

8 As a class, use the discussion card Letting Go of Worries.

9 Complete your own Letting Go of Worries Craft.

10 Open your palms out toward your face, then put your thumbs over your ears and fingers over your eyes. Inhale through your nose. Count silently to five. As you exhale slowly, count to five again. Repeat three times.

11 Roll Yoga Dice 1 three times and practise the poses.

12 Find a patch of dirt or sandpit. Use a stick or your finger to draw circles in the sand. Watch the stick or your finger going round and round. Draw spirals in the sand. How many can you make without lifting your stick or finger?

13 With your family, add to your Gratitude Ideas Jar.

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

15 Complete the 'I Am an Amazing Person' chart.

16 Choose one of the Mindfulness Doodle Circle Colouring Pages.

17 Roll Yoga Dice 2 three times and practise the poses.

18 Sitting comfortably on the floor, close your eyes and breathe deeply. Imagine a bright sun warming your face, then your shoulders and back. Stretch your arms up and your legs in front. Breathe deeply and touch your toes. Sit back up slowly, breathing out. Open your eyes.

19 Find a soft patch of grass. Take off your shoes, close your eyes and take small steps on the grass. Wiggle your toes. What does it feel like? Sit down and run your hands through the grass.

20 With your family, add to your Gratitude Ideas Jar.

21 Go on an Outdoor Scavenger Hunt. Find something for each of the five senses. What can you see, hear, smell and feel? If you find something growing that is edible, what does it taste like? (Check it is edible with an adult first.)

22 Write a happy note or card for someone. Leave it somewhere for them to find.

23 Lie down with your feet stretched out and place your hands on your stomach. Breathe in through your nose and feel your hands rise up. Pretend your stomach is a wave 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.

24 Find a quiet spot and think of three things that make you happy. Concentrate on how you feel as you are thinking about them and how you feel afterwards.

25 Roll Yoga Dice 2 three times and practise the poses.

26 Choose another of the Mindfulness Doodle Circle Colouring Pages.

27 Make Ooey Goopy Slime and play with it. How does it feel between your fingers? How do you feel when you squish it?

28 Make your own scone from the Individual Scone Recipe. Get your family to join in with you to make their own too.

29 Using plastic buckets, plastic containers, table tops or your knees, create a rhythmic drumming pattern.

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

31 Take time to write down your favourite mindful moments. Why are they your favourite? How did they make you feel?

