



Mindfulness Calendar

Mindfulness is about being aware and paying attention to the present. When we are worried or stressed, mindfulness helps us to settle our mind and being grateful. By taking a mindful moment each day, you can improve your mental health. You can use this calendar to help you choose a mindful moment each day.

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 natural objects from around your grounds. Use them to make Mandalas on the ground.

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 three times and practise the poses.

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 the sun warming your face, shoulders and back. Stretch up and your legs in front of you. Breathe in deeply and touch your toes. Breathe out slowly, breathing out.

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 three times and practise the poses.

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?



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to the present moment. It assists us in feeling calm and relaxed. If we feel anxious, mind and body. Mindfulness is also about appreciating ourselves and what is around us. Every day, we are helping our bodies and minds stay healthy and well.

moment each day. You could do them in order or choose which ones you might like to do.

For nature items
around your school.
Use them to
create 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?

Yoga Dice 1
time and
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.

Yoga Dice 1
time and
the poses.

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.)

Yoga Dice 2
times and
the poses.

26 Choose another of the
Mindfulness Doodle Circle
Colouring Pages.

27 Make Ooey Goey 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.

