

# MINDFULNESS IDEAS TO DO AT HOME



Children of all ages can benefit from mindfulness, the simple practice of bringing a gentle, accepting attitude to the present moment. It can help parents and carers, too, by promoting happiness and relieving stress.

Mindfulness is “to pay attention, on purpose, to the present moment” (L. Grossman, Mindful Schools).

## WHAT IS MINDFULNESS?







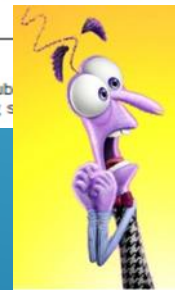
- ▶ Strengthens self-control.
- ▶ Lower's anxiety and stress.
- ▶ Increases positive moods.
- ▶ Better decision making.
- ▶ Improves Emotional Regulation Skills.
- ▶ Increases self-esteem for Coping with Self Isolation if everyone is well
- ▶ Improves Health and Body Image.
- ▶ Improves social skills and communication.



## BENEFITS OF PRACTICING MINDFULNESS WITH CHILDREN

# The ZONES of Regulation®

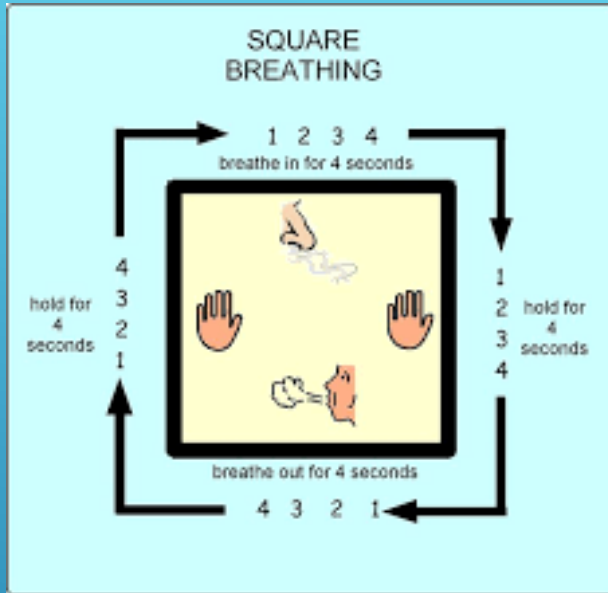
			
<b>BLUE ZONE</b> Sad Sick Tired Bored Moving Slowly	<b>GREEN ZONE</b> Happy Calm Feeling Okay Focused Ready to Learn	<b>YELLOW ZONE</b> Frustrated Worried Silly/Wiggly Excited Loss of Some Control	<b>RED ZONE</b> Mad/Angry Terrified Yelling/Hitting Elated Out of Control



## DAILY EMOTIONAL CHECK-IN – HOW ARE YOU FEELING TODAY?

THE CHILDREN ARE USED TO DOING THIS DAILY IN SCHOOL





For other breathing activities try:

<https://www.teacherspayteachers.com/Product/Brain-Breaks-Printable-Cards-Breathing-Exercises-for-Kids-4163467>



▶ <https://www.youtube.com/watch?v=YFdZXwE6fRE>

# BREATHING

THE MOST BASIC WAY TO DO MINDFUL BREATHING IS SIMPLY TO FOCUS YOUR ATTENTION ON YOUR BREATH, THE INHALE AND EXHALE.





### 5 Finger Breathing



1. Stretch one hand out so that you have space between your fingers.

2. Hold up your pointer finger from the other hand.

3. Start at the bottom of your thumb. Use your pointer finger to trace up your thumb as you slowly breathe in through your mouth.

4. When you get to the top of your thumb, slowly breathe out your nose as you trace down the other side.

5. Repeat for all fingers until you have traced your whole hand.

## OTHER BREATHING ACTIVITIES TO TRY

Several useful ones so pick one according to your available time, (whether you like the voice too) and have a go!

▶ **Chelsea Pottenger**

▶ <https://www.youtube.com/watch?v=SiZZIf3AYOo> 10 minutes

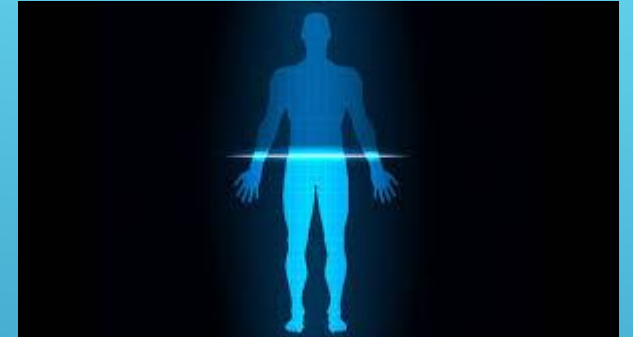
▶ <https://www.youtube.com/watch?v=KcZ0aveOoJs> 3 minutes

▶ **Angie Chew**

▶ [https://www.youtube.com/watch?v=aWPCJ\\_hOIXk](https://www.youtube.com/watch?v=aWPCJ_hOIXk) Lying Down (possibly for sleep) 10 minutes

▶ **Stop, Think Breathe**

▶ <https://www.youtube.com/watch?v=QS2yDmWk0vs> around 9 minutes



**BODY SCANNING: BEING AWARE OF YOUR BODY IN THE MOMENT**



This guided imagery script is for younger children and can help when worry and anxiety are a concern. (From Meditations for Mini's by Debbie Wildi):

Close your eyes and sit like a king or queen on your throne, feeling the solid earth beneath you and the big sky all round you. Take a long slow deep breath. As you breathe out relax your body.

Imagine that you are standing on a beach. See the beach in your mind. Think about a beach that you may have visited, or you could use an imaginary beach that you would like to visit one day.

You can feel the sand beneath your toes and the sun is warm on your face. Look around you. In front of you is a huge ocean. It looks a silvery-blue colour and the sunlight sparkles like tiny stars dancing on the surface.

You look at the ground and in front of you in the sand is the most glorious shell you have ever seen. You bend over and pick it up. It feels warm. Notice how smooth the shell is. Feel it with your fingers. This is your magic shell. You can tell it your secrets and it will keep them.

You can also tell your shell any worries that you may have. Tell it about any problems that may be troubling you at the moment. No matter how big or how small they are. The shell wants to hear them.

Whenever you have worried feelings you can tell your shell about them and it will magically take those uncomfortable feelings and turn them into good ones.

Now see yourself holding the shell close to your mouth. In your mind silently tell it whatever you wish. No one else will know what you say. Only you and your shell! As you say your words they go right into the middle of the shell so that it can take them away for you. Tell your shell your worries right now....

Now you do not have to feel yucky feelings anymore. The shell has made them disappear. Just like magic!



## GUIDED IMAGERY

CAN HELP CHILDREN RELIEVE STRESS AND ANXIETY, IMPROVE SELF-ESTEEM, FEEL GREAT (MIND, BODY, AND SPIRIT) AND DEVELOP A POSITIVE MENTAL ATTITUDE AT SCHOOL AND AT HOME.





<https://www.smilingmind.com.au/>  
Website and app to support wellbeing



### Hot Chocolate/Coffee Breathing - choose one at a time

Using one of the photos, take a deep breath in, smelling the aroma of the drink, pause whilst you imagine. Then breathe slowly out as though you are cooling down the drink. Repeat.

### Foods Breathing - choose one at a time

Deep breath in, smell those lovely aromas, hold the image and then breath slowly out. Repeat as necessary.

Or you could do mindful tasting: So for any food, taking your time, you look at it, smell it and savour the aroma, then place it into your mouth, but don't chew or swallow yet, just savour the taste. If you use the chocolate, it will melt, so that is a lovely way to experience mindful tasting!

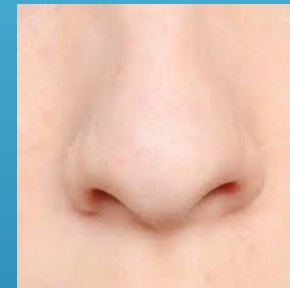


Either: What can you see? What can you hear? What can you smell? Etc.

Or: Name 5 things you can see; 4 things you can touch; 3 things you can hear; 2 things you can smell and 1 thing you can taste.

Or:

1. Describe 5 things you see in the room.
2. Name 4 things you can feel ("my feet on the floor" or "the air in my nose")
3. Name 3 things you hear right now ("traffic outside")
4. Name 2 things you can smell right now (or 2 smells you like)
5. Name 1 good thing about yourself



# SENSORY BASE GROUNDING TECHNIQUE



# Guided Imagery Resources

## Brain Break Breathing

### Bubble Breathe

Breathe in deeply and form a bubble in your mouth. Your cheeks should be puffed out. Blow your bubble out of your mouth and push it away from you by blowing out hard and strong. Do this slowly and picture your bubble floating away. Keep breathing in and out deeply. Close your eyes and think about where else your bubble could go. Can you blow it far away? Can you blow it to a friend? Imagine your bubble is returning to you. Open your mouth and catch it for next time. Repeat.



## Brain Break Breathing

### Bumble Bee Breathe

Open your hands out with the palms facing towards your face. Place your thumbs over your ears and your fingers over your eyes. Close your lips with your teeth slightly apart. Inhale deeply through the nose and breathe in. Count silently 1, 2, 3, 4, 5.

Exhale slowly through your mouth and make a humming sound like a bee. Count silently 1, 2, 3, 4, 5. Repeat.



## Brain Break Breathing

### Balloon Breathe

Sit comfortably on the floor with your legs crossed in front of you. Imagine that there is a big balloon in your belly. Place your hands over your belly. Take a big deep breath in, sitting up straight and make your belly puff out as if it was a balloon filling with air. Then exhale slowly like you are letting the air out of a balloon a little at a time. As you let the air out, slowly roll your shoulders and bend forward. Repeat.



## Brain Break Breathing

### Starfish Breathe

Sit on the floor with your legs comfortably crossed in front of you. Open your left hand and extend it slightly in front of you so it looks like an open starfish. Take your right hand and extend your pointer finger. Beginning with your left thumb, take your right pointer finger and go up the outside thumb while taking a deep breath in. Go down the inside of the thumb and breathe out deeply. Continue the deep breathing in while going up each finger and exhaling when going down each finger. Once you are finished, switch hands and repeat.



<https://www.youtube.com>

Search for 'Guided Imagery for children'

Relax Kids



<https://www.relaxkids.com/>

green  
child  
magazine

<https://www.greenchildmagazine.com/free-guided-meditation-script-library/>



<https://parentingchaos.com/anxiety-apps-kids/>



# MINDFULNESS APPS FOR CHILDREN





<https://www.cosmickids.com>



<https://family.gonoodle.com>

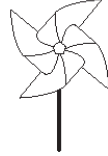
## OTHER WEBSITES TO TRY



## MAKE A PAPER PINWHEEL

### YOU WILL NEED:

- Scissors
- Glue Stick
- 1x rubber eraser
- 1x paper straw
- 1x Pin (a map pin or thumb tac)
- 1x Stopper (a rubber earring back, a seed bead or a Styrofoam ball)



### INSTRUCTIONS

1. Colour in the front of your pinwheel and the small pentagon.
2. Cut along the black lines.
3. Glue each of the black dots into the centre, one of top of another.
4. Glue the pentagon on top, in the centre of the pinwheel.
5. Pinch one end of the paper straw to make it flat.
6. Lay the flat end of the straw on the eraser, and place the centre of the pinwheel on top of it.
7. Very carefully push your pin through all the layers of your pinwheel and the straw.
8. Pull the eraser off and put a stopper on the point of the pin.



#### A Pin Free Alternative

Use a medium paper fastener (split pin) instead.

Use a hole punch to form large holes on each dot. Fasten and open the split pin. Pinch the top of the paper straw together and cut a 1cm slit down the centre. Slide the split pin into the slit in the paper straw.



### Calming Glitter Jars

#### Materials:

- Half-pint plastic jar (use any size or reuse a plastic water bottle; increase quantities accordingly)
- Hot water (NOT boiling)
- Small colored glitter
- Large glitter
- Glitter glue
- Super glue (or E6000)
- Measuring spoons

#### Instructions:

- 1) Add 1-2 Tablespoons of small glitter and ½ teaspoon large glitter to the bottom of a jar.
- 2) Fill the jar with hot (but NOT boiling) water, leaving about a half-inch head space.
- 3) Add about 2 Tablespoons of glitter glue to the water.
- 4) Run a bead of super glue around the lip of the jar. Screw the cap down tight.
- 5) Shake the jar until the glitter glue is dissolved in the hot water.

#### Note:

- Mix colors. When in doubt, add more glitter. Full is better; it adds to the effect.
- Hot water dissolves the glitter glue better than warm water. Boiling water melts the plastic and makes a glitter mess.

#### Making and Using Glitter Jars with Youth

Here's another set of instructions for making glitter jars with youth. It includes a nice set of instructions for how to talk about and use the glitter jar:

<https://www.mindful.org/how-to-create-a-glitter-jar-for-kids/>

<https://www.teachstarter.com/gb/teaching-resource/mindfulness-colouring-pinwheel-template-gb/>

<https://fyi.extension.wisc.edu/takingcareofyou/files/2018/09/Calming-Glitter-Jars-instructions.pdf>

# MINDFULNESS ACTIVITIES TO TRY AT HOME





Mindfulness colouring

<https://www.twinkl.co.uk/resource/t-c-1551-mindfulness-colouring-sheets-bumper-pack>

Search online 'Mindfulness colouring'



[https://www.actionforhappiness.org/media/852570/march\\_2020.jpg](https://www.actionforhappiness.org/media/852570/march_2020.jpg)

# MINDFULNESS ACTIVITIES TO TRY AT HOME



- ▶ <https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips/>
- ▶ This includes advice for getting help and support with practical things, as well as For your Mind/ For your Body tips.
- ▶ <https://youngminds.org.uk/blog/looking-after-your-mental-health-while-self-isolating/>
- ▶ Advice website for Teens/ young adults, but also useful for parents to think about with their children.
- ▶ <https://readinggroups.org/groups/virtual-groups>
- ▶ Join a reading group, so you can read and then chat about it!!
- ▶ <https://www.justcolor.net/>
- ▶ Downloadable Colouring pages for adults, but also for children if needed.
- ▶ <https://www.annafreud.org/on-my-mind/about/>
- ▶ Website for Young People.
- ▶ <https://www.annafreud.org/parents/>
- ▶ Parental Support
- ▶ <https://www.nhs.uk/live-well/sleep-and-tiredness/healthy-sleep-tips-for-children/>
- ▶ Sleep advice around helping children.
- ▶ <https://www.elsa-support.co.uk/>
- ▶ A wealth of resources for children to support social and emotional mental health



## USEFUL WEBSITES





- ▶ **Make a routine for yourself and/ or your children:** include Physical Exercise, particularly outside if you can OR in a room with a window open if you can't; Do something creative such as craft, painting, colouring or gardening, baking or cooking etc.; Reading or playing board games; doing jigsaw puzzles or puzzles like Sudoku, crosswords etc.
- ▶ **Write Your Story:** Maybe you have an idea for the next great British novel, or perhaps you've been looking to start writing your autobiography. Creative writing classes are typically easy to find online and are a great way to meet new people while indulging in a creative outlet.
- ▶ **Take Up an Instrument:** Learning a new instrument isn't just a great way to stimulate your brain — it can also be fun! Now is your chance to share your talent. Online videos can be found on youtube.
- ▶ **Keep to the routine of getting up and going to bed at the same time:** This will help you stay in the mindset of life going as 'normal'. This is especially important for your children. Sleep hygiene is even more vital when everything else is muddled/ out of routine.

## ADVICE FOR COPING WITH SELF ISOLATION IF EVERYONE IS WELL



