

**Mindfulness!**

# KS1 ACTIVITY PACK



## COORDINATE WITH TEACHERS

Follow the learning plans, but have a chat with the teacher to learn what is expected of them and of you. Build a workflow that works for your child and your family.



## SET A SCHEDULE...

You may be following a lesson plan, but it's up to you and your child to set how you'll work with it. If you do have the flexibility, set up times for study and breaks at times that work with your child and family.



## ...BUT BE FLEXIBLE

Changes do happen. Even if you have lesson plans and study schedules, home school is a new scenario for many. Don't be too hard on yourself. Allow time to adjust.



## LEAN IN TO YOUR CHILD'S NATURAL INTERESTS

If your child is really engaged and self-driven on certain topics, schedule these topics during times where you can take a mental break or focus on other work.



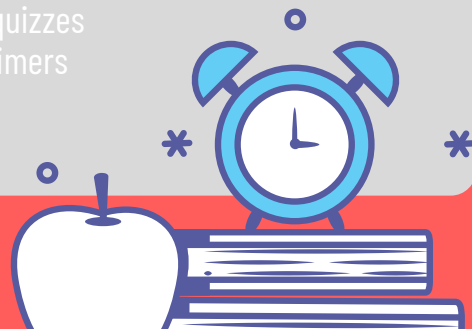
## CONNECT WITH PARENTS

Mailing lists of group chats are helpful. You can chat with parents going through home school the first time, share stories, get tips. Times may be hard but you don't have to go through it alone.



## FIND SOME ONLINE RESOURCES FOR...

- Worksheets and Activities
- Online quizzes
- Focus timers



# MIND IN A JAR

## WHAT YOU NEED

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Jar or cup

Glitter

Water

Paint

Glue



The “Mind in a Jar” activity is a simple way to help your student’s imagine their mind and thoughts. The jar represents the head/skull, the clear liquid is the brain and the glitter pieces are thoughts, ideas, memories and feelings.

A jar with glitter resting on the bottom represents a mind that is calm and focused. When the jar is shaken up, the glitter starts swirling quickly, and it becomes difficult to see clearly. This is like the mind when there are too many thoughts and feelings making it difficult to think clearly.

Setting the jar down, taking slow deep breathes and watching the swirling glitter settle, helps to refocus, calm and clear the mind.

## INSTRUCTIONS

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WATCH THE MIND IN A JAR VIDEO: <https://youtu.be/-qKkFWiwlr4>

USING THE EQUIPMENT YOU HAVE , DECIDE HOW EACH COLOUR MAKES YOU FEEL AND ADD THEM TO THE JAR. BY ADDING WATER AND GLUE, THIS WILL MAKE IT MOVE AROUND IN THE JAR

# PAPER PINWHEEL

## WHAT YOU NEED

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Scissors

Glue Stick

Paper straw

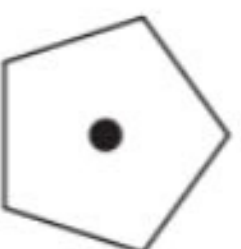
1 x pin

The "Pinwheel" activity is a simple way to help your children imagine their mind and thoughts and focus on their breathing to make the pin wheel spin.

## INSTRUCTIONS

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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 on 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. Place the centre of the pinwheel onto of the straw and carefully push the in through all the layers of the pinwheel and straw
7. 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.

## WHAT YOU NEED

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Colouring pens



## INSTRUCTIONS

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1. FIND A QUIET AND PEACEFUL LOCATION OUTSIDE WHERE IT IS SAFE TO SIT
2. WITH YOUR PRINT OUT COLOURING SHEET, USING THE COLOURS YOU SEE AROUND YOU, COLOUR IN YOUR SHEET. HAVE ATTENTION TO DETAIL BY TAKING YOUR TIME AND TRYING TO STAY WITHIN THE LINES.





# MINDFULNESS STORY

Let's try a meditation. Where we relax our bodies, and allow our minds to imagine – like we are

having a really nice dream whilst being awake.

First let's get comfy. Find a space. And either lie down on your back, or your side or on your front.

If you prefer, you can sit ~~either cross legged or on a chair~~. Let's take a moment to decide which position works best for you. [PAUSE]

Now you've found your spot have a wriggle and a fidget so your body feels happy and when you're

done, say goodbye to those fidgets and hello to that lovely warm calm feeling you get when you relax

and let your body come to stillness. [PAUSE]

Rest and breathe gently. You can keep your eyes open for now if you like. See if you can feel your

breathing. You might need to slow it down a little so you can feel what it's doing to your tummy.

Making it lift as you breath in and lower as you breath out.

Next time, as you breathe out, let your eyes softly close.

Well done. Now you can enjoy the adventure. With your eyes closed, your mind can make the pictures for you.

You are outside in a garden. And up in the sky you spot a red balloon floating. You can see it has a

little string dangling down. [PAUSE]

It's floating down towards you.

You wonder: where this balloon has come from and why is it here for you?

Now it is right in front of you, like it's waiting for you to take it.

You reach your hand forward and take hold of the string.

Now you feel the balloon start to rise again up into the sky. You don't let go and you feel it

pulling you up too.

It lifts you right up onto your tiptoes and then your feet leave the ground and you are floating

too – just like the balloon.

Where are we going, you wonder? You relax and let yourself be carried, enjoying the cool air on your skin.

**You see green fields down below – and the trees – you are above the treetops looking down on them.**

**Look just up ahead. You see your favourite place in the world. Only you know what your favourite place is. It could be anywhere – you decide what this place is. See if you can imagine it now. What does it look like? [PAUSE]**

**The balloon takes you right to it, and you are lowered gently so you and the balloon are there now. Look around at this place...**

**What can you see? Can you hear any sounds?**

**Are there any other people here or animals or is this a place you enjoy all by yourself?**

**Does it have a particular smell or taste maybe?**

**As you stand here with your red balloon, you soak up the goodness and joy from being here**

**in your favourite place. How much you love it. Breathe into it. As you do you feel completely happy.**

**And with that happiness, you are ready to return with your balloon. It lifts again and you feel huge freedom as you float through the sky. Feeling the air on your face and the calm quiet of being up, above it all.**

**Your balloon has brought you back to the garden. It lowers gently and you land on your feet,**

**back in the same spot where the balloon found you. You let go of the string – feeling thankful**

**and happy that the balloon took you to a place that means so much to you – a place that you love.**

**The balloon starts to rise again. You smile and watch it go, wondering who it will meet next – and where it will take them. It gets smaller and smaller as it flies away and eventually disappears into the distance.**

**PAUSE**

**It's time to come back.**

**See if you can notice any sounds around you now.**

**Notice your body – where it touches the ground or the chair beneath you. Enjoy a stretch and a big breath in and out.**

**Gently open your eyes.**

**And take a second to just notice how you feel after that. Different maybe to how you felt before you had your Peace Out? It's been a real treat feeling all that happiness from visiting your favourite place. I hope you enjoyed it. Peace Out.**



## INSTRUCTIONS

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1. GET COMFORTABLE IN LOTUS POSITION AS YOU PRACTISE MEDITATION THROUGH BREATHING:

<https://youtu.be/RtiWdN5WFm4>

2. START COMPLETING YOUR BODY SCAN FROM THE NEXT PAGE

3. ONCE THE FULL BODY SCAN IS COMPLETE, ASK YOURSELF HOW YOU FEEL. WHAT EMOTION ARE YOU FEELING? DOES IT FEEL ANY DIFFERENT TO BEFORE YOU STARTED?



- 1) Lie down on your back. Let your legs and your arms relax and fall to the sides. Settle yourself in a comfort-able position and close your eyes.
- 2) Start by taking two or three gentle, large breaths. Pay attention to how that feels. Your belly rises and falls. Air moves in and out of your body. If you like, place a hand on your belly and feel it move with each breath.
- 3) Now we're going to pay attention to the other parts of the body. Start with your feet. They might feel warm or cold, wet or dry, relaxed or restless. It's also okay if you feel nothing at all. If you can, relax your feet now. If that's hard to do, that's fine. Take a moment and notice how that feels too.
- 4) For these few minutes, let yourself be still. There's nothing to do. Pay attention as best you can. You might feel a blanket or socks on your feet, or you might feel them pressing against the bed or the floor. When your mind gets busy, gently bring your attention back to your feet again.
- 5) Now move your attention to your lower legs, noticing whatever is there. Do they feel heavy, light, warm, cold, or something else? Let go of frustration and trying to do anything. Just do your best and give yourself a few moments of rest.  
Next, move your attention next to your knees and relax them. Feel the front, back, and sides of your knees.
- 6) After a few more breaths, move your attention to your upper legs. Whatever you feel, or don't feel, is fine. Notice your legs and let them relax. If you feel restless or wiggly, that's okay too. That happens.
- 7) Now move your attention to your belly. It always moves when you breathe, rising and falling, like waves on the sea. You might feel something on the inside, like full or hungry. You might notice the touch of your clothing or a blanket. You might even feel emotions in your belly, like happy or sad or upset.  
*If you feel that it's hard to focus, that's normal. Gently practice coming back again and again to how your chest feels when you breathe.*
- 8) Next, bring your attention to your chest. Notice it rising and falling as you breathe. If you feel that it's hard to focus, that's normal. Gently practice coming back again and again to how your chest feels when you breathe.
- 9) Now turn your attention to your hands. There is no need to move them or do anything with them. They may be touching the bed, or the floor, or somewhere on your body. Relax them if you can, and if not, simply paying attention to your hands for another moment.
- 10) Move your attention up into your arms. Maybe notice if you can find a moment of stillness inside you, like the pause at the end of each breath.
- 11) Next, move your attention around to your back. How does it feel against the bed or the floor? Notice how it rocks with each breath. When your mind gets busy or angry or scared, you can always come back to how your body feels in this way for a moment.
- 12) Now move attention to your neck and shoulders, letting go and relaxing them. If your mind wanders, that's fine. No one can pay attention all the time. Just keep returning to noticing your body whenever you find yourself thinking of something else.
- 13) And now feel your face and head. What expression do you have right now? What would it feel like to smile? What else do you notice in your face, your head, and in your mind?
- 14) Finally, spend a few moments, paying attention to your whole body. If it is easier, continue to pay attention to your breath. If it's time for sleep, let that happen, remaining still and continuing to pay attention to your breath or feelings in your body. And if it's time to wake up, open your eyes and sit for a few moments before deciding when to move again.