

Mindfulness!

KS2 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.



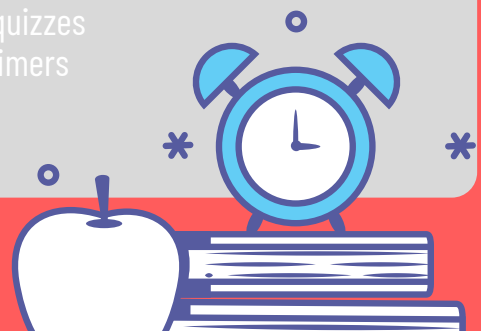
CONNECT WITH PARENTS

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

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

1. WATCH THE MIND IN A JAR VIDEO:

<https://youtu.be/-qKkFWiwlr4>

2. 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

Scissors

Glue Stick

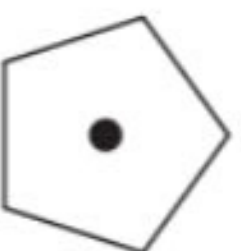
Paper straw

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

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

Colouring pens

INSTRUCTIONS

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.





Let's try a meditation.

Find a place to sit or lie down and get yourself comfy.

If there are other people around you while you do this, see if you can just think about yourself here.

There's no need to worry or watch and see what anyone else is doing around you. It definitely works best when you make it all about you.

So - get settled into your chosen spot. Do any fidgets and wriggles to make sure your body is super comfy. That's it! PAUSE

Now see if you can let your body be still. Of course you're breathing and blinking, so your eyes and tummy will move, but see if you can make the rest of your body still.

Good. I know being still can be quite hard, so just do your best, you'll get better at it with practice.

Now take some big deep breaths in through your nose and out through your mouth. In through your nose and out through your mouth. That's it. A couple more...slowly. PAUSE

And the next time you breathe out, just let your eyes softly close.

Well done! See if you can make your body feel as soft as marshmallows. Really heavy and gooey, like you've melted into the floor.

If you are sitting on a chair or cross legged on the floor, remember to keep your back long and tall - just make your arms and legs soft like marshmallows.

Yes! Well done.

Now you've made yourself all soft, let's begin the fun in our mind.

All you do is listen and the pictures will appear - like the best dream ever. If you can't see any pictures right away, don't worry. Just breathe, relax a little bit more and keep listening. They will start eventually...

Here we go.

Imagine that today is your birthday. In your mind, and without actually moving, see yourself wake up and jump out of bed, really excited about the day.

You've been counting down the sleeps, waiting for this day and now it's finally here. Yesssss!

Everyone at home gives you great big hugs and smiles, wishing you a happy birthday and you enjoy how special it makes you feel. It makes you smile.

There's a knock on the front door. It's the postman! - the mail has arrived. With it being your birthday, you rush to the door, excited to be receiving mail which is addressed to you!

The postman wishes you a happy birthday and hands the pile of letters to you. He also has a box, which is addressed to you too!

You smile, thank him and close the door. Taking the heap of mail and the box back into the house. You have 5 cards and the box! That's loads of mail! A lot more than normal anyway.

All the cards are from family and friends – some have pin badges which say Happy Birthday and the number of your new age! You put them on your tshirt. Now for the box. You open it up and inside is a really cool cape and a mask. The cape has your initials on it. It doesn't say who it's from. The only other thing inside the box is a beautiful feather.

Mmm. You wonder who could have given you this lovely gift. You decide to try it all on and go check out how it looks in the mirror.

With the mask and cape on, you tuck the feather into the side of the mask. As you do this you notice something funny happening...your feet lift off from the ground! You seem to be hovering!

You quickly take the feather out again and - phew - you lower back to the ground. As you look at the feather, you start to understand and a cheeky smile appears on your face. You take another look at yourself in the mirror and decide...you want to see whether that feather will really make you fly.

Taking a deep breath you tuck the feather back again into the mask and this time as your feet lift off you carefully raise one arm up into the air above you.

As you do you feel a whoosh of power and you know you can really truly fly. Ready to take it a step further, you point your raised arm in the direction of the open window and before you know it, you have whooshed up and out into the big blue sky.

Wow! This is awesome, you raise both your arms above you which feels amazing, then to the sides

like wings and then you try using just one arm up with the other tucked into your side. This is so cool.

Down below you see the streets of the neighborhood where you live. Cars driving along, people out jogging, and there's the park - where some of your friends are playing. Oh dear!

They seem to have their ball stuck in the tree. You decide to help - and swoop down. As they see you coming their mouths drop wide open in shock!

WOW...who is that? But they don't recognize you behind the mask. You smile as you hover over the ball in the tree then you give it a little kick freeing it for them. You smile at them, salute and say "You're welcome!" They would thank you if they could speak! You'll be seeing them later at your party anyway.

Off you go again, reaching up into the sky. The cool air whooshes around you and it feels so free to be up here and really quiet too. You whizz over the city. Higher

MINDFULNESS STORY

than the skyscrapers, looking down on the buildings, the buses and the taxi cabs – all the traffic and the people who look like busy ants from way up here. This new flying superpower feels pretty good but you've got a birthday to celebrate, so it's time to return home. |

You curve your outstretched arm to turn around and then it's full speed ahead for home. Within minutes you are landing again back through the window in front of the mirror. You remove the feather, mask and cape and hang it all up in your cupboard.

Before you join your family, you take a moment to stand in your flying pose again, both arms raised above your head - it makes you feel super strong. You relax, smile to yourself and go enjoy your favourite breakfast – what a great start to your birthday.

Now it's time to return. Your meditation has nearly finished.

Take a second now to feel your body again. Where you are lying or sitting. Feel your body where it touches the floor, the bed or the chair underneath you. Listen to the sounds around you.

Take a nice big breath in, and sigh out of your mouth. And stretch. Now, gently, open your eyes. And before you get up, take a second to remember how you felt doing that. And even though we can't really fly in real life, it doesn't mean you can't still feel the power and strength from superhero flying.

Just try it – next time you feel nervous, if you have to stand up and do something or you're worried what people are going to think, take a moment to just close your eyes and remember yourself flying like the superhero you really are.

Remember how good you felt, how strong and brave. If you are somewhere nobody can see you, you could even do the flying pose, hold it for a minute and really feel it in your body.

Your body can shape your mind, your mind will shape what you do and how you are, and what you do will shape your future. Be pleased that you now have a real life super power in your toolkit.

Peace out.

INSTRUCTIONS

1. Use the Annaka Harris resources to perform the Mindful Hearing and Mindful Breathings with children: <https://annakaharris.com/mindfulness-for-children/>
2. Listen to the music and think about what feelings, colours, emotions, shapes come into mind. https://youtu.be/bn-ERrsr_wk
3. While you listen to the music again, try and draw how that music makes you feel and write a sentence on the back about how the music made them feel and how you expressed this in your picture

WHAT YOU NEED

Colouring pens

Paints

Pencils

Felt tips

