

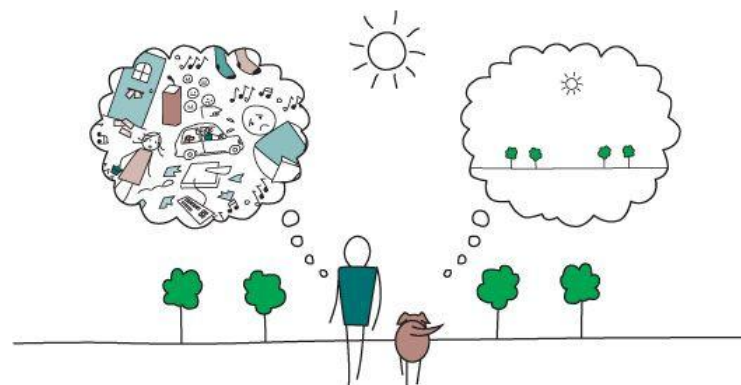


Mindfulness



Mindfulness is simply the process in which you focus on the present moment and clear your mind of problems and worries. Mindfulness techniques are thought to help with one's well-being and to improve health in ways such as reducing stress and helping to improve sleep. It has been shown that "losing yourself" in some activity, such as being absorbed in a puzzle, colouring page or similar, can be a great way to help you relax and focus "on the moment".

For the mindful activities your child needs to find a place in the house (sometimes activities will ask to be outside) where they feel calm and relaxed and big enough to lie down in, if necessary. TV and other devices that could be a distraction need to be off. Sometimes background music can be beneficial, but preferably without words. Occasionally an activity will need an app or website to be used, but we hope to make this helpful and available to all.



Mind Full, or Mindful?

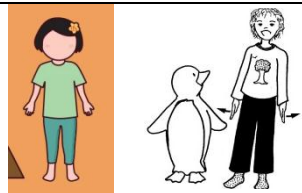
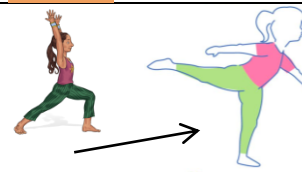
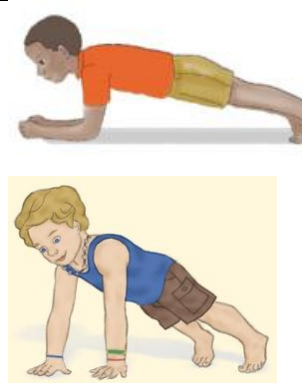

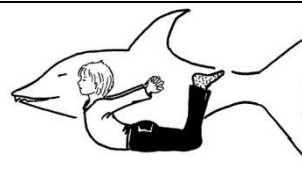
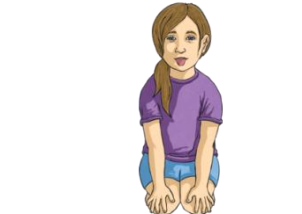
- Colouring, puzzles etc need to be done for at least 5 minutes to be beneficial (your brain needs time to refocus) and can be done alone (unless of course you would like the mindful moment as well). Mindfulness colouring for kids helps keep them busy. It reinforces fine motor skills, keeps them entertained and helps improve their attention span.
- Breathing, meditating and visualisation exercises will usually need longer and an adult or older sibling to read the instructions. These are better read through before you start so you know what's coming and when to pause for the child to respond. Try to read instructions in a low, calm, relatively slow manner for best results.

(3rd Edition, Keystage 1)

Self-soothing activities: yoga poses

To carry on from the last pack, here are some further poses that are linked to nature (variations depend on teacher). If your child enjoys these, there are lots of useful free online links at the moment to yoga routines and mindful music/videos to do them to. Some things to consider when you are practicing yoga with your children:

- Focus on having fun with movement, not on practicing perfectly aligned poses.
- Be creative and enjoy yourselves, but please be safe.
- Wear comfortable clothing and practice barefoot.
- Try to hold each yoga pose for at least 5 seconds

Penguin Pose:		As mountain pose from last time, but flap lower arms and rock side to side mimicking a penguin
Flamingo Pose:		From warrior pose from last time, lean forward on your bent knee straightening it up, picking up your back leg and lower your arms. Do on both legs.
Crocodile Pose: (plank)		Either is acceptable
Iguana Pose: (lizard)		From above, pull one leg forward putting your foot by your hand or elbow. This is the basic pose and there are further extensions. Hold for 5 seconds.
Shark Pose:		Lie on your tummy, lift head and shoulders off ground, bend your knees and try to touch your hands behind your back (creating your fin)
Lion Pose:		Kneel down with bottom on heels, hands on your knees and hang your head down. As you breathe in, raise your head and roar your breath out. Roar 5 times.

Relaxing:

This is a link to a guided visualisation, that is perfect for bedtime. I have used this in school with some children, when they have got over stimulated and are finding it hard to settle. The man's voice is very soothing. Give it a try; it is about 15 minutes long.

<https://www.youtube.com/watch?v=vlv6Y1tq1sQ>

Exercising your brain:

Try this Sudoku – the numbers 1,2,3, and 4 need to appear only once in every row, once in each column and once in each block of 4.

3			2
	4	1	
	3	2	
4			1

Word play:

Summer Word Search

S	W	I	M	S	M	K	W
J	G	J	V	U	H	O	A
C	L	M	K	M	O	I	T
A	A	M	B	M	T	G	E
M	M	P	E	E	E	U	R
P	C	Y	A	R	B	F	O
M	H	Y	C	M	H	U	Q
C	M	Z	H	S	U	N	E



SUMMER
SUN
SWIM
WATER

BEACH
CAMP
FUN
HOT





Can you spot the 10 differences?

