

Monday 29th – Friday 3rd June 2020

PSHE: Mindfulness

It's been a long time since we have been able to do things that we used to; like coming into school every day and seeing our friends. The past few months might have made you feel worried, nervous, confused and out of control. We can call this group of feelings **anxiety**. Lots of people have been feeling **anxious** recently but there are ways of making ourselves feel better. One of those ways is by practicing **mindfulness**...have you heard of this?



What is Mindfulness?

Mindfulness is noticing what is happening right now. It is about focusing on your senses (what we can hear, see, feel, smell and taste) and also noticing what your mind is doing and how you are feeling.

Why should we be Mindful?

- It can help us get better at focusing and paying attention.
- It can also be used to help us calm down when we are angry or upset.
- When we are calm, we usually make better decisions.
- Mindfulness can actually help us to be happier in life.

How Can We Be Mindful?



Learning to be more mindful isn't hard, it doesn't have to take lots of time and there are some simple techniques that we can try straight away. Choose at least two of these activities to try.

- **Focus on Your Senses:** Take time to stop and concentrate your mind on what you can see, hear, smell, taste or feel. Going on a senses walk is a great way to distract yourself from negative thoughts, doubts or worries. Take a slow walk around the room and focus on what you can see, then hear, then smell, then taste and finally feel.
- **Focus on Your Eating:** When we eat, we are often focused on something else rather than the food itself. When you are eating, take time to really concentrate on the food.
 - What does it look like close up?
 - How does it smell?
 - How does it feel on your tongue?

- What is the taste like?
- What temperature is it and does the temperature change in your mouth?
- **Focus on Your Breathing:** Try breathing in through your nose as you count to four in your head, then out through your mouth as you count to three. Notice how your chest expands as you breathe in and imagine the oxygen reaching other parts of your body, such as down your arms to your hands and through your legs all the way to your feet. Repeat this for 10 more in and out breaths.
- **Focus on an Activity:** Calmly concentrating on one activity, such as colouring, drawing or building a model, can help to quieten your mind. By occupying your mind with an activity, you leave less room for unhelpful thoughts to pop in.
- **Notice Nature:** This is my favourite thing to do! Take time to notice the beauty and wonder of the natural world around us. You could notice all the different shades of green on the trees, the different leaf shapes or count how many ladybirds you can spot.



Weather Report

An excellent way of getting our minds to calm down and focus on how we feel is to think of our emotions as being like the weather. All you have to do is choose four emotions that you often feel then think about what things make you feel those emotions. Next, think about which type of weather would represent these emotions.

This is my weather report. I have chosen four emotions, thought about what triggers those emotions for me and thought about the type of weather that best fits each emotion.

Joy – when I play with my nephew	Stress – when I have lots of school work to do	Nervous – when I have to speak to new people	Excited – the night before my birthday
			

Use the four boxes below to write and draw your own weather report based on how you are feeling right now. There is no right or wrong way of doing this as it is your own personal weather report and we are all different! You could use the list of emotions and the list of weather below to help you.

Emotions	Weather
happiness	snow
sadness	sunshine
excitement	rainy
jealousy	stormy
anger	windy
nervous	tornado
confused	hurricane
frightened	rainbow
anxious	foggy
scared	hail stones
annoyed	showery

My Weather Report			

Extra Activity

Bell Meditation: <https://www.youtube.com/watch?v=wGFog-OuFDM> This video plays a bell sound which gradually gets quieter and quieter until it fades out. This is repeated several times but the silence between one chime fading and the next chime will increase slightly each time. You can listen to the bell and only the bell – focus on the sound and nothing else. It may help to close your eyes or you can focus on the wave movement in the video.