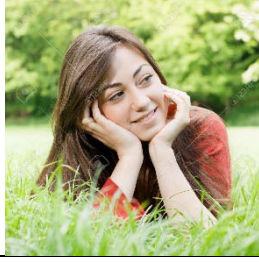


Mindfulness:



What is mindfulness?

A lot of worry and anxiety is about thinking about things you can't control.

- *What if this.....? What if that.....?*

Mindfulness is about **stopping** and taking a minute to focus and relax

Mindfulness will help you focus on what matters instead of worrying about other things all the time such as Facebook, Instagram, clothes, makeup, hair, who likes you, who loves you, who is your friend, who isn't your friend, your exams next week, your exams next month!!!

It will help be thankful what you've got instead of worrying what you haven't got. When did you last spend one minute looking at a sunset, some time enjoying what you're eating, thinking about the people that love you and the people you love??

What do you need to do?

Just like revision, different ways work for different people. You have to try different things and see what works for you.

- *In this booklet are some different activities to try*
- *Find somewhere quiet (your bedroom is a good place) and close the door*
- *Try each one and see which one works for you*

How will it help me?

There have been lots of studies on people and their brains when they have tried Mindfulness activities.

Here are some of the things that may happen to you

- *Increased levels of calm*
- *More energy and increased levels of happiness*
- *Increased self-confidence*
- *People like themselves more*
- *Less stress and anger*
- *More compassions for yourself and others*

Do not be scared, believe and trust in the Lord

John 14:1



Activity 1 – TUNE IN!



- You are going to learn and practice an activity called, “TUNE IN”. You can do it anywhere you like. When you feel stressed or overwhelmed, go somewhere private, or lock yourself in a toilet cubicle and have a go:
 1. Sit down and close your eyes
 2. Focus on the sounds you can hear. Sounds close and sounds far away.
 3. Don't think about what they are (e.g. that's Connor, that's a bird, that's a car)
 4. Just focus on the sounds as they get louder and quieter, as they come into our brain and out of our brain.
 5. Try this for a couple of minutes

Activity 2 – Wake your breath!



- This next one is about your breathing!
 1. Stand with your legs slightly apart with your arms by your side. Make sure your palms are facing forward so your thumbs are facing outwards
 2. Pick somewhere on the wall in front of you and don't take your eyes off it.
 3. Breathe in and lift your arms slowly above your head until your palms are touching.
 4. Breathe out as you move your arms back down
 5. Repeat four more times

When I am afraid, I put my trust in God

Psalms 56:3

Activity 3 – Shuffle your legs!



- This is a great one to do to help you calm down
1. Sit up straight in your seat. Lift one foot up a bit and stretch your toes as much as you can. As you do this, breathe in. Lower your foot and breathe out.
 2. Then lift up your other foot a bit, stretching your toes as much as you can. As you do this, breathe in. Lower your foot and breathe out.
 3. Breathe slowly for ten seconds, looking at one place on the wall.
 4. Repeat!

Activity 4 – Sit and smile!



- This one will simply help to cheer you up!
1. Sit up straight and put your hands on your lap
 2. Make sure one hand is on the other, both palms facing upwards and thumbs touching
 3. Close your eyes and concentrate on the sounds of your breathing
 4. After a few breaths, smile slowly and keep the smile on your face!
 5. Keep your eyes shut and wait until your teacher tells you to open your eyes

Don't love with words, love with actions

John 3:18

Activity 6 – The big me!



- Stop worrying about people and things, concentrate on you!
 1. Sit up straight and put your hands on your lap
 2. Imagine that there is a great big letter I on your stomach
 3. Now think of words to describe all the positive things in your life
 4. Imagine them appearing around the letter I
 5. Keep going and try to think of ten great things about you!

Activity 7- The worry box



- Let's get rid of those worries
 1. Sit up straight and put your hands on your lap
 2. Imagine that there is a big box in the middle of your stomach
 3. Inside there you are going to put all the problems and worries you have that are stopping you do your work safely and happily
 4. That box has a lock on it, lock it up when you're done
 5. All those negative things are now locked away and won't bother you for the moment!

Take delight in the Lord and he will make you happy

Psalms 37:4

Activity 8 – Make a happy list



- This is about remembering how good you are and how thankful you should be
1. Find somewhere quiet and sit down
 2. Get a piece of paper and write down all the things you are thankful for: your friends, your home, nice memories
 3. You can also put silly things like the taste of ice cream, having a bath!
 4. This is your Happy List! You can look at it when you're feeling down or keep it with you. You can make it longer whenever you like

Activity 9 – Eat happy!



- This is about not taking for granted one of your favourite things
1. Think of a treat, it could be your favourite chocolate bar or sweet
 2. Go somewhere private and sit with it in your hand
 3. Take a minute to look at it, its shape, its colour
 4. Then feel it. What does it feel like, is it rough? Is it smooth?
 5. Then imagine what it is going to taste like
 6. Then eat it!
 7. As it's in your mouth, enjoy every single second and think how lovely it is!

Go and eat your food with thanks and gladness!

Ecclesiastes 9:7

Activity 10 – Hug your knees!



- This looks a bit daft, but it'll help you calm down
1. Lie on your back on somewhere comfy, a rug, your bed
 2. Bend your legs and pull them up to your chest
 3. Use your arms to help you keep them up
 4. Hold for as long as you feel comfortable
 5. When you are ready, gently let go of your knees and relax your body into the floor

Activity 11- Go for a walk



- Too much of your day is with other people and your phone! Have twenty minutes to yourself
1. You are going to go for a walk on your own
 2. You can take your phone with you in case of an emergency, but keep it on silent
 3. When you walk, look at the sky, the trees, bushes, and everything around you
 4. Focus on those things, not worries, school, friends, family- this walk is about you!
 5. Try to go for ten minutes, then turn around and walk home!

I can do all things with the Lord and we trust each other

Philippians 4:13

And finally – some other things to try!



Do not be scared, believe and trust in the Lord

John 14:1



Mindfulness

What is mindfulness?

- Mindfulness is a way to try to stop you being anxious. You learn to trust yourself and endure times when things are not as good as you'd like them to be.

For example, if you have a big test coming up, you'll probably start imagining that you are going to fail the test. Then you're not going to get good grades, go to college, end up jobless, homeless, alone and unloved! Instead of revising for the test, you end up worrying too much.

- Mindfulness is about thinking about NOW, this very moment in time. Instead of worrying about the past, the future, it will help you focus on right now, and what is important.

What will it do?

- Mindfulness will help you focus on what matters instead of worrying about other things all the time such as Facebook, Instagram, clothes, makeup, hair, who likes you, who loves you, who is your friend, who isn't your friend, your exams next week, your exams next month!!!
- It will help be thankful what you've got instead of worrying what you haven't got. When did you last spend one minute looking at a sunset, some time enjoying what you're eating, thinking about the people that love you and the people you love??

Mindfulness in December

What is special about December?

- The clocks have gone back, it's really dark...but Christmas is nearly here! There's nearly one term under your belt for the year and you should be proud of the progress you've made so far this year.
- It's easy to start worrying now the shine of the new academic year has gone, but there is much to be happy about!

What activity can help me focus these?

- You are going to learn and practice an activity called, "The Big I"
- You may do this activity in one of your lessons too
 1. Sit up straight and put your hands on your lap
 2. Imagine that there is a great big letter I on your stomach
 3. Now think of words to describe all the positive things in your life
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Mindfulness in January

What is special about January?

- Everything is brand new! New term! New resolutions! Everything is new and fresh! You have the chance to start everything new and start fresh!
- You have a fresh start – what are you going to do with it?

What activity can help me focus these?

- You are going to learn and practice an activity called, "The worry box"
- You may do this activity in one of your lessons too
 1. Sit up straight and put your hands on your lap
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Mindfulness in November

What is special about November?

- The clocks have gone back, it's really dark...but there are Fireworks to light up the evening! Christmas is on its way and you have gone one half term under your belt for the year and you should be proud of the progress you've made so far this year.
- It's easy to start worrying now the shine of the new academic year has gone, but there is much to be happy about!

What activity can help me focus these?

- You are going to learn and practice an activity called, "Sitting and smiling"
- You may do this activity in one of your lessons too
 1. Sit up straight and put your hands on your lap
 2. Make sure one hand is on the other, both palms facing upwards and thumbs touching
 3. Close your eyes and concentrate on the sounds of your breathing
 4. After a few breaths, smile slowly and keep the smile on your face!
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Mindfulness in October

What is special about October?

- October is when the weather starts to get bad....cold, dark mornings, long cold evenings. But there are lots to enjoy, the golden leaves on the trees, fun at Halloween, half term holidays!
- It's easy to start worrying now the shine of the new academic year has gone, but there is much to be happy about!

What activity can help me focus these?

- You are going to learn and practice an activity called, "TALKING THINKING"
- It's about learning to speak to others without upsetting them.
- Too often we speak before we think.

If you can, before you speak to someone, try this about what you are going to say:

Is it **T**True?
Is it **H**Helpful?
Am **I** the best one to say it?
Should I say it **N**ow?
Is it **K**ind?



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Mindfulness in September

What is special about September?

- September is full of new things: new uniform, new pens and pencils, new bags, new teachers, new subjects, new things to learn, new friends....the list goes on and on
- It's easy to start worrying about these things instead of enjoying them.

What activity can help me focus these?

- You are going to learn and practice an activity called, "TUNE IN". You can do it anywhere you like. When you feel stressed or overwhelmed, go somewhere private, or lock yourself in a toilet cubicle and have a go:
 1. Sit down and close your eyes
 2. Focus on the sounds you can hear. Sounds close and sounds far away.
 3. Don't think about what they are (e.g. that's Connor, that's a bird, that's a car)
 4. Just focus on the sounds as they get louder and quieter, as they come into our brain and out of our brain.
 5. Try this for a couple of minutes

This will help you to calm your brain and stop worrying about all the things going on and help you to learn to focus on what matters. More next month!

