



Mindfulness

Mindfulness is when you pay very close attention to what is happening moment to moment to moment. It is curious what you can notice when you stop for a moment and really focus all your attention.

It may be what you are feeling, hearing, thinking or anything else you notice. You can use all your senses to practice mindfulness, sight, sound, taste, smell and touch. The opposite to being mindful is rushing or being on autopilot, when you do things, but your mind is daydreaming about something else.

Maybe you are thinking about things you have already done or things that might happen later today or further in the future. When you are mindful you are not daydreaming. You are just here now, in this moment.

Can you think of a time when you have felt really focused on something? Trying to catch a ball, trying to thread a bead on a string, count out money for

the canteen, when learning to tie your shoes laces or hunting for insects in the garden.

That calm focus, that way of slowing down, of paying attention to what you are doing and taking your time – that is what we call *mindfulness*.

Being mindful helps you:

- pay attention better
- be less distractible
- learn more
- stay calm under stress
- avoid getting too upset about things
- slow down instead of rush
- listen better to others
- be more patient
- get along better
- feel happier and enjoy things more

If this sounds like a great superpower, that is because it is! Mindfulness helps people, kids, and adults in just about every part of life. Learning how to be mindful when you are young gives you a chance to get really good at it and use it always.

Mindfulness is like having a great superpower!



Mindfulness may be what you are feeling, hearing, thinking or anything else you notice. You can use all your senses to practice mindfulness, sight, sound, taste, smell and touch.

Dr Bec Jackson



Secrets to your mindfulness superpower

Practice: You need to practice mindfulness to get good at it.

Just like exercising your body to get stronger and fitter, you must exercise your mindfulness muscles too!

Training your mind takes practice. The more you practice, the better you get. Just like learning to ride a bike, reading or how to tie your laces. Practice helps you to learn.

Soon mindfulness will come naturally when you need it in your everyday life. Just like a superpower. This can help when you are feeling stressed or worried, when you must do something new or difficult, or when you have to focus your attention, like in school or when playing sport.

When you practice mindfulness, you're training your attention. Research shows that practicing mindfulness can improve attention for just about everybody – including people who often have trouble paying attention.

Anyone can practice mindfulness. It's easy to do, and it just takes a few minutes a day.





Simple Mindful Meditation for kids...

Your plan to follow:

#1 Sit in a relaxed, comfortable position

Pick something to focus your attention on, like your breath or you might like to use a magic word you repeat quietly to yourself in your head (something like, calm, relax, or breathe)

#3 Notice when your mind wanders away from paying attention to your breath

Maybe you start thinking about what's for lunch, or whether you remembered to bring your hat to school, or that funny joke someone told at play break. That's your mind wandering and getting distracted. Its natural, minds do that all the time!

#5 Keep breathing, keep relaxing, keep paying easy attention to your breathing

Can you feel the place where the air tickles your nostrils? Do you notice how the breath gently moves your body? Can you pay attention to your belly or your chest moving as you breathe? Keep bringing your attention back to the breathing every time your mind wanders. Try to do this for 5 minutes.

#2 Let's say you decided to focus on your breathing

Breathe normally while you simply pay attention to your breath. If you want, you can close your eyes. As you breathe in and out, just notice each breath. You can use your belly breathing challenge to help. Pay attention in an easy way — on purpose, but not forced.

#4 Whenever you notice your attention has wandered, gently remind yourself to pay attention to breathing again

That's how you train your attention.

That's it! You can practice this as many times as you like during the day. Sometimes when you must wait for something, you can sneak in some mindfulness practice. There are lots of other ways to practice mindfulness, like mindful eating, mindful walking, mindful listening, and evening mindful teeth brushing. Try picking different things to focus on to help you practice training your attention.



day 1

How was your day...?

(circle which face fits your mood)



Today I noticed I felt...

I also felt...

When I felt like this, I noticed that my body was...

Draw a picture of how your day was, or how you felt.

A large, rounded rectangular area with a light blue border, intended for drawing. It is filled with a light gray grid pattern.

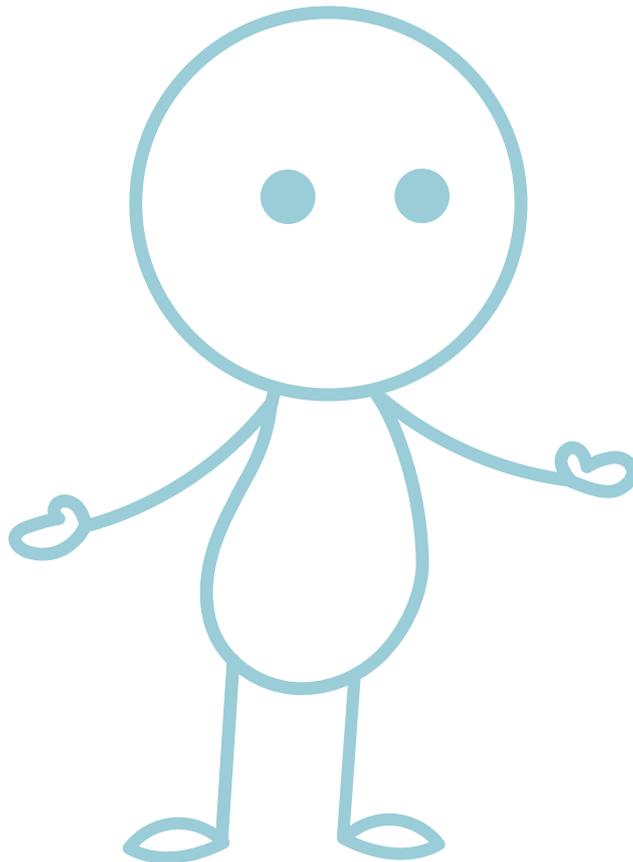
day 2

What did you do today?

Write down some of the body feelings you noticed today?

Do a quick body scan and notice how you feel right now?

Write words, or draw, your feelings below.

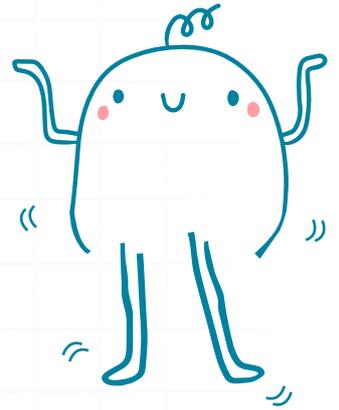


day 3

Mindful walking challenge:

Stand up and go for a little walk across the room as slowly as you can. See if you can notice all the feelings in your body as you walk.

Write down 3 sensations you felt, in your legs, hips, feet and toes as you walked?



Did you notice anything else?

If you practiced this when playing sport do you think it would make it easier or harder?

day 4

Did you notice any moments today you were mindful?

Circle which activities you were mindful while doing them today:

Waking up

Putting on your shoes

Walking

Brushing teeth

Getting dressed

Running

Brushing hair

Eating

Listening

Can you think of any times today you have been the opposite? (Like being on autopilot.)

day 5

Mindful Drinking Challenge:

Take a big sip of water but hold it in your mouth and do not swallow. Bring your attention to the water in your mouth. Notice the temperature, notice where in your mouth you can feel the water, on your tongue, teeth, cheeks. Notice if you feel like swallowing. Then when you want to, swallow the water, and see if you can follow the water with your attention.



Where do you lose the feeling?

Write down your observations.

Draw a picture of how you are feeling

A large, rounded rectangular box with a light blue border, intended for drawing. It contains several horizontal lines for writing or drawing.

day 6

What happened today...?

How are you feeling?

Write down why you feel that way.



Sit quietly and just think for 5 minutes.

What thoughts go through your head?

day 7

My favourite thing about today was when...?

What are the 3 qualities you love most about yourself?

Share some thoughts on why these are important to you.

1. _____

2. _____

3. _____

Sit in nature for a few minutes. Listen to everything.

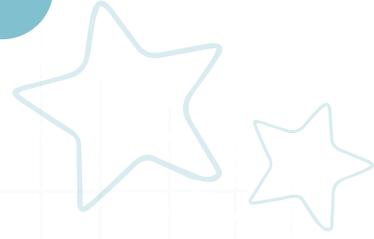
What do you hear and what do you feel?



Week 1 Mindfulness Reflection



Congratulations!



You have completed your first week of mindfulness practice and journaling.

You have done great!! Take a few minutes now to just sit, take a few deep breaths, notice what you can hear if you close your eyes. When you are ready open your eyes and answer these questions below:

I would give my mindfulness practice a score of _____ out of 10!

I have been practicing...

I am getting better at...

I am really proud of myself that I...

Next week I want to focus on improving...

Today I feel...

Remember: Feelings come and go like clouds in a windy sky.