

## 5 Mindful Activities

Balloon belly breathing – *to soothe*



Lie down somewhere comfy and imagine there is a balloon in your tummy. As you breathe in, imagine the balloon slowly inflates. As you breathe out, the balloon effortlessly deflates. Children can rest their favourite toy on their tummy and let them go along for a calming ride.

## Warrior pose – *for confidence and concentration*



Stand up tall with your feet wide apart. Turn your right toes out and press your left heel away. Bend your right knee deeply, stretch your arms out at shoulder height and make like a surfer. Hang ten for a few relaxed breaths, feeling the strength of your body, then shake out your legs and try it out on the other side. This is a great distractor from worried thoughts.

Embrace music – *to switch up your mood*



Harness the mood boosting power of music by making your own playlists – one that helps you feel peaceful, one to help you focus and another to give you a feel-good hit. A good old sing always lifts the spirits, too.

Make your mind garden beautiful – *to grow happy thoughts*



There is a garden in your mind, made by all your thoughts. Thoughts you enjoy plant the seeds for flowers you love. Worries or nasty thoughts plant the seeds for weeds. Now every garden has weeds so it's not about eliminating unhappy thoughts, but you can choose where you direct the sun and water by nurturing the thoughts that help you feel good. It all comes down to where you place your attention so choose wisely to grow a beautiful mind garden.

## Extension:

### What Are My Best Qualities?

Each one of us is different.

You are a very special, unique person with many special, positive qualities.

Can you list as many of these as you can below?

There are a few examples to get you started. If you are struggling, ask the adult you are with. Try your best to do this on your own though.

Write all those wonderful qualities down and be proud of who you are!

#### Examples:

I am honest.

I am brave.

I make people laugh.

