

A stylized sun with a smiling face, composed of concentric semi-circles in shades of yellow and orange. The sun has a simple, happy expression with closed eyes and a small smile. It is surrounded by several thick, yellow, rounded rectangular rays. The background is a light yellow gradient.

MINDFULNESS

WHAT IS MINDFULNESS?

Mindfulness is giving your full attention to what is happening in the moment. It means being aware of what is going on with your feelings, thoughts, and senses.



WHY IS MINDFULNESS IMPORTANT?

- Mindfulness helps us manage our emotions.
- It can help us to be calm and think about the feelings of others.
- It allows us to be kinder to ourselves.
- It improves our focus and observation skills.



4 WAYS TO PRACTICE MINDFULNESS

1

Floating Bubbles

2

Five Senses

3

Sunshine Fill Up

4

Belly Breathing

FLOATING BUBBLES

Get in a comfortable position and then close your eyes.

Imagine all the thoughts in your head are bubbles floating in front of you.

Try noticing them without focusing on one particular thought.

Let your ideas and feelings float through the air.

FIVE SENSES

You can do this activity in your classroom, at home, or outside. Use your five senses to observe what is happening around you at this moment.

What are 5 things you can see?

What are 4 things you can hear?

What are 3 things you can feel?

What are 2 things you can smell?

What is 1 thing you can taste?



SUNSHINE FILL UP

You can do this activity while sitting or standing. Close your eyes.

Imagine warm, bright sunshine is slowly filling up your body.
Start at your toes and let it rise all the way up to the top of your head.

As it gets higher, notice any feelings you are having in your body.
This will help you focus on what is going on inside you.



BELLY BREATHING

While sitting, place your hands on your belly. Close your eyes and take a deep breath, in and out.

You can count your breaths or just imagine a place that makes you happy. Try to do this quietly for one minute.



REMEMBER

Mindfulness
takes
practice

At first, it may seem that your head is filled with thoughts or tricky feelings. It can be challenging to try and notice these without reacting to them.

When you are practicing mindfulness and you get distracted, try to bring your attention back to the present and your breath.