



MINDFUL MONSTERS



what is Mindfulness?



Mindfulness means taking time to slow down and **be in the moment.**

It is taking note of how your body feels and what you can **see, taste** or **smell.**

When you do this, it can help you to feel **calm.**



Mindfulness can help you in lots of ways. It can help you to sleep better and even do well in school.

Think of mindfulness as a **superpower!**



Would you like to try
some mindfulness
exercises with us?



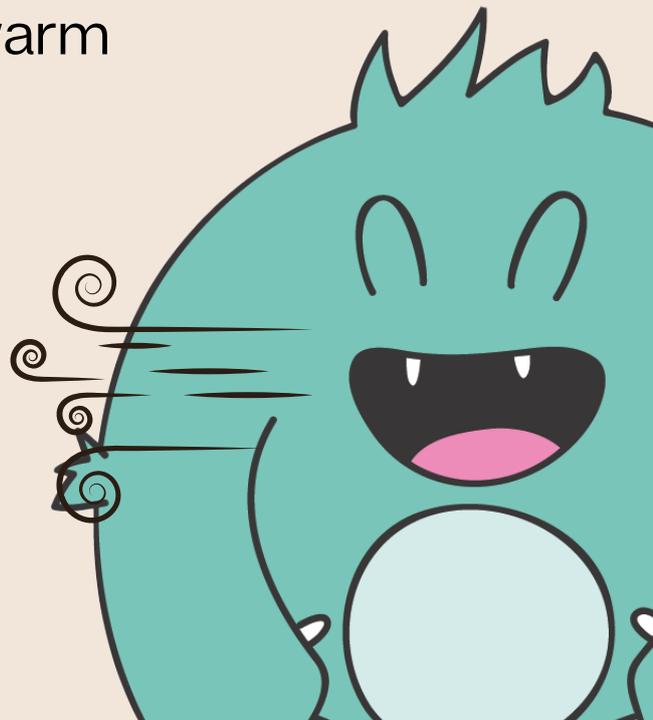
Mindful Breathing

- Sit or stand up as straight as you can.
- Close your eyes or look down into your hands.
- Put both hands on your belly.
- Take three slow, deep breaths, in and out so that you can see your hands moving.
- In your head, count “1, 2, 3” for each breath in and “1, 2, 3” for each breath out.

Have a think about the following:

- What is moving your hands?
- Can you feel the air moving up your nose?
- Can you feel it moving out through your nose?
- Does the air feel warm or cold?
- Is it cold breathing in and warm breathing out?
- Can you hear your breath?
- What does it sound like?
- How do you feel when doing this?

Do this for two to five minutes.



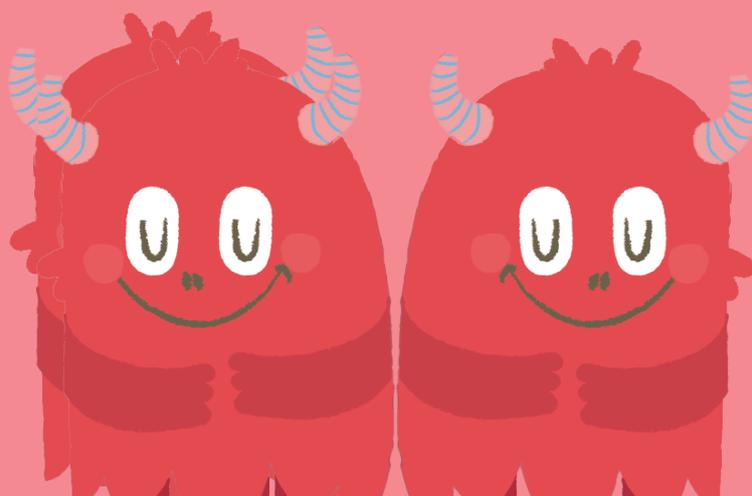
Back to Back Breathing

Grab your brother, sister, friend or even mum or dad for this exercise!

- Sit up as straight as you can with your back resting against your chosen partner.
- Complete the 'mindful breathing exercise' as on the page before.
- This time you are going to pay attention to your partner's breathing!
 - Is it shallow or deep?
 - Fast or slow?
 - Can you feel their back moving as they breathe?

After a little while, you may even find that your breath falls into sync with your partner! Or it may not!

Talk to each other about what you notice in your body and each other's body as you breathe in and out.



Breathing Buddies

Grab your favourite teddy.

Lie down flat on your back and put your teddy on your belly.

Take a deep breath and count "1, 2, 3" as you breathe in.

Pause for a second. Then breathe out counting "1, 2, 3, 4."

Watch the toy or teddy rise and fall as you breathe in and out.

Do this 10 times.



Teacher note: you can do this with the whole class by asking your children to bring in a toy from home, or even using a pack of balloons - ask them to place the balloon on their belly. Then ask them to describe what is happening to the balloon and why.

Favourite Food

We all love food! What's your favourite food to eat?

Next time you have your favourite treat, be sure to complete the below!

- Hold the food in your hand (if you can!)...
- What does it smell like? Can you describe the smell?
- What does it feel like? Can you describe how it feels in your hand and against your lips?

Now slowly eat the food and think about the following:

- How does the food feel on your tongue?
- What does it taste like?
- What is the texture like?
- Is it chewy? Yummy?
- Describe the sensation when you
- finally swallow it!

Didn't it taste better when you savoured it?



Body Scan

This is a great exercise to do before you go to sleep after a busy day. Lie down flat on your back with your eyes closed. Make sure you are comfortable.



Pay attention to your feet for 10 seconds and think about the following:

- How does this body part feel?
- Is it cold or warm?
- Does it feel tight or relaxed?
- Is all or part of that body part touching the floor/bed?
- Or clothing?
- What does that feel like?

Move on to your toes, then ankles, then calves and knees. Continue body part by body part until you reach your head!

Mindful Listening

You'll need: A bell, triangle, drum or anything that makes a noise! And a grown up!

- Sit in a comfortable position with your hands resting on your knees or at your sides.
- Close your eyes and relax.
- Have a grown up make a noise with one of the instruments you have found..
- Try to focus on the sound. Try to pin point when the sound is at its loudest, and when it fades away.
- What do you think made the sound?
- Open your eyes when you think the sound has stopped.

Was it easy or difficult?
Did you get distracted?
How did your body feel?

Do it with as many different sounds as you would like!



Shark fin

Sit down with your back as straight as possible. Make sure you are comfortable and still.

Place your thumb on your forehead so that your fingers are pointing to the sky like a shark fin. Your palm should be looking towards your side.

Now, close your eyes.

Slide your hand down your face, in front of your nose.

Say “shhh” as you slide your hand down your face.

Take three deep breaths, counting to three as you breathe in and out.

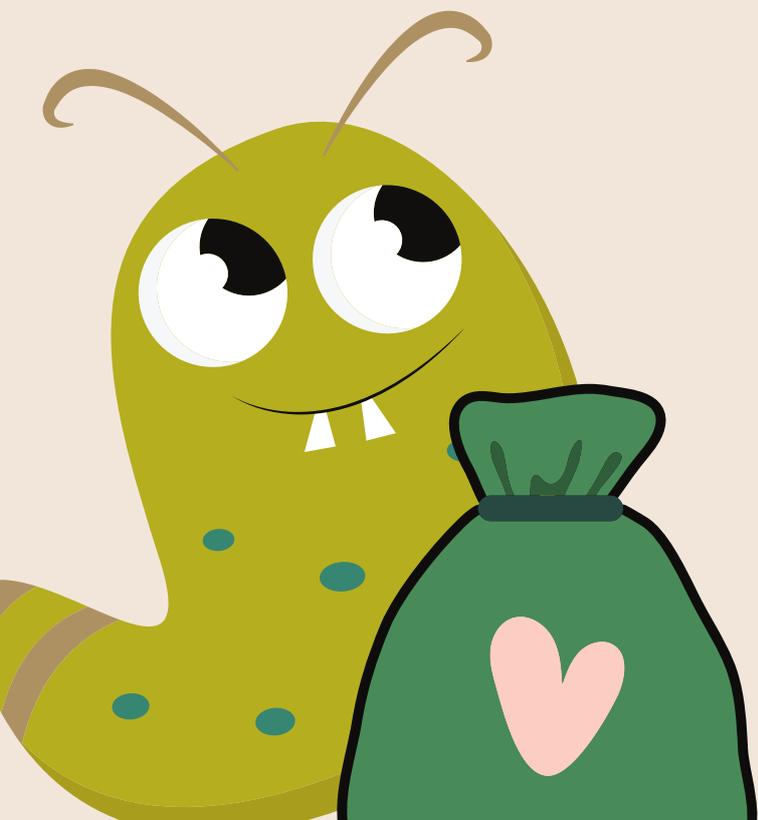
How do you feel?
Do you feel calm and relaxed? You can do this any time you feel stressed or anxious.



Secret Bag

You'll need: A grown up to get a bag and some interesting shaped objects of their choice!

- Have the grown up place several small, interestingly shaped or textured objects into a small bag.
- Put your hand inside the bag and try to guess what is in it!
- Describe how the objects feel, what you think they could be and what they could be used for. Be as imaginative as you like.



Perhaps they are a princess's hair clips? Or dragon droppings! - Ewww! Try this as many times as you like with as many different objects as you can find

Did you enjoy our
mindfulness exercises?
Make sure you always
talk about how you feel
after completing an
exercise.



PSST...DID YOU LIKE OUR MINDFUL MONSTERS?

Then keep your monster eyes peeled for our new Monster Cards... coming soon!

- Over 30 emotion flashcards
- Empowerment questions
- Mindfulness exercises
- Promotes good mental health and self awareness

