

Why Do People Need Mindfulness?

Being mindful helps you:

- pay attention better
- be less distractible
- learn more
- stay calm under stress
- avoid getting too upset about things
- be more patient
- slow down and don't rush
- listen better to others
- feel happier and enjoy things more



If this sounds like a superpower, it is! Being mindful helps people in just about every part of life. Learning how to be mindful when you're young gives you a chance to get really good at it and use it always.



You need to practice mindfulness to get good at it. Training the mind takes practice. The more you practice, the better you get.

If you practice mindfulness exercises, being mindful can come naturally when you need it in your everyday life. This can help when you're stressed, when you have to do something difficult, or when you have to focus your attention. Each time you practice, you're training yourself to get better at being mindful.





Mindfulness

Mindful Breathing

- Sit comfortably with your back straight.
- Close your eyes or soften your gaze to the floor.
- Scan your body and notice how you feel.
- Notice your breath - into the nostrils and out the mouth. Pay attention to your chest and notice the rise and fall of your stomach.
- If your mind wanders, bring it back to the feeling of your breath,
- After five minutes, take another breath and feel your feet firmly on the ground. Come back to the now and open your eyes.



Mindfulness

Mindful Breathing

- Please follow the slides and have a go at mindful breathing.
- Watch the video that we use in class if it helps.
- Have a go at completing the activity attached.

Have a fantastic weekend!