

PEACEFUL KIDS

HOME LEARNING

WELLBEING ACTIVITIES

SOCIAL & EMOTIONAL HOME BASED LEARNING



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WELCOME

WELCOME TO THE PEACEFUL KIDS WELLBEING ACTIVITIES FOR HOME. EACH WEEK THERE WILL BE A NEW MEDITATION TO LISTEN TO, TIME TO RECORD YOUR FEELINGS AND SOME COOL WELLBEING ACTIVITIES TO HELP YOU FEEL CALM AND HAPPY INCLUDING:

- MINDFULNESS PRACTICE
- RECORDING & GETTING TO KNOW YOUR FEELINGS
- GRATITUDE PRACTICE
- COOL COPING STRATEGIES
- HELPFUL POSITIVE THOUGHTS
- MINDFUL COLOURING
- FUN MINDFULNESS ACTIVITIES
- MINDFUL MOVEMENTS



WEEK 1

THIS WEEK YOU WILL BE LEARNING ABOUT MINDFULNESS AND HOW IT CAN HELP YOU TO CALM DOWN AND FEEL HAPPIER. YOU CAN ALSO START LISTENING TO THIS WEEK'S MEDITATION ON THE BREATH.

YOU WILL ALSO SPEND A COUPLE OF MINUTES EACH DAY TO WORK OUT HOW YOU ARE FEELING USING THE MONKEY FEELINGS. ONCE YOU GET THE HANG OF THIS, YOU CAN DO THIS EVERY DAY.



WEEK 1 MINDFULNESS PRACTICE



LISTEN HERE

THIS WEEK'S MEDITATION

BREATH MEDITATION

LISTEN ON THE PEACEFUL KIDS WEBSITE WWW.PEACEFULKIDS.COM.AU

OR ON THE 'INSIGHT TIMER' APP - SEARCH FOR 'PEACEFUL KIDS'

HOW DO YOU FEEL TODAY?

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

"HAVE A LOOK AT THE MONKEYS ON THE NEXT PAGE TO SEE HOW YOU ARE FEELING TODAY."

EITHER WRITE HOW YOU ARE FEELING IN THE BOXES ABOVE, OR PRINT OUT THE MONKEY PAGES AND CIRCLE HOW YOU ARE FEELING EACH DAY."



HOW DO YOU FEEL TODAY?



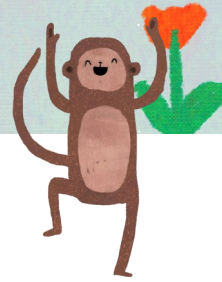
ANNOYED



CONFIDENT



EXCITED



JOYOUS



NERVOUS



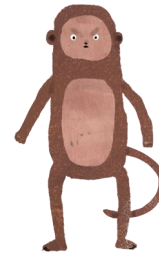
ANXIOUS



CONFUSED



FRIGHTENED



ANGRY



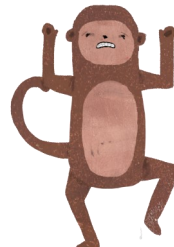
PEACEFUL



ASHAMED



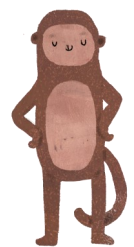
ENERGETIC



FRUSTRATED



LONELY



PROUD



BORED



DISAPPOINTED



GRUMPY



LOVING



SAD



BRAVE



CHEERFUL



GUILTY



AFRAID



SCARED



CALM



EMBARRASSED



HAPPY



WORRIED



SHY



WHAT IS MINDFULNESS?

MINDFULNESS IS NOTICING OUR THOUGHTS, WHAT OUR BODY FEELS LIKE, WHAT OUR EARS ARE HEARING, WHAT WE CAN SEE AND ANYTHING ELSE THAT IS AROUND US AND HAPPENING

"MINDFULNESS SHOWS US WHAT IS HAPPENING IN OUR BODIES, OUR EMOTIONS, OUR MINDS, AND IN THE WORLD. THROUGH MINDFULNESS, WE AVOID HARMING OURSELVES AND OTHERS."

THICH NHAT HANH



GET TO KNOW YOUR BREATHING SPOT

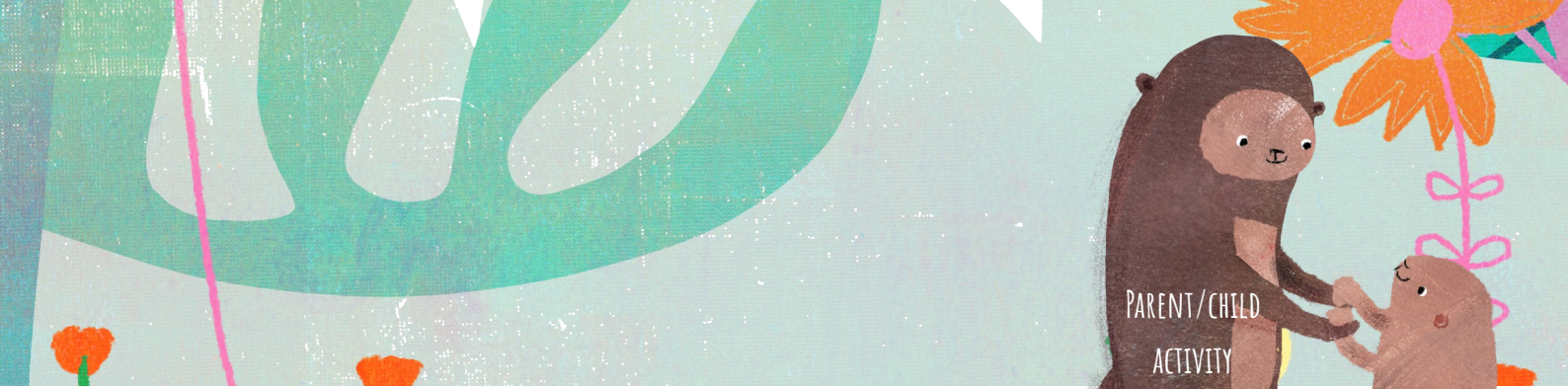
Lie down and place your hands on your tummy and feel it move when you breath. You can call this your 'Breathing Spot'. This is the place on your tummy where you can feel your breath move the most. You can notice this special 'Breathing Spot' whenever you like.

Now keep your mind on your belly and how it is moving, and what it feels like to move your belly. You can either keep your eyes open or closed.



Did you notice how you were breathing when you did this exercise? Did you notice if you were breathing in through your nose or mouth? When we practice Mindfulness we don't need to breath in any 'right' way - you can just bring your attention to your body and your breath and notice what is happening.

Did you notice your mind wandering off or were you distracted? It's really normal to have thoughts pop into our minds or get distracted. When you notice you are thinking about something else or get distracted, you can simply bring your focus back to your Breathing Spot.



FINGERS & TOES MEDITATION

Ask a parent or caregiver to guide you through the Fingers & Toes Meditation below.

- Let your arms rest gently on the ground by your side. Let your feet relax by uncrossing them and letting them flop out to the side. Gently close your eyes over. Feel the weight of your body as it rests on the floor. You may even notice how your body feels against the floor.
- Spend a minute just focusing on your breath.
- Feel your body relax and soften as you exhale.
- Feel your body now against the floor or the chair and just notice how you are feeling in your body and any sensations you notice.
- Let your breathing return to normal now and just notice the gentle rising and falling of your belly with each in breath and with each out breath.
- We are now going to notice just our fingers and toes.
- Start by taking your attention to your toes. Starting with your big toe on your left foot.
- Can you notice your big toe? Can you feel it or any sensations? Maybe you can feel it against your socks or shoes.
- Now notice your 2nd toe. What can you feel? Maybe you can feel nothing? Really try hard to tune into this toe and try to find a sensation. Now move to your 3rd toe.
- Continue through for the remaining toes on both feet.
- Now bring your attention to your fingers.
- Starting with your left thumb. Can you feel it against the floor or your body? Or if your thumb is not touching anything just notice any sensations inside or around your thumb.
- Now move your attention to your pointer finger.
- Continue for each finger on both hands.
- Now gently rub both hands together for a minute and then place them on your belly or lap and notice how your hands and fingers feel.



MAKE YOUR OWN STRESS BALL

Make your own stress ball using rice and balloons.
All you will need is rice, balloons and a plastic bag.
Check out this simple video here (click on the picture)



Stress Ball Breathing Technique

Once you have made your stress ball, you can use it for a Mindful Breathing Exercise. You can use this technique for quick brain breaks during the day.

- Hold a stress ball in one hand.
- Place your other hand on your belly.
- As you breathe in squeeze the ball.
- As you breathe out let the ball go.
- Keep your focus on your belly moving as you breathe in and out.

MINDEFUL COLOURING

Happiness