



PEACEFUL KIDS  
WEEK 10  
WELLBEING ACTIVITIES



# WEEK 10

THIS WEEK YOU WILL BE LEARNING ABOUT THE  
POWER OF BEING GRATEFUL, A FUN MINDFUL FRUIT  
& VEGGIE ACTIVITY AND AN EASY COUNTING  
MEDITATION.

CONTINUE TO RECORD HOW YOU ARE FEELING EACH  
DAY USING THE MONKEY PICS!

SPEND SOME TIME COLOURING IN USING THE  
MINDFULNESS COLOURING PAGES.



# WEEK 10 MINDFULNESS PRACTICE



LISTEN HERE

THIS WEEK'S MEDITATION

JUST A MINUTE

LISTEN ON THE PEACEFUL KIDS WEBSITE [WWW.PEACEFULKIDS.COM.AU](http://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

WE CAN'T HELP HAVING FEELINGS - IT IS NORMAL AND NATURAL TO HAVE LOTS OF FEELINGS EACH DAY. THIS IS JUST A PART OF BEING A HUMAN BEING! IT'S IMPORTANT NOT BE ASHAMED FOR HAVING ANY TYPE OF FEELING - WE ALL HAVE THEM - GOOD OR BAD! ALL FEELINGS COME AND GO AND SOMETIMES IT DOESN'T FEEL GOOD BUT THAT IS OK.



# HOW DO YOU FEEL TODAY?



ANNOYED



CONFIDENT



EXCITED



JOYOUS



NERVOUS



ANXIOUS



CONFUSED



FRIGHTENED



ANGRY



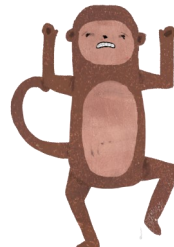
PEACEFUL



ASHAMED



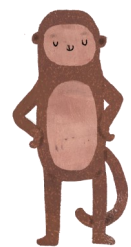
ENERGETIC



FRUSTRATED



LONELY



PROUD



BORED



DISAPPOINTED



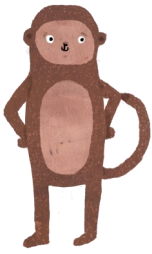
GRUMPY



LOVING



SAD



BRAVE



CHEERFUL



GUILTY



AFRAID



SCARED



CALM



EMBARRASSED



HAPPY



WORRIED



SHY



# GRATITUDE

When we are feeling worried or stressed, we sometimes forget to think about the great things that happen in our lives. This is because the brain loves to focus on the problems we have so we can keep ourselves safe. BUT! We can actually train our brains to notice the things that went well or that were great during the day, more than noticing the things that did not go well.

Focusing on 'great things' also trains our minds to think in a more positive way, just like training our bodies and making our muscles bigger and stronger. This helps us to make our brain stronger and healthier and build the 'muscles' in our brain.

On the next page, write down three things each day that you are grateful for today. Try to look for different things each day. These can be very little things like having a nice soft bed to sleep in, a hug from someone you love or a laugh with a friend.



Did you know that our minds need to have 3 times more positive emotions than negative emotions and experiences for us to feel good? If something goes wrong then it can outweigh all the great things that happen during the day. This is because the brain loves to remember bad things and negative emotions to keep us safe. The negative emotions are more 'sticky' than positive ones. So we need to spend time focusing on what is good each day to train our brains.

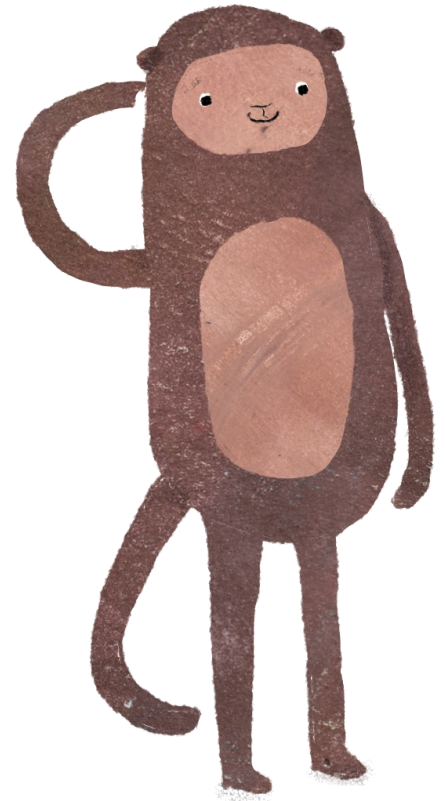
# GRATITUDE - 3 GREAT THINGS

Write down 3 things each day that you are grateful for. Try to find new things for each day. Print off a page for each day for one week.



## COUNTING TO 5 MEDITATION

This counting exercise can be a great way to start to learn where your minds wander. This exercise helps you to stay focused on the breath by counting each in and out breath. All you need to do is count to 5 with each in and out breath and if you notice your mind wandering off, then start your counting again at 1. When you get to 5 they start again at 1.



- Lie down and make yourself comfortable.
- Place a hand on your belly and feel the body move up and down as you breathe.
- Notice your breathing for a minute.
- Now start counting each breath.
- Count "one" as you inhale, and "one" as you exhale.
- Then do the same for each breath e.g. "two" inhale, "two" exhale, and so on, up to five.
- Then start back at "one."
- Remember to start back at 1 if you notice your mind wandering off.
- You don't need to try to change your breathing in any way, hold your breath or push it out, or change the natural rhythm - you just need to be aware of your breathing.
- Have a go now at counting your breaths from 1 up to 5 with each breath.
- Remember not to force the breath, but to follow its natural rhythm.





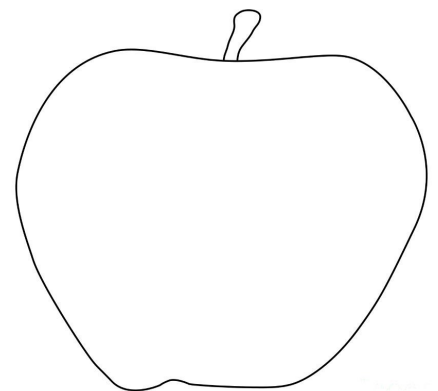
## POTATOES & APPLES

This is a fun and interactive sensing activity using potatoes or apples. Get at least 3 apples or 3 potatoes (or any pieces of fruit or vegetables). You will study your potato or apple just like a curious scientist so you can remember every single part of it – every mark, every piece of dirt, change of colour and shape.

- Take a close look at your piece of fruit or vegetable.
- Look at it like this is the first time you have ever seen this.
- Imagine you are a curious scientist and you are discovering everything about this.
- Carefully look at the shape and the overall size in your hand.
- Now notice if there are any marks, scratches or dents you can see.
- Notice the colour and if the colour is different in some areas.
- Close your eyes and smell it – can you notice any smell?
- Open your eyes and see if you can notice anything else.
- Now describe your piece to someone at home – explaining in detail what you see, feel and smell.
- Now share and compare your piece with someone else at home and see if they are the same or if there are any differences between the two.

### Now for the fun bit!

- Put your Potato or Apple back into a bag and mix them around.
- Take them out of the bag and lay them out on a table and see if you find 'your' apple or potato and explain why you think this is yours.
- You will need to remember all the special markings on it to know that it is yours.



# MINDFUL COLOURING

