



# PEACEFUL KIDS

WEEK 2

WELLBEING ACTIVITIES



# WEEK 2

THIS WEEK YOU WILL BE LEARNING HOW TO DO THE MINDFUL BELLY BREATHING. YOU CAN USE THE BELLY BREATHING ANY TIME YOU FEEL STRESSED OR NEED TO CALM DOWN. YOU CAN ALSO USE YOUR FINGER BREATHING AS A SIMPLE AND QUICK WAY TO CALM DOWN. THIS WEEK YOU ALSO MAKE A COOL GLITTER JAR.

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

SPEND SOME TIME COLOURING IN USING THE MINDFULNESS COLOURING PAGES.





WEEK 2 MINDFULNESS PRACTICE

LISTEN HERE

THIS WEEK'S MEDITATION

## MINDFUL BELLY BREATHING

LISTEN ON THE PEACEFUL KIDS WEBSITE [WWW.PEACEFULKIDS.COM.AU](http://www.peacefulkids.com.au)

# HOW DO YOU FEEL TODAY?

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



DID YOU KNOW THAT WHEN WE TAKE A FEW MINUTES TO WORK OUT HOW WE ARE FEELING, IT HELPS TO MANAGE OUR FEELINGS? JUST BY WORKING OUT HOW WE FEEL, BY WRITING THEM DOWN OR TELLING SOMEONE, OUR BRAIN STARTS TO CALM DOWN. IT TURNS OFF THE 'STRESS' PARTS OF OUR BRAIN.

# HOW DO YOU FEEL TODAY?



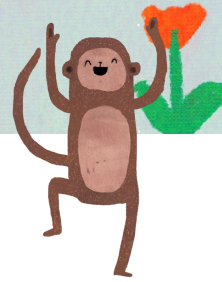
ANNOYED



CONFIDENT



EXCITED



JOYOUS



NERVOUS



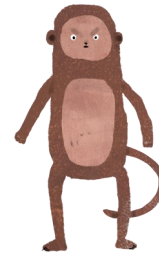
ANXIOUS



CONFUSED



FRIGHTENED



ANGRY



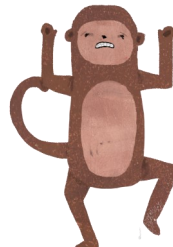
PEACEFUL



ASHAMED



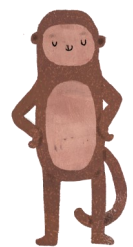
ENERGETIC



FRUSTRATED



LONELY



PROUD



BORED



DISAPPOINTED



GRUMPY



LOVING



SAD



BRAVE



CHEERFUL



GUILTY



AFRAID



SCARED



CALM



EMBARRASSED



HAPPY



WORRIED



SHY



# MINDFUL BELLY BREATHING

SIT OR LIE DOWN

PLACE HANDS ON YOUR BELLY

COUNT TO 3 AS YOU BREATHE IN SLOWLY THROUGH YOUR NOSE

FEEL YOUR BELLY EXPAND

COUNT TO 3 AS YOU BREATHE OUT THROUGH YOUR MOUTH

FEEL YOUR BELLY GO FLAT

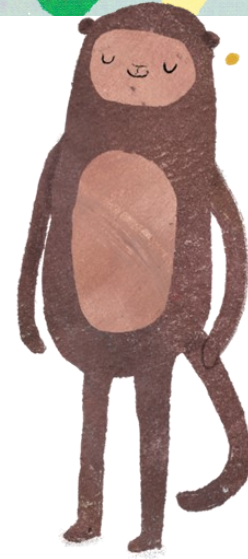


IF YOU FEEL WORRIED, SCARED, FRUSTRATED OR ANY STRONG EMOTION, TAKE A PAUSE AND PRACTICE THE MINDFUL BELLY BREATHING. BELLY BREATHING CALMS THE BRAIN AND ALLOWS THE BODY TO RELAX.

# GLITTER JAR

## Make your own 'Glitter Jar'

Use any type of clear jar with a secure lid. Fill with water and a tablespoon of glitter. As an additional option, add in a tablespoon of clear glue. This will help slow down the glitter to the bottom of the jar when shaken. Glue the lid over on the jar so it won't spill when you are shaking it. Add a drop or two of food colouring to add more colour.



## Do this activity with your Glitter Jar

- How does your mind feel when you are rushing around, or have a lot of thoughts like worries? What are some feeling words you would use to describe how this feels in the body or the mind?
- Do you notice when you feel unsettled, worried, stressed, angry (or any strong emotion). Do you notice that your mind feels a bit unsettled or all over the place? We can call this 'brain chatter' or 'monkey mind'. This can be all the thoughts we have when we are worried or stressed. Our minds are very unsettled however through mindfulness we can learn to settle the mind.
- Mindfulness can help you to just notice your thoughts by just paying attention to them. This is like when we pay attention to the glitter in the jar. We can just notice the thoughts and feel the body sensations of the feelings in your body. We don't have to try to change them, but just by noticing we can feel calm.
- This jar is like our mind. Imagine now that each piece of glitter is our thoughts and our feelings you have in a day.
- Sometimes we are rushing around (Shake up the Glitter Jar)
- Sometimes we have uncomfortable feelings because something happens (Shake Glitter Jar even more)
- Sometimes we are worried or feel stressed (Shake again)
- Now let's be still for a few minutes and as you notice the glitter falling, take in slow deep in and out breaths and feel yourself relax as you breathe.
- Notice that when you are still and mindful that the thoughts just settle to the bottom of the jar and our minds are clear and calm.



# FINGER BREATHING

- Hold out your hand and spread your fingers.
- Using the pointer finger of your other hand trace along each finger, starting from the base of the thumb.
- As you rise up each finger take a breath in and then as you go down the other side of the finger breath out.
- Pause between each in and out breath.
- Breathe in through your nose and then out through your mouth. Or you can just notice how you are breathing - do whatever feels comfortable.
- Do this for each hand.



Did you know that when we take in 5 deep belly breaths that it calms the mind down and also the body down? It slows down the heart rate and brings the body back into balance. We can use the finger breathing at any time to feel calm or to just take a mindful break.

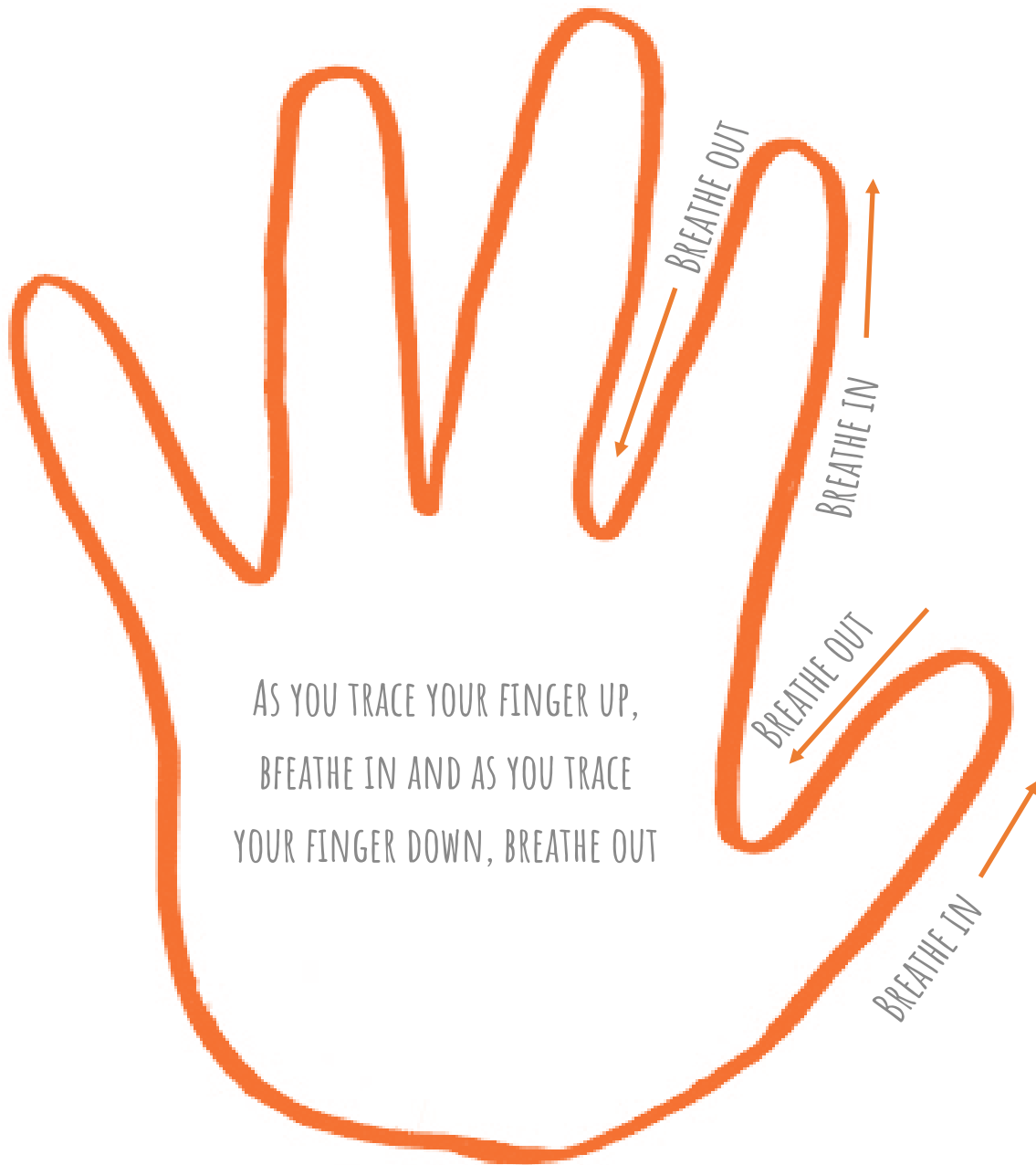
## NOW USE YOUR IMAGINATION

- Imagine when you breathe in that you are smelling a beautiful smelling flower.
- Imagine you are slowly blowing out a candle when you breathe out – slow and steady and not too rushed.





# FINGER BREATHING



AS YOU TRACE YOUR FINGER UP,  
BREATHE IN AND AS YOU TRACE  
YOUR FINGER DOWN, BREATHE OUT



MINDFUL COLOURING

