



# PEACEFUL KIDS

WEEK 3

WELLBEING ACTIVITIES



# WEEK 3

THIS WEEK YOU WILL BE LEARNING HOW  
MINDFULNESS HELPS THE BRAIN TO STAY STRONG  
AND HEALTHY.

YOU WILL ALSO LEARN HOW MINDFULNESS HELPS  
WORRYING AND STRESS.

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

SPEND SOME TIME COLOURING IN USING THE  
MINDFULNESS COLOURING PAGES.



# WEEK 3 MINDFULNESS PRACTICE



THIS WEEK'S MEDITATION

## BODY SCAN

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

SOME EMOTIONS FEEL GOOD (POSITIVE) LIKE FEELING HAPPY, CONFIDENT AND CURIOUS. SOME EMOTIONS DON'T FEEL AS GOOD (NEGATIVE) LIKE FEELING ANGRY, FEARFUL OR SAD. BOTH OF THESE TYPES OF EMOTIONS ARE REALLY NORMAL. WE CAN FIND WAYS TO MANAGE HOW WE ARE FEELING. ONE WAY IS TO WRITE DOWN HOW WE ARE FEELING WHICH HELPS CALM THE



# HOW DO YOU FEEL TODAY?



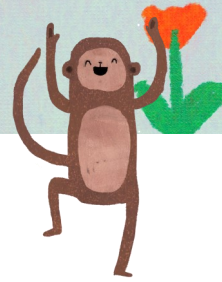
ANNOYED



CONFIDENT



EXCITED



JOYOUS



NERVOUS



ANXIOUS



CONFUSED



FRIGHTENED



ANGRY



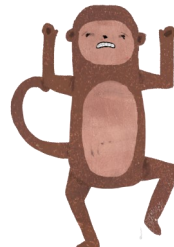
PEACEFUL



ASHAMED



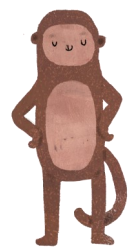
ENERGETIC



FRUSTRATED



LONELY



PROUD



BORED



DISAPPOINTED



GRUMPY



LOVING



SAD



BRAVE



CHEERFUL



GUILTY



AFRAID



SCARED



CALM



EMBARRASSED



HAPPY

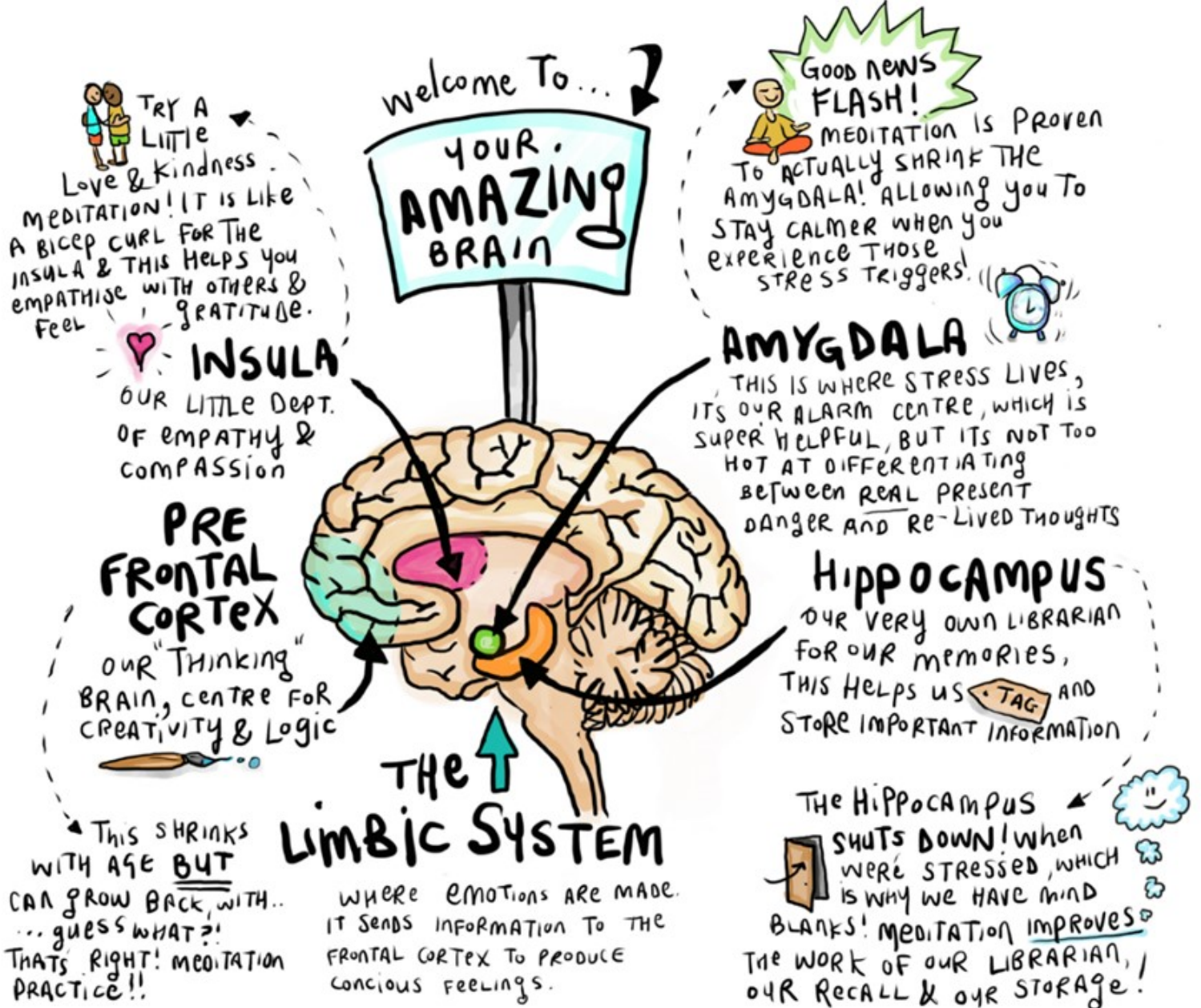


WORRIED



SHY

# LEARN ABOUT YOUR AMAZING BRAIN!



This amazing Brain illustration has been created by EQ minds [www.eqminds.com](http://www.eqminds.com)

MINDFULNESS HELPS STRENGTHEN THE BRAIN SO WE FEEL CALM, KEEP OUR STRESS LOW, LEARN BETTER, FEEL HAPPY, MAKE GOOD CHOICES AND CARE FOR OTHERS

## HOW DOES MINDFULNESS HELP THE BRAIN?

Put your hand on your forehead. Just behind your forehead is your 'Thinking Brain' (which is also called the Pre-Frontal Cortex). Mindfulness helps to strengthen this part of the brain which actually becomes thicker and stronger over time the more we practice.

Place your other hand behind the base of your skull. Behind this part of the head in the brain is the 'Alarm Bell' part of the brain (which is also called the Amygdala). This part of our brain helps to alert us of danger. Sometimes our alarm bell goes off when there is no danger such as when we become worried.

The more we practice Mindfulness, the 'alarm bell' becomes smaller which helps us to not feel as stressed or worried. This means we are less likely to feel stressed or become stressed easily. So, the more we 'work out' the thinking brain, the less the 'alarm bell' works. This means we feel happier and calmer.





# TENSE & RELAX

Ask a parent or caregiver to guide you through the Tense & Relax Meditation below.

- Get comfortable lying on the floor.
- Let your arms rest gently on the ground by your side or gently on your lap.
- 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. Through this meditation I am going to guide you to notice any sensations in your body.
- Let your attention focus now on my voice as I guide you through tensing and relaxing each part of your body from your toes to your head.
- Starting with your toes and feet, scrunch up all the muscles in your toes and feet as tight as you can and hold for a few seconds and then just let them flop on the floor and completely relax. Let's do this again, tensing the toes and feet as much as you can, then just let them flop on the floor.
- Repeat this step for each part of the body and be aware of each muscle tighten and then loosen each muscle area: Calves and shins, Upper legs- front of legs, back of legs, hips and pelvis area, tummy area, chest and back area, arms, hands, shoulders and neck, face.
- Now tense the whole body all at once so all your muscles and tensed up for a couple of seconds. Let's do this again and let your body flop on the floor.
- Now just allow yourself to just relax on the floor and notice any sensations in your body.
- Notice how you feel in your body.





# STAR BREATHING

TRACE AROUND THE STAR AND  
BREATHE IN AS YOU TRACE UP AND  
BREATHE OUT AS YOU TRACE DOWN



MINDEFUL COLOURING

