



PEACEFUL KIDS

WEEK 5

WELLBEING ACTIVITIES



WEEK 5

THIS WEEK YOU WILL BE LEARNING HOW
MINDFULNESS CAN HELP US IF WE FEEL WORRIED
OR STRESSED.

YOU CAN LISTEN TO THE WORRY SPOT MEDITATION
EVERY TIME YOU FEEL WORRIED OR STRESSED.

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

SPEND SOME TIME COLOURING IN USING THE
MINDFULNESS COLOURING PAGES.



WEEK 5 MINDFULNESS PRACTICE



THIS WEEK'S MEDITATION

WORRY SPOT

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

EMOTIONS COME AND GO. SOMETIMES THEY HANG AROUND FOR A LONG TIME, AND SOMETIMES THEY JUST LAST A FEW SECONDS. EMOTIONS CAN BE STRONG OR SUBTLE OR ANYWHERE IN BETWEEN. WE CAN BE ANNOYED OR REALLY ANGRY OR ANYWHERE IN BETWEEN. WE CAN GIVE OUR EMOTIONS A NUMBER OUT OF TEN AND RATE HOW STRONG THEY ARE.



HOW DO YOU FEEL TODAY?



ANNOYED



CONFIDENT



EXCITED



JOYOUS



NERVOUS



ANXIOUS



CONFUSED



FRIGHTENED



ANGRY



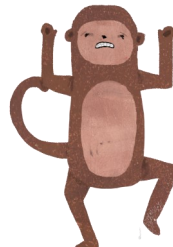
PEACEFUL



ASHAMED



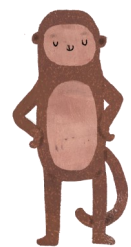
ENERGETIC



FRUSTRATED



LONELY



PROUD



BORED



DISAPPOINTED



GRUMPY



LOVING



SAD



BRAVE



CHEERFUL



GUILTY



AFRAID



SCARED



CALM



EMBARRASSED



HAPPY



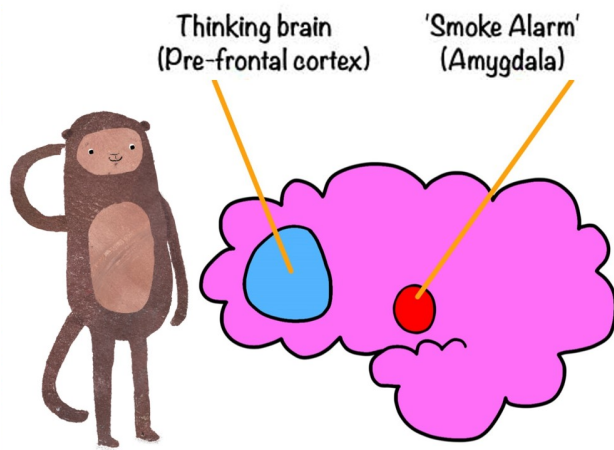
WORRIED



SHY

HOW DOES MINDFULNESS HELP TO LESSEN WORRY?

Mindfulness has been proven to reduce the size of our Amygdala (which we can call our 'Alarm Bell' part of the brain). 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.

Mindfulness also helps us to be more in the present moment so we don't get caught up in worrying and thinking. The more things we do in the present, the less we will worry.

It's normal to worry from time to time - this is what the brain likes to do so we can keep ourselves safe. However sometimes we can worry too much which stops us from feeling good and having fun.





WORRY SPOT

SIT OR LIE DOWN

PLACE HANDS ON YOUR BELLY

NOTICE HOW YOU ARE FEELING IN YOUR BODY

SEE IF YOU CAN NOTICE A PARTICULAR SPOT WHERE YOU FEEL ANXIOUS OR WORRIED SUCH AS FEELING SICK IN THE TUMMY OR TIGHT MUSCLES

BREATHE INTO THIS SPOT AND IMAGINE THAT THE BREATH IS CALMING THE WORRY WITH EACH BREATH

IMAGINE BREATHING OUT THROUGH THE SOLES OF YOUR FEET SO THE WORRY CAN LEAVE YOUR BODY AND YOU ARE LEFT FEELING CALM.





LONG BODY SCAN

Ask a parent or caregiver to guide you through the Long Body Scan 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.
- Through this meditation I am going to guide you to notice any sensations in your body.
- 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.
- Start by taking your attention to your feet. What do you notice? Feel the weight of your feet as they rest on the floor. Notice the position of your feet and which part of your feet is touching the floor. Notice any sensations inside the feet now. You may notice tingling, a heaviness, or lightness, an ache, a movement or maybe nothing at all. Travel all the way along the bottom and tops of your feet up to your toes. Just notice what you feel there. . . . Notice each toe and move your attention from toe to toe noticing how they feel. Now notice the space between the toes...
- Now bring your attention to the tops of your feet and then to your ankles. Bring your attention up your shins and around to your calves. Notice how the backs of your legs feel. Now, bring your attention to the front and then the back of your knees. You may notice how your shins touch the floor.





PARENT/CHILD
ACTIVITY

LONG BODY SCAN CONTINUED

- Now bring your attention to your thighs, first the front of your thighs and then to the back of your thighs. Now move your attention up to your hips and see what sensations you feel there. Notice any sensations in the whole of your legs. Now bring your attention to your lower back and bottom area. Notice any sensations such as a tightness, tingling, aching, lightness, heaviness or maybe there are spots where you can't feel anything at all...
- Bring your focus now to tummy area, noticing how it moves slightly as you breathe. Move up to your chest and heart area. Focus on this area for a moment and see if you can notice your heart beating or any sensations in your upper body. Now move your attention to your neck and shoulders... then your head and face. Now notice your upper arms, moving your attention to lower arms, then your hands and finally noticing any sensation in each finger.....



TRACE AROUND THE FIGURE 8 WITH
YOUR FINGER AND GET INTO A
RHYTHM BREATHING IN AND OUT.

FIGURE 8 BREATHING

