



PEACEFUL KIDS

WEEK 6

WELLBEING ACTIVITIES



WEEK 6

THIS WEEK YOU WILL BE LEARNING ABOUT COPING STRATEGIES THAT MAKE US FEEL HAPPY AND CALM.

YOU WILL ALSO BE EXPLORING THE SENSE OF SMELL IN SOME MINDFULNESS ACTIVITIES AND LEARNING HOW TO DO THE MINDFUL PAUSE STRATEGY.

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

SPEND SOME TIME COLOURING IN USING THE MINDFULNESS COLOURING PAGES.



WEEK 6 MINDFULNESS PRACTICE



THIS WEEK'S MEDITATION

LEAVES ON A STREAM

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



DID YOU KNOW THAT EVERYONE EXPRESSES THEIR EMOTIONS IN DIFFERENT WAYS? THIS CAN MAKE THINGS TRICKY AT TIMES WHEN WE ARE TRYING TO WORK OUT HOW SOMEONE ELSE IS FEELING. SOME PEOPLE SHOW THEIR EMOTIONS EASILY AND SOME TRY HARD TO HIDE THEM. GET TO KNOW HOW YOU SHOW YOUR EMOTIONS TO OTHERS.

HOW DO YOU FEEL TODAY?



ANNOYED



CONFIDENT



EXCITED



JOYOUS



NERVOUS



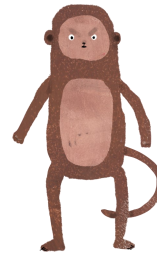
ANXIOUS



CONFUSED



FRIGHTENED



ANGRY



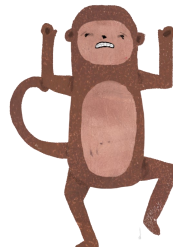
PEACEFUL



ASHAMED



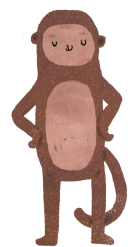
ENERGETIC



FRUSTRATED



LONELY



PROUD



BORED



DISAPPOINTED



GRUMPY



LOVING



SAD



BRAVE



CHEERFUL



GUILTY



AFRAID



SCARED



CALM



EMBARRASSED



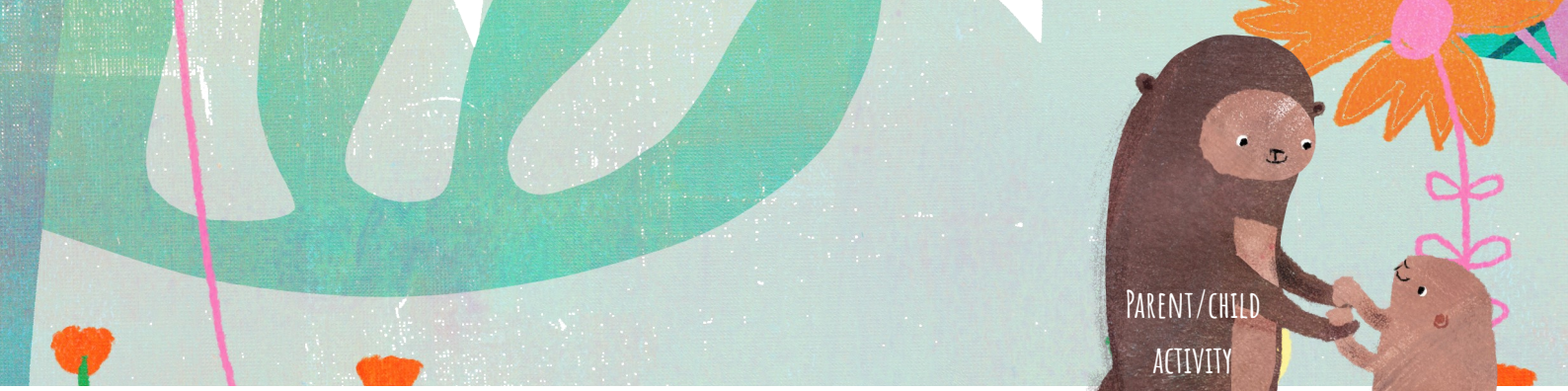
HAPPY



WORRIED



SHY



WHAT'S THE SMELL?

- Take an object such as a leaf, flower, herb, food.
- Study this object closely as though it is the first time you have noticed this.
- Can you find anything that you have never noticed about it?
- Compare yours to someone else at home and see if it is different in some way.
- Now close your eyes and see if you can smell all the different aromas.
- See if you can notice more than just one aroma.
- Describe to someone at home what you can notice and give the smell a 'name' or 'description' or what it reminds you of.

SCENTS IN A BAG

- Ask a parent/carer to put objects / items into a bag. Mix up the items with herbs, oils, food with strong aromas such as an orange peel.
- Close your eyes and try to guess what the item is, just by using your sense of smell.
- Describe the smell when you are guessing each item.

Variation:

- Put drops of different essential oils onto cotton balls and place in jars. Open the jar and smell the oil and try to guess what the oil is and describe the scents or what is reminds you of.

COPING STRATEGIES



What do you do to make yourself feel better when you are stressed, upset or feeling strong emotions? You probably do something that makes you feel better like jumping on a trampoline, talking to someone, or lying down to read a book to relax. These are called coping strategies. Circle the strategies that you already use. Then circle some new strategies that you could try this week.

READ A BOOK

PRACTICE A MINDFULNESS MEDITATION

DANCE IN YOUR BEDROOM

HAVE FUN WITH A FRIEND

LOOK THROUGH PHOTOS OF HOLIDAYS

LOOK AT PICTURES THAT MAKE YOU FEEL GOOD

TALK TO SOMEONE ABOUT HOW YOU ARE FEELING

WRITE / DRAW ALL THE PEOPLE WHO CARE FOR YOU

CALL A FAVOURITE RELATIVE FOR A CHAT

THINK ABOUT A FAVOURITE MEMORY

PRACTICE YOGA POSES OR DO STRETCHES

COLOUR IN A MINDFULNESS COLOURING BOOK

HUG A FRIEND

PLAY DRESS UPS WITH A FRIEND

CLEAN OUT YOUR ROOM AND REARRANGE IT TO MAKE IT PEACEFUL

DO THE TENSE AND RELAX MEDITATION

DO SOMETHING QUIET & RELAXING

START OR BUILD A COLLECTION OF SOMETHING

WRITE IN YOUR JOURNAL HOW YOU ARE FEELING

TAKE 3 DEEP BELLY BREATHS

HAVE A BIG CRY

TRY SOMETHING YOU HAVE NEVER DONE BEFORE

TRY KNITING OR CROCHETING

PLAY A BOARD GAME

MAKE A 'FRIEND' BOOK WITH PHOTOS OF YOUR FRIENDS

WATCH A FUNNY OR FAVOURITE MOVIE

WRITE A STORY OR POEM

JUMP ON A TRAMPOLINE

MAKE SOMETHING FUN

LISTEN TO MUSIC THAT MAKES YOU FEEL GOOD

TAKE A WARM BATH OR HAVE A SHOWER

DRAW A PICTURE OF YOUR FAVOURITE PLACE

DO YOUR FAVOURITE EXERCISE

SPEND TIME WITH A PET

LIGHT A CANDLE AND LISTEN TO MUSIC

BOUNCE A BALL

PUT YOUR WORRIES INTO YOUR WORRY BOX

PAINT OR DRAW SOMETHING

WRITE DOWN WHAT YOU ARE GRATEFUL FOR

SPEND TIME ON A FAVOURITE HOBBY

GO FOR A RUN OR A LONG WALK

TAKE PHOTOS OUT IN NATURE

READ FUNNY JOKES

COOK SOMETHING YOU LOVE TO EAT

BRAINSTORM SOLUTIONS TO FIX A PROBLEM



PARENT/CHILD
ACTIVITY

MINDFUL PAUSE

Have you ever noticed if you feel any strong emotions in your body? Can you feel any body sensations such as your heart beating fast, or clenched fists, a headache or sick in the tummy?

Ask a parent or carer to guide you through the following:

'Close your eyes over. See if you can notice any sensations in your body right now. There might be a sense of touch of the body against the chair or floor or against your clothes. You may even feel some sort of ache or pain, or itch or cool or warmth. Can you give this sensation a colour or an image in your own mind? See if the sensation changes or stays the same or if you can notice any new sensations while you are sitting / lying there. Share what you notice when you open your eyes.'

Why would it be helpful to be mindful of our bodies? And notice our bodies? When we are aware of any body sensations, we can then calm ourselves down if we need to. Then we have time to pause before we do or say anything silly or hurtful. This is what we call a Mindful Pause.

We can easily react when someone says something to us and we are often not even aware of our bodily response and the thoughts we are having – we just react to what the person has said or done. The more we practice Mindfulness, the more we can have a pause and notice our reaction, notice our thoughts, notice our feelings. We can then mindfully choose how we want to respond.

Try using the Mindful Pause this week.





MINDFUL PAUSE



Take a Mindful Pause when you feel yourself reacting, or feeling strong emotions.

Notice how you are feeling

Notice where you feel tension in your body.

Take 3 Mindful Belly Breaths and then choose how you like to be in a each situation.

PAUSE, NOTICE, RESPOND



