



PEACEFUL KIDS

WEEK 7

WELLBEING ACTIVITIES



WEEK 7

THIS WEEK YOU WILL BE GETTING TO KNOW YOUR BODIES
MORE BY NOTICING PHYSICAL SENSATIONS.

WE WILL ALSO LEARN SOME COOL POSITIVE THOUGHTS,
AND BEGIN THE 10 DAY MINDFUL PHOTO CHALLENGE.

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

SPEND SOME TIME COLOURING IN USING THE
MINDFULNESS COLOURING PAGES.





WEEK 7 MINDFULNESS PRACTICE

LISTEN HERE

THIS WEEK'S MEDITATION

MINDFULNESS OF FEELING

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 YOU HAVE HAD EMOTIONS SINCE YOU WERE BORN? AS WE GROW UP WE GET BETTER AT BEING ABLE TO KNOW OUR EMOTIONS AND THOSE IN OTHERS. WE ALSO GET BETTER AT BEING ABLE TO MANAGE THEM AND NOT LET THEM CONTROL US. THE MORE WE KNOW HOW WE ARE FEELING, THE BETTER WE CAN CALM OURSELVES IF NEEDED AND THIS HELPS US TO GET ALONG BETTER WITH OTHERS TOO.



HOW DO YOU FEEL TODAY?



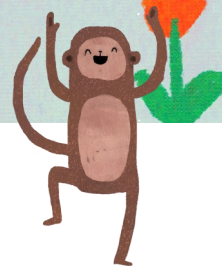
ANNOYED



CONFIDENT



EXCITED



JOYOUS



NERVOUS



ANXIOUS



CONFUSED



FRIGHTENED



ANGRY



PEACEFUL



ASHAMED



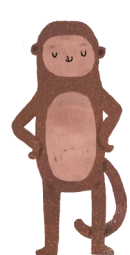
ENERGETIC



FRUSTRATED



LONELY



PROUD



BORED



DISAPPOINTED



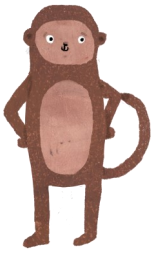
GRUMPY



LOVING



SAD



BRAVE



CHEERFUL



GUILTY



AFRAID



SCARED



CALM



EMBARRASSED



HAPPY



WORRIED



SHY

HOW DOES YOUR BODY & MIND FEEL WHEN YOU ARE CALM?

Draw on the monkey
what it feels like in
your body when you
are calm. Use colours,
patterns and some
words if you like.



HOW DOES YOUR BODY & MIND FEEL WHEN YOU ARE STRESSED OR WORRIED?

Draw on the monkey
what it feels like in
your body when you
are stressed. Use
colours, patterns and
some words if you like.





POSITIVE THOUGHTS

There are different ways you can think about things that can either help you to feel better or worse such as feeling down, sad or worried. When we get worried we tend to think in unhelpful ways and get into a habit of worrying. Have a look at the positive thoughts and circle the ones you like that you can say to yourself when you find things difficult or feel upset.

EVERYTHING WILL BE OK

KEEP TRYING EVEN IF THINGS ARE HARD

REMEMBER SOMETIMES THINGS DON'T GO WELL

I CAN ACHIEVE IF I WORK HARD

REMEMBER YOU DON'T HAVE TO BE PERFECT—NO-ONE IS

JUST BE YOURSELF—EVERYONE ELSE IS TAKEN

I CAN DO THIS!

DON'T SWEAT THE SMALL STUFF

I CAN DO WHATEVER I PUT MY MIND TO

REMIND YOURSELF IT'S OK TO MAKE MISTAKES

EVERYTHING WILL BE OK - JUST BREATHE & SMILE

I CAN GET THROUGH ANYTHING

ACCEPT YOURSELF FOR WHO YOU ARE

WILL THIS REALLY MATTER IN A FEW DAYS TIME

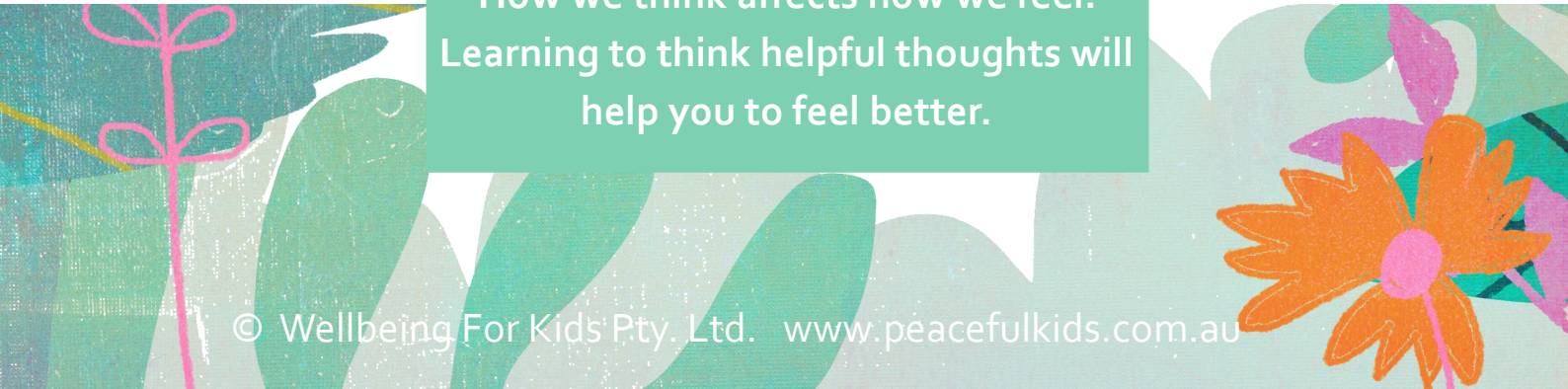
TODAY I FACE MY FEARS BIT BY BIT

IT'S NOT THAT BAD

SOON THIS WILL PASS

LAUGH AT YOURSELF WHEN YOU MAKE A MISTAKE

TRY NEW THINGS EVEN IF IT'S HARD



How we think affects how we feel.
Learning to think helpful thoughts will
help you to feel better.



10 DAY MINDFUL NATURE PHOTO CHALLENGE

Over ten days, take photos or short video bursts of things in our natural world that you usually don't pay a lot of attention to. Seek out little creatures, birds and plants. Nature brings us into the present moment and makes us more mindful of our everyday surroundings.

- Get outside to your garden.
- Start to notice all the tiny things in nature such as insects and plants.
- Using a camera or short video bursts, take photos of what you find or take a short videos showing movement such a bird getting pollen from a flower, or an insect crawling.
- Combine these all together to create a mindful portfolio of nature in digital or printed form.



Photo & Video ideas:

New growth of a leaf or flower
Insect crawling
Feathers on a bird
Movement of a bird
Light patterns on the ground
Shape of leaves
Seed pods
Spider web
Plants growing



MINDEFUL COLOURING

positive thoughts