



PEACEFUL KIDS

WEEK 9

WELLBEING ACTIVITIES



WEEK 9

THIS WEEK YOU WILL BE LEARNING ABOUT BEING
IN 'FLOW' TO INCREASE OUR WELLBEING.

THERE ARE ALSO SOME FUN ACTIVITIES LIKE
MINDFUL EATING AND SOME MORE FUN
MINDFUL MOVEMENTS.

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

SPEND SOME TIME COLOURING IN USING THE
MINDFULNESS COLOURING PAGES.





WEEK 9 MINDFULNESS PRACTICE

LISTEN HERE

THIS WEEK'S MEDITATION

GOING WITH THE FLOW

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

IT'S NORMAL TO HAVE LOTS OF FEELINGS - EVEN STRONG ONES. WHAT IS IMPORTANT IS WHAT WE DO WITH THEM. IT REALLY HELPS TO TALK TO SOMEONE YOU TRUST ABOUT HOW YOU ARE FEELING. YOU CAN ALSO USE SOME OF YOUR COPING STRATEGIES TO FEEL BETTER. THIS WILL HELP YOU TO FEEL CALMER AND MORE POSITIVE. REMEMBER IT'S OK TO FEEL DIFFICULT EMOTIONS. THEY WILL PASS.



HOW DO YOU FEEL TODAY?



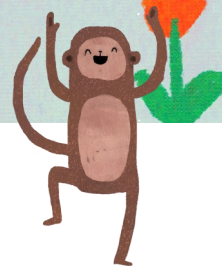
ANNOYED



CONFIDENT



EXCITED



JOYOUS



NERVOUS



ANXIOUS



CONFUSED



FRIGHTENED



ANGRY



PEACEFUL



ASHAMED



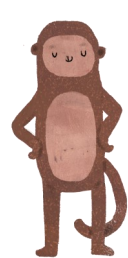
ENERGETIC



FRUSTRATED



LONELY



PROUD



BORED



DISAPPOINTED



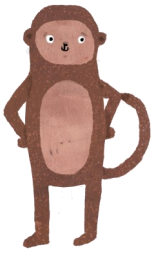
GRUMPY



LOVING



SAD



BRAVE



CHEERFUL



GUILTY



AFRAID



SCARED



CALM



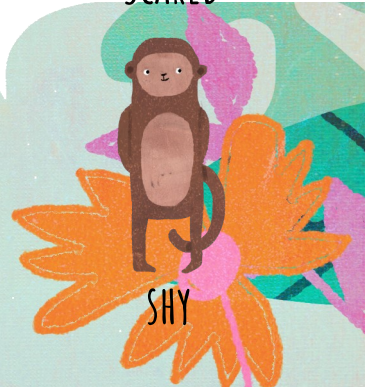
EMBARRASSED



HAPPY



WORRIED



SHY

BEING IN 'FLOW'

When we are in our 'Flow' we are focused in an activity that uses all of your mind. We are not thinking about the past or the future or any worries. Being in the flow means you are lost in time and fully present with the activity. When do you find yourself just focusing on one thing and completely lost in it?



You might find your flow when you are:

- Playing with Lego
- Drawing / Painting
- Creating something
- Playing sport
- Playing with your pet
- Cooking
- Writing
- Reading a great story
- Dancing / Singing
- Being with friends
- Kicking the footy

**Write down 3 activities you can do
this week that help you to be in
your 'Flow'**

- 1.
- 2.
- 3.



TREE POSE & CHILD POSE

Tree Pose

- In a standing fixed position lift one leg and place foot on upper thigh by bending leg.
- Hold your hands in prayer position above your head.
- Imagine you are a strong tree with one leg planted firmly into the ground with your hands reaching up like tree trunks.
- Then close your eyes if feel balanced and imagine yourself as a tree out in the forest.
- Slowly bring your hands and arms up above your head keeping your hands in prayer position.
- After 1 minute, swap over legs and repeat again.

*Here are a couple of simple
Mindful Movements.
These are simple 'Brain
Breaks' that can help you
to calm the body and
mind.*



Child's Pose

- Start on the floor on all fours.
- Then come back to resting your body on your heels with your arms gently stretched out in front of you with palms flat on the ground.
- Gently bring your forehead to a resting position on the group in front of your knees and lay your chest on your thighs.
- Slowly bring your arms to rest back alongside your body.
- Take a few long, deep breaths. Feel your body rising and falling with your breath.
- Stay in this position for a few breaths.
- Variations: if you feel tension in your lower back, then you can spread out your knees or if your head doesn't reach the ground, then place a cushion under your forehead.



MINDFUL EATING

This Mindful eating exercise is done with a raisin however you can do the same exercise with any food. Often we eat food and don't take a lot of notice of what it feels like in our mouth or notice the different textures and flavours. Put everything else away such as screens or phones and take 5 minutes to really notice what you are eating.

Raison Exercise

- Look at a raisin carefully.
- First look at it as if you're a curious scientist who has never seen such a thing before.
- Notice the shape, the colour, the different shades of colour, the parts where light bounces off the surface, the contours or the pit where the stalk was attached.
- Notice the weight of it in your hand and the feel of the skin against your fingers.
- Notice its texture and temperature. Raise it to your nose and smell it.
- Raise it to your mouth and pause for a moment before biting into it. Bring your attention to what is happening inside your mouth: notice the saliva around your tongue and the urge to bite into it.
- Now slowly bite it in half, noticing your teeth breaking through the skin and sinking into the flesh and the sound that makes, and the sensation on sweetness on your tongue.
- Notice your teeth meeting and the feel of the raisin falling onto your tongue, and the urge to chew it and swallow it.
- Chew it slowly, notice the taste and texture. Notice the movement of your jaw, the sound that chewing makes, the sensation of the flesh breaking down. Notice your urge to swallow - and as you do swallow, notice the movement in your throat, and the sound it makes.
- And after you've swallowed, pause and notice the way the taste gradually disappears from your tongue. Notice your growing urge to eat the remaining half.
- Now eat the rest of the raisin. Notice yourself swallowing and the remaining taste in your mouth.



MINDEFUL COLOURING

I love
to learn.