

One Minute Meditation for Mindfulness (1 minute)

This should help children to become present in the moment and to quieten the chatter in their heads, by simply breathing. This can be part of a group meditation practice.

Process

1. Set a timer for 1 minute.
2. Sit in a comfortable position
3. Begin breathing deeply in and out, notice how the breath feels as it goes in and out
4. Can you feel the air on your skin?
5. Can you notice any sensations?
6. Can you hear any sounds?

Mindful Breathing (5 minutes)

Process

- 1.Children can stand or sit.
- 2.Children are asked to close their eyes, or look down to their hands.
- 3.Ask children to put both hands on their tummy.
- 4.Guide the children in taking three slow deep breaths in and out to see if they can feel their hands being moved.
- 5.You may like to count “1, 2, 3” for each breath in and “1, 2, 3” for each breath out, pausing slightly at the end of each exhale.
- 6.Encourage children to think about how the breath feels
 - Can you hear your breath?
 - What does it sound like?

Balancing on One Foot

This is a simple game that can help children to develop focus and improve strength and control.

Process

1. Try to focus the gaze slightly below eye level. ^[L]_[SEP]
2. Stand on one leg and keep the gaze fixed on that focal point. ^[L]_[SEP]
3. Challenge the children to see how long they can stand on one leg like this. ^[L]_[SEP]
4. Now try the other leg. ^[L]_[SEP]
5. Challenge them to stay focused while you engage her in conversation with them.

High Five Focus

A simple yet effective exercise to help children to calm, by switching attention from the cause of frustration for a matter of seconds can help a child to calm down and centre themselves.

Process

1. Ask children to hold out their hand in a high five pose,
2. Ask them to look at their raised hand, and as slowly as possible, trace round each finger with their other hand.

Sense Countdown (5 minutes)

A great practice for older children, this is an extension of the 'Spidey Senses' activity that can be used to help calm a busy mind and bring awareness to the present moment. Being in the present can help to alleviate worries that children may have had about previous lessons.

Process

Think of:

5 things you can see

4 things you can touch

3 things you can hear

2 things you can smell

1 thing you can taste

