

# Mindfulness

## Take a Brain Break

Cut out the cards and have them available to use at any time when children need a brain break to help them to feel calm or to settle their emotions.

We all need to give our brain a break each day to help our mind to stay healthy. Sometimes, we feel worried, frightened or sad. When we experience these emotions, we can help to settle our body and mind by taking time out to have a brain break, focusing on the present and really paying attention to the little things. This is called mindfulness. Use the activity cards to help you take a mindful moment whenever you need to.



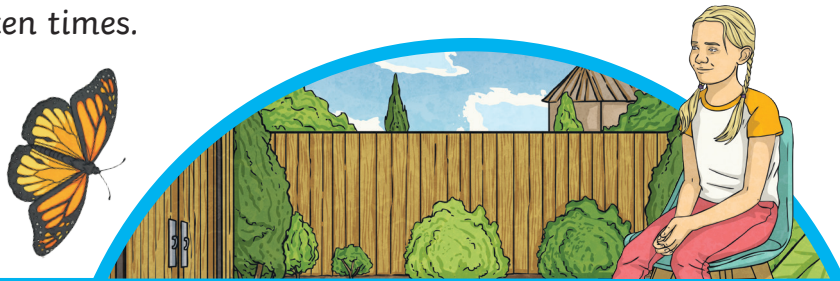
### Take a Brain Break

Find a comfortable place to sit. Breathe in for a count of three and out for a count of five. Do this three times and then, with the next breath you take in, close your eyes if you feel comfortable doing so. Continue to focus on your breathing for as long as you need until you begin to feel calm, settled and relaxed. If your mind wanders and you start thinking about other things, notice this and then simply come back to focusing on your breath.



### Take a Brain Break

Find a comfortable place to sit or lie down. Breathe in for a count of three and out for a count of five. Do this three times and then, with the next breath you take in, close your eyes if you feel comfortable doing so. As your breathing returns to normal, tense all the muscles in your body as tightly as you can. Hold the squeeze for a count of three. Then, flop and relax your muscles for a count of five. Do this between five and ten times.



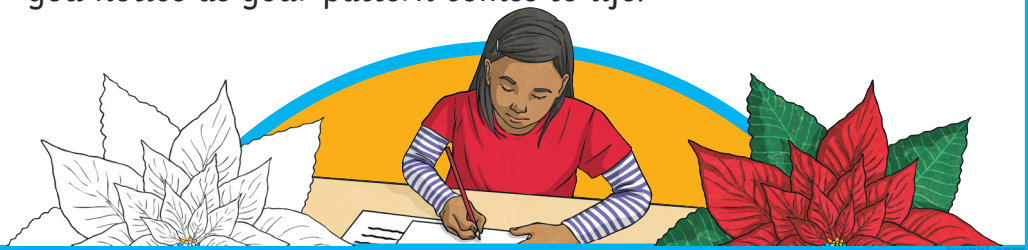
### Take a Brain Break

Go outside or look out of a window. Find a comfortable place to sit and look up at the sky. Take time to really notice what it is like. What is the colour? How does it make you feel? Are there any clouds? If there are, can you see any shapes or pictures within them? Spend as long as you need just watching and noticing until you feel calm, settled and relaxed.



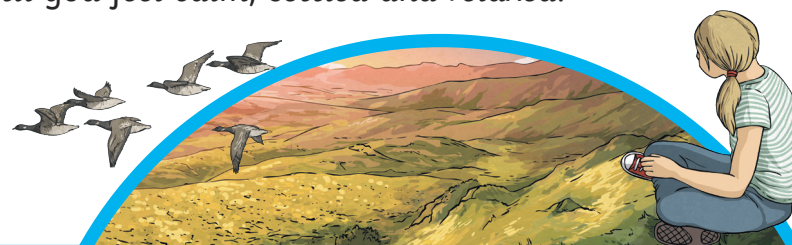
### Take a Brain Break

Get a piece of paper, a pen or pencil and some colouring pencils. Find a comfortable place to sit and then just let your pen or pencil go for a walk on the piece of paper. Let it go wherever it feels like - just let it wander. What patterns have you made? How does your pattern make you feel? Now, colour in your pattern focusing on breathing gently as you work. Really notice the action of colouring - how the pen or pencil feels and what you notice as your pattern comes to life.



### Take a Brain Break

Find a comfortable place to sit outside or next to an open window. Breathe in for a count of three and out for a count of five. Do this three times and then, with the next breath you take in, close your eyes if you feel comfortable doing so. As you continue to breathe gently, focus on the sounds you can hear. Really pay attention to the noises you can hear all around you, describe them in your mind or out loud. Carry on doing this until you feel calm, settled and relaxed.



### Take a Brain Break

Find a comfortable place to sit. Take a moment to settle and steady your breathing. Breathe in for a count of three and out for a count of five. Do this three times and then let your breathing gently return to normal. Now, look around the space in which you are sitting. Slowly name each thing you see. You can do this in your head or out loud. Carry on doing this until you feel calm, settled and relaxed.



### Take a Brain Break

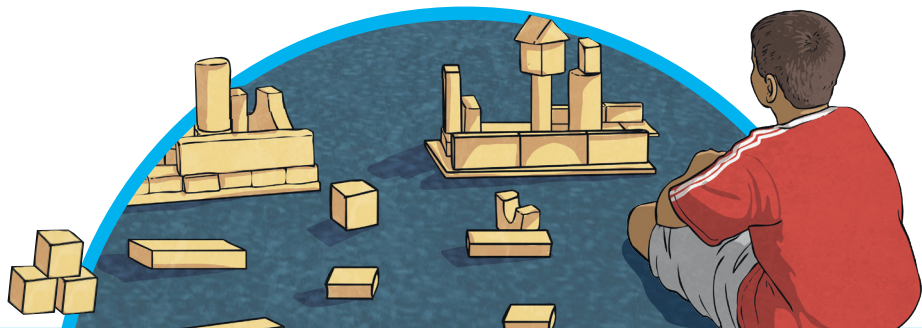
Find a comfortable place to lie down. Breathe in for a count of three and out for a count of five. Do this three times and then, with the next breath you take in, close your eyes if you feel comfortable doing so. Gently let your breathing return to normal and then notice how your body feels lying on the surface you have chosen. Starting at your toes, focus on each part of your body until you reach your head. Each time you focus on a body part, notice how it is feeling. If it feels tense, try to relax the muscles. Once you have finished, open your eyes and slowly and gently sit up.





### Take a Brain Break

Find a quiet place to sit. Using some building bricks, design and make a magnificent creation of your choice. As you build, really notice the feel of the bricks in your hands and the colours and shapes of your creation. When you have finished, pay attention to all the things you like about your design and appreciate how this makes you feel.



### Take a Brain Break

Go on a mindful walk, either around your garden or in your home. Slowly walk around the space or rooms, really noticing what you see, hear and feel. You can label these sights, sounds and feelings in your head or out loud. If something captures your attention, spend some time really watching it, quietly and calmly, and then continue on your mindful walk.



### Take a Brain Break

Find a comfortable place to sit or lie down. Listen to a piece of music which relaxes you. As you listen to it, notice how it makes you feel. What different instruments or sounds can you hear? What images does it bring to your mind? Lose yourself in the music.



### Take a Brain Break

Find a safe space in which to move around. Experiment with moving and travelling in different ways, slowly and carefully. Notice how it feels to move in those different ways. You can describe them in your head or out loud.

