

Mindfulness calendar: daily five-minute activities

This is a **two-week calendar** with **daily mindfulness** activity suggestions. You can run these activities whenever you like, for example at the **start of lessons**, or **after playtime**, to help ground and relax the children.

The activities within the calendar will take approximately **five minutes** and can be done **at home or in school**, with **individuals, small groups or whole classes**. You can display this poster in your classroom or staff room, and use the accompany guidance for instructions on how to deliver the activities.

MINDFULNESS CALENDAR

MON

COUNTING
BREATHS

1-2-3

TUES



ATTITUDE OF
GRATITUDE

WED



USING
THE
SENSES

THURS

COLOUR
BREATHING



FRI



BIRTHDAY
CAKE
BREATHING

MON

FEATHER
BREATHING



TUES



FINGER
COUNTING

WED



SLIMY
HANDS

THURS



RISE
AND
FALL

FRI



RELAXING
MUSCLES

Counting breaths

1-2-3

- Encourage the children to focus on their breathing by counting the number of 'in' breaths and 'out' breaths.
- "I am breathing in 1, I am breathing out 1, I am breathing in 2, I am breathing out 2...". Encourage them to continue do this until they reach number 10.

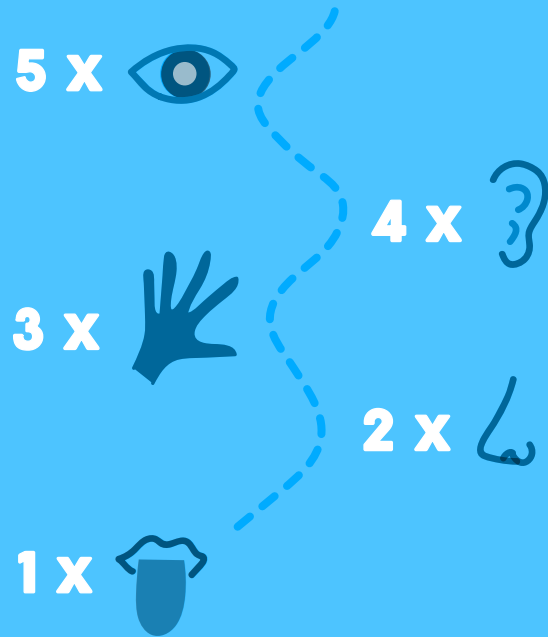
Attitude of gratitude



- Ask the children to focus on their breathing. If they want to, they can close their eyes.
- Encourage them to think of one thing that they are grateful for and encourage them to keep this image in their mind.
- Ask them to notice any feelings or sensations that arise.
- Continue this for a few minutes.
- You could also run this as a writing activity, using the following sentence starters:
 - Something I am grateful for today is...
 - The best thing that happened today was...
 - Something I did well today was...
 - I'll make the rest of the day great by...

Using the senses

- Remind the children of the five senses (seeing, hearing, smelling, touching and tasting).
- In this order, ask children to focus on one sense at a time, noticing:
 - Five things they see
 - Four things they hear
 - Three things they smell
 - Two things they can touch
 - One thing they can taste



- By focusing on one sense at a time, children will be able to reduce their anxiety.

Colour breathing

- Ask the children to sit or stand in a comfortable position. They can close their eyes if they wish.

Ask the children to imagine their favourite colour, or a colour which helps them to feel calm.

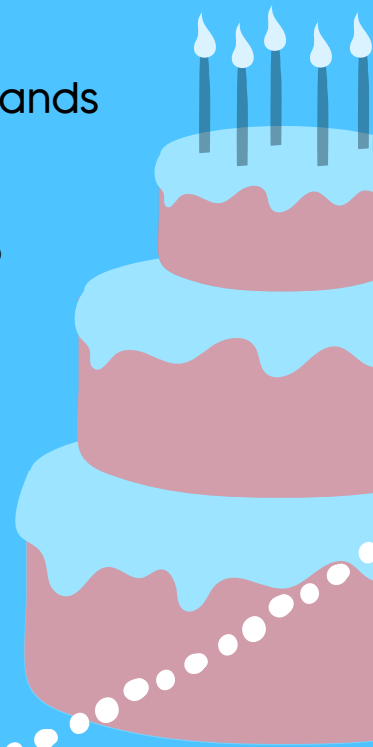
- They are now going to take a breath in and imagine that they are breathing in this colour.

- As they breathe out, they are going to imagine blowing a bubble made of this colour.

You can repeat this process for a few minutes and encourage the children to see if they can take longer, slower, deeper breaths (both in and out) and blow larger imaginary bubbles.

Birthday cake breathing

- Ask the children to sit in a chair and place their hands on their bellies.
- Ask them to make their left hand into a fist and to imagine that this is a cake.
- Ask them to inhale, pretending to smell the cake.
- Ask them to exhale, pretending to blow out the candle.
- Continue this for a few minutes.



Feather breathing



- If you can provide real feathers or cotton wool for this activity, that would be great. Otherwise, children can use their imagination.
- Ask the children to sit comfortably on a chair and imagine that there is a feather or ball of cotton wool in front of them. If they have a feather or cotton wool they can place this in one of their hands and hold their hand out in front of them.
- Then ask them to breathe in through their nose and breathe out slowly through their mouth, in order to make the object float.
- Repeat this a few times.

Finger counting




- Ask the children to sit or stand in a comfortable position and to hold one of their hands out.
- Explain that as they breathe in for five counts, they will place each finger into the palm of their hand, until their hand makes a fist.
- As they breathe out for five counts, they will uncurl each of their fingers.
- Keep counting aloud for the children and repeat this activity for a few minutes.

Slimy hands

- Ask the children to imagine that they have a ball of slime in the palm of each hand.
- They are going to squeeze the slime as hard as they can as they breathe in.
- They then breathe out and open their hands, imagining that the slime has spread across their hands.
- Repeat this a few times.

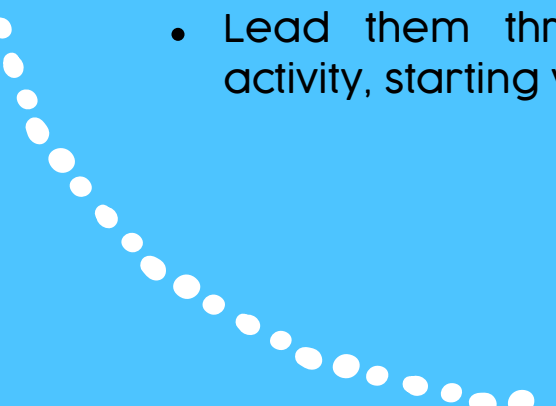


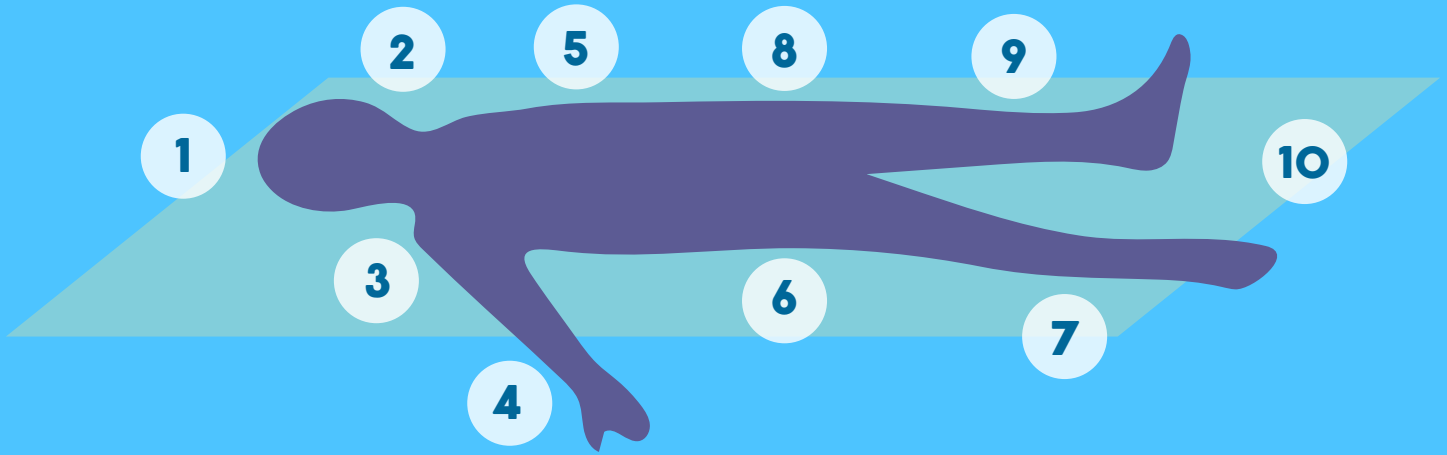
Rise and fall

- Ask the children to sit in a comfortable position, preferably with their backs straight.
 - Ask them to imagine that they are rising and falling with their breath.
 - As they breathe in for four counts, they are slowly going to come to a standing position and stretch their arms into the sky.
 - As they breathe out for four counts, they are slowly going to come to a seated position with their arms relaxed by their side.
 - Remind them to coordinate their breathing with their rise and fall and continue this for a few minutes
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Relaxing muscles

- Ask the children to lie down if they feel comfortable to do so. If not, they can sit in a comfortable position. If they want to, they can close their eyes.
 - Lead them through the following muscle relaxation activity, starting with one through to 10.
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- 1** Tense face muscles including forehead, cheeks, mouth, upper neck. Release.
- 2** Gently roll head from side to side, with awareness of the tightening muscles. Release.
- 3** Tighten shoulders. Release.
- 4** Tense right arm, from shoulders to fingers without making a fist or lifting arm off of floor. Tense left arm. Release.
- 5** Gently tense chest muscles and abdomen, without holding the breath. Release.
- 6** Tense right hip and buttock. Release.
- 7** Tense right leg down through feet and toes. Release.
- 8** Tense left hip and buttock. Release.
- 9** Tense left leg down through feet and toes. Release.
- 10** While no longer tensing any muscles, allow attention to drift back up through legs, abdomen, chest, arms and back to the face.