How to take a mindful moment

What to do



Observe

What feelings do you notice? Where do you feel them in your body?



Describe

Can you describe this feeling without judgement or critisism?



Participate

How can you acknowledge your feelings, while also staying present in the moment?

How to do it



1 thing at a time

Concentrate on 1 task at a time with as much attention & awareness you feel able to give.



Let go of judgement

Be kind! Judgments can intensify emotions, so try to describe rather than judge.



React effectively

Try not to let your emotions control your behaviour: take a deep breath to help you focus on what you are doing

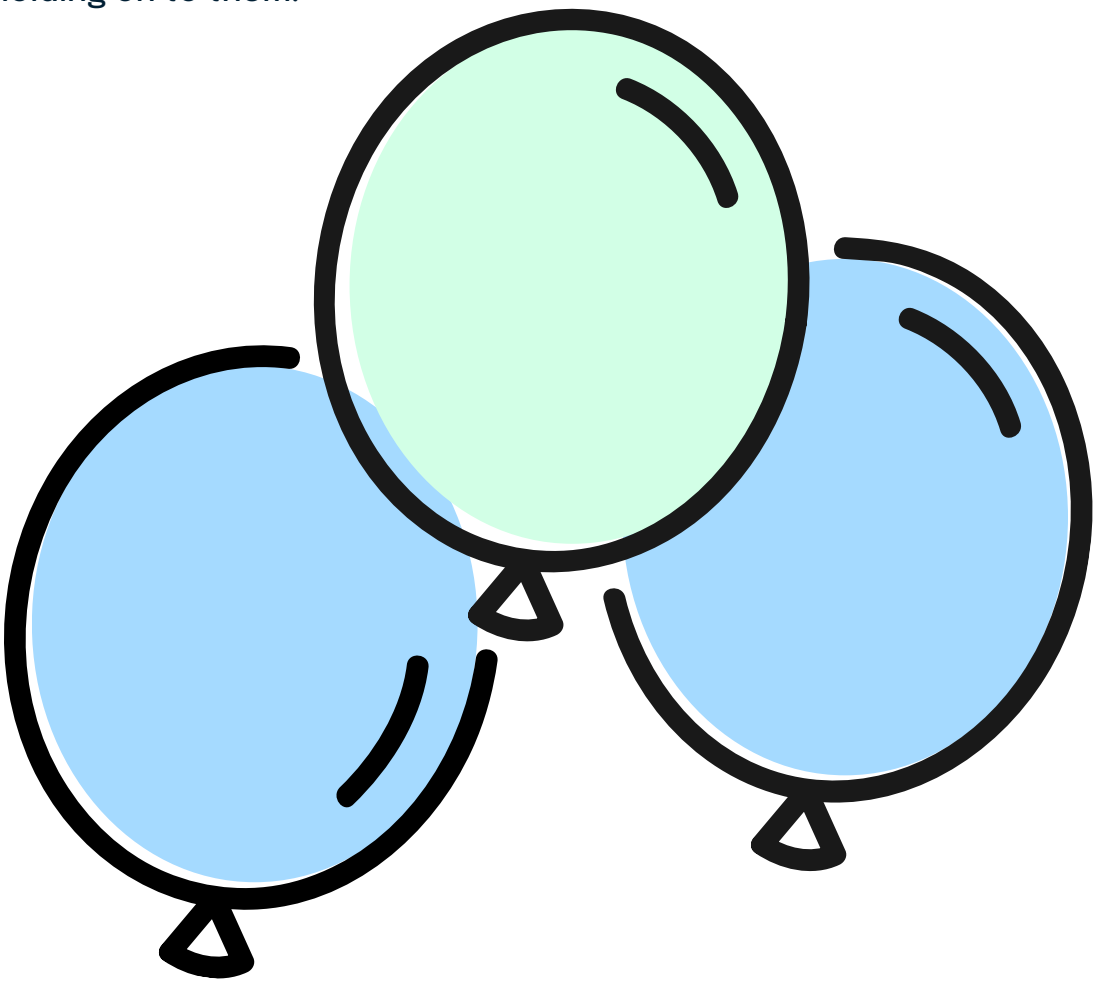
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Emotion balloons

1. Look at the balloons: You have 3 blank balloons in front of you. Each balloon represents how you're feeling right now.
2. Identify your emotions: Think about the different feelings you're experiencing today. Try to focus on 3 emotions that stand out the most to you.
3. Write your emotions: Write 1 emotion inside each balloon. You can use single words like "happy," "anxious," or "excited," or even short phrases if that feels more accurate.
4. Reflect: Once you've filled in your balloons, take a moment to think about why you're feeling these emotions. What's been happening in your day or your week to bring up these feelings?

Remember: Emotions are not inherently good or bad–they're just part of how we experience the world. Being mindful means noticing these feelings without judging them. Imagine your emotions floating away like balloons, allowing them to come & go without holding on to them.



Mindful moments

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Gratitude involves thinking about what we are appreciative of in our lives. By taking a moment to be present & appreciate things happening in our lives is a great way to help us shift our mood & maintain a positive perspective.

Gratitude journal

Choose one of the sentence starters below & spend a few minutes writing your answer.

- **What has made you smile today?**
- **Today I am looking forward to..**
- **At this moment I am grateful for..**
- **Someone I would like to thank/am grateful for is..**
- **I enjoy _____ about myself & my life.**
- **Some things at school that make me feel happy are....**



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Mindful colouring

Take a mindful moment by doing some colouring.
Remain present by focusing on the colours, shapes & the movement of your hands.



Mindful moments

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Bonus exercises

There are many mindfulness exercises that can be effectively used in the classroom. Some are better suited for younger students, while others work well with older students. The goal of any mindfulness activity is to help students connect with the present moment, manage their emotions, & stay focused on the task at hand. Explore some additional exercises below to see what might work best for your class.

Belly breathing:
Have students lie on their backs or sit reclined so they can breath deep into the belly whilst trying to keep their chest still.

Mindful eating:
During snack time, ask students to eat mindfully. Encourage them to savour the taste, texture, & smell of their food.

Mindful listening:
Take students outside & ask them to listen carefully to the sounds around them. Afterward, discuss what they heard.

Mindful minute:
Before transitioning to the next activity, Ask students to pause & think of 2 things they did well or enjoyed.

Body scan:
Have students sit or lie down comfortably. Ask them to close their eyes & focus on each part of their body, from their toes to their head, one by one. Encourage them to notice any tension & relax those areas.

Mindful glitter jar:
Fill a clear jar with water & add glitter. Have students shake the jar & then watch the glitter slowly settle to the bottom. Encourage them to take deep breaths as they watch the glitter settle, helping them calm their minds & bodies.