

Experiences

MINDFULNESS

Mindful Moment cards

A set of cut-out printables to keep with you in class as on-the-go prompts for the mindfulness exercises described in the *'Have a Go'* section of the **'Pocket Guide to Mindfulness'**.

Language is kept lower level for use directly with your students if needed.



OBSERVATION WITHOUT JUDGMENT

Head, shoulders, knees
& toes body scan



CONCENTRATION

Count the breaths



CURIOSITY

I've never seen this before!



ACCEPTANCE

I'm OK just as I am



Lie down or sit comfortably.

Close your eyes or look softly at the floor.

Close your eyes or look softly at the floor.

Think about your feet – what do they feel like against the floor?

Think about your nose – can you feel your breath going in and out?

Count 10 breaths: In 1, Out 1. In 2, Out 2...

If you start thinking about something else, that's ok. Just think about your breath again whenever you can.

After 10 breaths, take a big deep breath and open your eyes.

Think about how you feel now.

Think about your body against the floor – what does it feel like.

See if you can think about each part of your body without wanting it to feel different.

Think about your feet – what do they feel like?

Think about your legs – what do they feel like?

Think about your stomach – what does it feel like?

Think about your shoulders – what do they feel like?

Think about your arms – what do they feel like?

Think about your hands – what do they feel like?

Think about your head – what does it feel like?

If you start thinking about something else, that's ok. Just think about your breath again whenever you can.

Take a big deep breath and then open your eyes.

Think about how you feel now.

Lie down or sit comfortably.

Close your eyes or look softly at the floor.

Think about your breath in and out of your nose.

Breathe in slowly.

Breathe out slowly. Continue.

If you start thinking about something else, that's ok. Just think about your breath again whenever you can.

Think about how you are feeling.

Are you happy? Are you sad? Are you angry?

Breathe in slowly.

Breathe out slowly and say to yourself "This is ok".

Do this 5 times.

Take a big deep breath and then open your eyes.

Think about how you feel now.

Walk around the classroom and choose an object that looks interesting.

Look at the object. Imagine you've never seen it before.

Is it interesting? What colours is it?

Does the colour change in the light?

Close your eyes or look at the ceiling.

Feel the object. What does it feel like in your hands?

Shake the object.

What does it sound like when it moves?

Look at the object again.

Can you see anything different?

Put the object away.

Think about how you feel now.

What did you learn?