### MINDFULNESS HOME LEARNING – suitable for any age, any time, any place ...

We all need to be exercising and keeping active while stuck at home but we also all need to have some 'mindful' time to relax. Being mindful is the opposite of rushing around – you are taking your time and focusing in a relaxed way.

These are some simple ways to build some mindful time into your days and are suitable for <u>any</u> age. An adult can give instructions to children and others in

BREATHE

**OUT** 

Pretend you

are blowing a

BREATHE IN

Pretend you

flower

the family and join in themselves if they can.

There are some links to good websites and apps below.

MINDFUL BREATHING AND SQUISHING - an adult can read this out to children, slowly and calmly

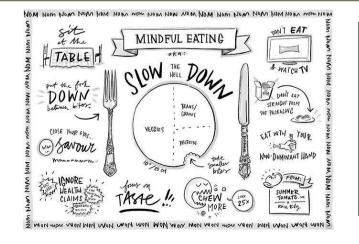
Most of the time we don't think about breathing, we just do it. It is sometimes good to practice breathing in a mindful way. You should get into a comfortable sitting position or lying on the floor with your body relaxed. Let all your muscles relax. Close your eyes and breathe in through your nose and out through your mouth – slowly and steadily. Concentrate on your breathing and think about each breath.

When you feel relaxed, with your eyes closed, squish and squeeze every muscle in your body as tightly as you can, then relax. First squish your toes and feet (like you are making a fist with your toes) and relax. Now tighten each muscle in your legs and relax, suck in your bellies and relax. Squeeze the muscle in your bottom and relax. Squeeze your hands into fists and raise your shoulders up to your heads. Now relax. Hold your whole body in a squished up position for a few seconds, and then fully release and relax. Go back to your breathing and relax your whole body.

MINDFUL WALKING to awaken your senses. When you are outside, learn how to notice everything around you. Keep your distance from others and see if you can wake up all your senses.

- 5 things you can HEAR
- 4 things you can SEE
- з thíngs you can (safely) ТОИСН
- 2 things you can SMELL
- 1 thing you can TASTE (see mindful eating below)





#### MINDFUL EATING

When you are eating, think about what you are eating, how the food tastes, how it feels in your mouth. Try this experiment to really think about what you are eating.

Take a raisin or a sweet or chocolate – anything you like to eat. First of all hold that food in your hand, have a good look at it, explore the shape, texture, folds. Hold the food beneath your nose and smell it. Do you notice anything happening in your mouth or stomach? Now slowly bring the raisin to your lips. Gently and slowly place the food in your mouth, without chewing it. Notice how it feels in your mouth. Spend a few moments exploring the food with your tongue. When you are ready prepare to chew the raisin and then slowly bite into it and notice what happens. Notice the sensations of taste and texture in your mouth. When you are ready you can swallow the food. Try to feel the food going down into your stomach.

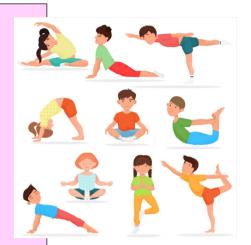
# YOGA FOR MINDFULNESS (Take off shoes off so you can feel the ground)

- \* Stand with feet slightly apart, balanced. Imagine a string pulling you upright
- \* Close your eyes
- \* Feel your toes, one by one on the ground
- \* Rock back and forwards gently
- \* Roll your body around
- \* Remember your breathing
- \* Imagine tree roots are growing from your feet into the ground, into the earth, spreading out. They are big, strong tree roots. Feel the strength in your body like the trunk of the tree, solid and strong.
- \* Open your eyes, reach an arm up to the sky, stretch to the sky, breathing all the time.
- \* Now stretch up the other arm to the sky.
- \* Close your eyes and feel the difference in each arm.
- \* Imagine you are a tree, swaying a bit, breathing all the time, reaching down into the ground and up into the sky.
- \* Breathe down into your tummy, down into the earth.
- \* Feel strong, relaxed, safe.
- \* Now pay attention to your feet, the roots are beginning to disappear, wriggle your toes, feel your body, sway a bit, breathing all the time. Bring your shoulders up, let them go.
- \* Open your eyes, come back into the room and shake it out.

## MINDFUL DIARY KEEPING

Keeping a diary of this time at home will be something to read back with interest when you are older. You will never forget this unusual time and hopefully it will only happen once in your lifetime. It will be good to look back to how you were feeling and what you were doing and it will be something you can read to your own children and tell them about what was happening.

If you have a diary or a notebook or any paper you like you can write or draw a diary each day to record what you have done, how you are feeling, what you have enjoyed in the day, what you would like to do the next day. You can draw pictures to go with the words.



## SENSORY MINDFULNESS

Can you make your own 'sensory box'. It could be any box, basket, whatever you have. You can put some of your favourite things in the box that you can go to when you want to have some 'sensory time'. Some ideas to put in the box:

Blue tac
Squishies
Soft toys
Buttons
Stones
Stress balls
Magnets
Keys
Lego
Rubik cube
Puzzles
Shakers
Lavender
Dried beans

hold, to smell



#### APPS:

Anything you like to feel, to

- Mindful powers
- cosmíc kíds
- Stop Breathe and Think
- Headspace
- Smiling Mind
- Meditation for Kids

