

MINDFULNESS AND ME

MINDFULNESS AND ME

Let's see if we can match up our key terms. Draw a line to the correct definition.

- ANXIETY
- EMOTIONS
- MENTAL HEALTH
- MINDFULNESS
- SYMPTOMS
- MEDITATION

Match the following key terms to their definitions:

- Match Anxiety to **Worrying about what might happen in the future.**
- Match Emotions to **How you feel inside.**
- Match Mental Health to **How well you are coping with everything.**
- Match Mindfulness to **Being fully present in the moment.**
- Match Symptoms to **How you feel physically.**
- Match Meditation to **Using breathing and focusing to calm your mind.**

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BRAIN BREAKS

Do you need a brain break? Try one of the activities below:

5 4 3 2 1

Take a moment to sit quietly and experience your surroundings. Can you name:

- 5 things that you can see
- 4 things that you can touch
- 3 things that you can hear
- 2 things that you can smell
- 1 thing that you can taste

Hand on Heart

Gently place your hand over your heart. Breathe in and out slowly. Notice the sensations in your chest. Feel your ribs rise slowly as you move up and down. Listen carefully to each breath as you draw air in and slowly breathe out.

Be the Tree

Close your eyes and breathe in and out deeply. Make sure that you are sat in a comfortable upright position, with your hands clasped together in your lap. As you breathe in and out imagine that you're a beautiful old oak tree with long elegant branches and deep supportive roots. Gently place your hand gently whilst around your branches? Can you hear birds chirping in the distance? Can you feel the breeze in an out? Imagine your roots are growing deeper and deeper into the rich supportive earth. Now, with your eyes closed, imagine your magnificent roots are sucking up energy and nutrients from the earth, filling you with a sense of calmness and fulfilment.

Finger Breathing

Starting at your wrist, use your index finger to slowly trace the outer edge of your thumb as you slowly breathe in. Pause at the top of your thumb, then slowly trace down the inner edge of your thumb as you slowly breathe out. Pause again at the bottom, then repeat for your remaining digits.



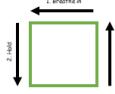
Colour Hunt

Close your eyes and take a deep breath in and out. Now open your eyes and look around the room. What can you see? Try to find an object for each colour.

RED **YELLOW** **GREEN** **ORANGE** **PURPLE** **BLUE**

Square Breathing

There is an imaginary square in front of you. As you slowly breathe in for 4 seconds, imagine tracing the top edge of the square. Trace down the left hand side as you slowly breathe out. As you hold your breath, then breathe in for 4 seconds as you trace along the bottom edge. Finally, hold your breath again, for a final 4 seconds as you trace the final edge of the square and return to your starting point.



Write a definition for the key term below:

something that makes you feel better

CAN YOU HELP?

How can we use mindfulness to help us to cope in different scenarios? Write a text message offering some advice.

Smartphone 1: I'm stressed out over the science project. I don't know how I'm going to get it all done and how are you coping with everything?

Smartphone 2: I'm finding lockdown really tough. I keep worrying about getting my grades. I need to work harder for next year. What if they change the exams again?

PSHE HOME LEARNING

FREE WORKBOOK

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DAILY CHECK-IN



How are you feeling today?

MONDAY



TUESDAY



WEDNESDAY



THURSDAY



FRIDAY



What went well yesterday?

How will you improve today?

Is there anything that you would like to share?

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What is Mindfulness?

Mindfulness is all about living in the moment. It is a state of being fully aware of what is happening now. When we are mindful we focus on our thoughts and feelings as they happen. We take the time to appreciate our surroundings and enjoy each moment. Mindfulness is all about now, and training your brain to reject any fears or worries relating to the past or the future.

Being aware of what is going on around you is important for lots of reasons: it keeps you safe; it keeps you informed; it helps you to decide what you need or want to do. But being aware of what is going on inside your head - your thoughts and feelings - is just as important for your mental health.

Being aware of your environment as well as your own feelings and thoughts is called mindfulness. It helps us to pay attention to things, understand our feelings and enjoy a better life.

Thoughts, feelings and the outside world can change all the time. Part of mindfulness is being aware of the changes that are happening from one moment to the next. A big part of mindfulness is focusing on the present moment - this includes what you can see, smell, hear, taste and touch, as well as what you're thinking about. The goal of mindfulness is to help you reconnect with your body and mind so that you can think about things clearly.

One of the big advantages of mindfulness is that it lets you appreciate things that you would otherwise take for granted or not think about. This could be even the simplest of things like the way it feels to sit in a chair, or the smell of a particular room. It also lets you notice your stream of thoughts and allows you to start seeing patterns in your thinking. For example, after practising mindfulness, a person might start noticing that they are thinking in an unhealthy way and they can then choose to deal with this in a productive way. Stress, anxiety and depression can all be noticed more easily through mindfulness and can therefore be treated more effectively. This doesn't mean that mindfulness can cure stress,

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What is Mindfulness?

anxiety or depression, because these conditions are often complex and severe, but mindfulness is recommended by the National Institute for Clinical Excellence (NICE) as one way of treating some of the symptoms.

Mindfulness has been around for many centuries as part of several Asian traditions, including Buddhism. It is now becoming widely accepted and popular in lots of different parts of the UK.

How Can I Practice Mindfulness?

One way to practice mindfulness is through meditation. Meditation is a way of training the mind to relax and see things clearly and calmly. Here are a few steps to try:

1. Find somewhere comfortable to sit or lie down.
2. Close your eyes.
3. Breathe naturally and listen to your breath. Don't make any effort to breathe in a special way; just let it happen.
4. Focus on how your body moves with each breath in and each breath out. Pay attention to the way your body is moving, especially your chest, shoulders, stomach, and rib cage. If you find yourself starting to think about other things, gently bring your thoughts back to your breathing.

Do this for 1 - 2 minutes every day. After a while, you will find that you can last for longer without getting distracted. Like all skills, it takes time and practice if you want to improve. Also like all skills, you have to make sure you do it regularly if you want to keep it.

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How Can I Practice Mindfulness?

Some other mindfulness exercises that you can try include:

- go for a walk in an area of natural beauty, e.g. a park or a wood. Pay attention to what you can see, smell, hear, touch and taste.
- pick an activity that you do every day, e.g. brushing your teeth. Pay attention to every detail, including what you can see, smell, hear, touch and taste.
- eat mindfully! Notice the temperature, texture and smell of your food. Notice how the food feels on your fork or in your hands, and how it feels in your mouth. Notice your mouth chewing and notice the way you are breathing. When you've finished eating, notice your breathing and be aware of the feeling of being full.

When practising mindfulness, you may find that you start to think about other things. This is very common and you should be kind to yourself about this. Mindfulness will teach you not to judge your own thoughts and feelings, but to accept them instead. If you find your thoughts moving away, just accept that your mind is wandering and bring your thoughts back to the present moment by focusing on what you can see, hear, smell, taste and touch.

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Now it's your turn!

Answer the questions below in the space provided.

Define mindfulness in your own words.

Name 3 ways that we can practice mindfulness, then add some examples of your own.

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Let's see if we can match up our key terms.

Draw a line to the correct definition

ANXIETY

Mental or physical signs that indicate that something is wrong such as poor sleep quality.

EMOTIONS

A person's level of emotional well-being.

MENTAL HEALTH

Focusing our attention on what is happening now.

MINDFULNESS

Our feelings. For example being happy, mad, scared or excited.

SYMPTOMS

A feeling or state of worry, nervousness, or unease about something with an uncertain outcome.

Write a definition for the key term below:

MEDITATION

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EMOTIONAL WELLBEING



Our emotions are our feelings. They can be positive or negative and they can vary in strength or intensity. Our feelings often change throughout the day depending on what is happening or who we are with. Use the boxes below to list as many emotions as you can, then highlight strong emotions in one colour and weak emotions in another.

Positive Emotions

Negative Emotions

The image shows two identical, empty rectangular frames with rounded corners and a thick yellow border. They are placed side-by-side, separated by a small gap. The frames are set against a plain white background.

- How can mindfulness help us to cope with the strong emotions that you have indicated above?

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Video link



True or False?

Mindfulness has many benefits! But can you spot the true ones?

Mindfulness can help us to better understand our thoughts and experiences

Mindfulness can help us to cope when we are worried or frightened

Mindfulness techniques can help us to stay calm and perform better on tests and exams

Mindfulness can help us to relax in the evening before bed

You can only practice
mindfulness outdoors

Mindfulness can help to make our lives less stressful and more enjoyable

You need to be
formally trained to
practice mindfulness

To practice
mindfulness you need
to meditate regularly

Discuss the benefits of approaching experiences with awareness, curiosity and kindness, rather than judgement and criticism.

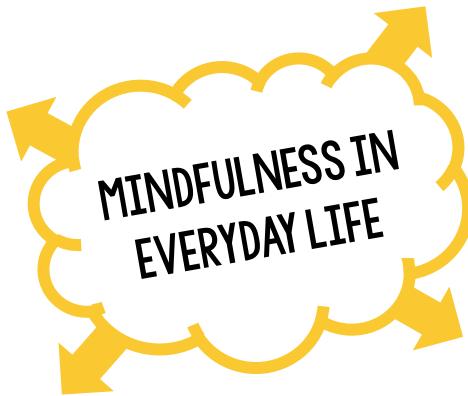
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Video link

INCORPORATING MINDFULNESS



Mindfulness helps our minds to stay healthy, strong and happy. By practising mindfulness we can call on strategies that will help us to feel, calm, focussed and relaxed. Watch the video, then complete the mindfulness strategies mind map below.



Reflect on your own life and daily routines. How could you incorporate mindfulness?

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Video link

MEDIATION TIME



Now it's time to give meditation a try! Make sure that you are sitting comfortably. Take a bathroom break if you need to, or have a sip of water. Then ready yourself for your first attempt at a 5 minute meditation. Listen to the video with your eyes closed and carry out the instructions as described.

How did you get on? Were you able to relax? How did it feel? Was it good experience? Do you think that you might try it again sometime? Reflect on your experience below.

Describe in detail how to carry out a 5 minute mindfulness meditation.

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Let's focus on what is happening right now.
If you can, go outside or sit near to an open window.

Take 5 minutes to sit quietly. Observe your surroundings and listen carefully. Draw a picture of what you can see and complete the questions below.

Where are you?

Who are you with?

What can you see?

Is it busy or quiet?

What can
you smell?

Can you taste anything?

What can you hear?

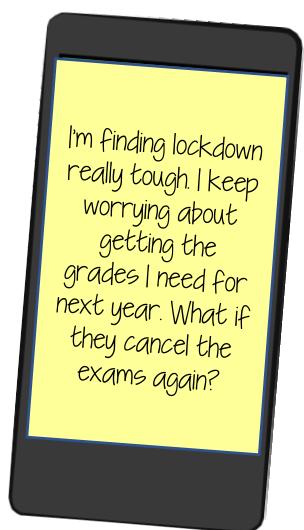
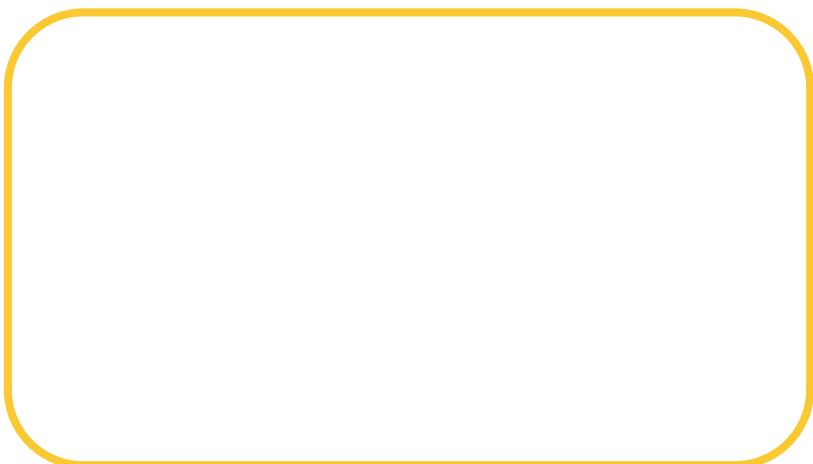
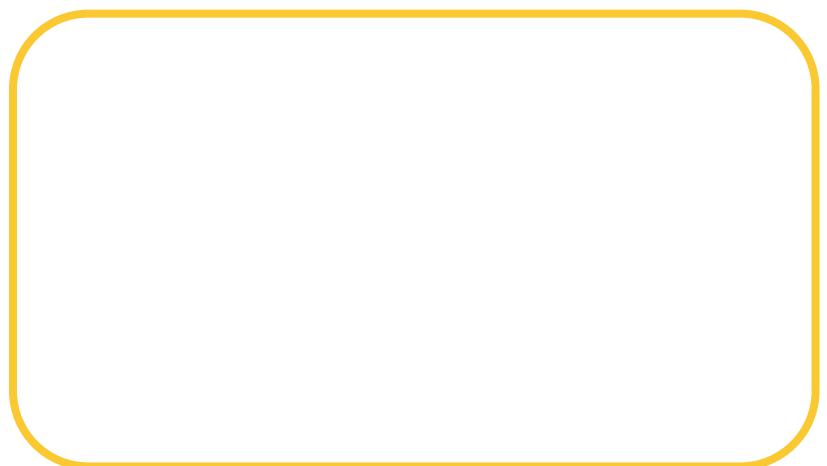
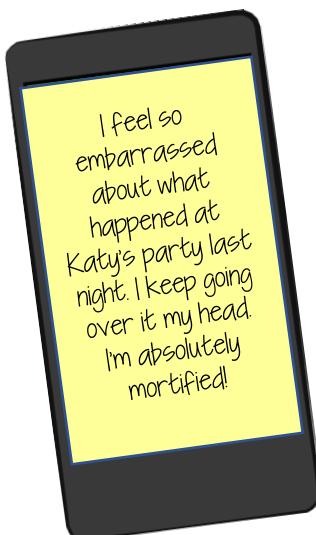
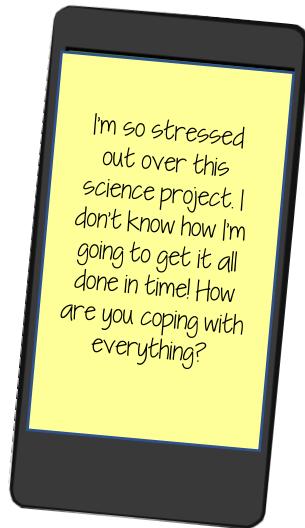
Describe your feelings in this moment.

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CAN YOU HELP?



How could mindfulness help us to cope in the following scenarios? Write a text message back offering some advice.

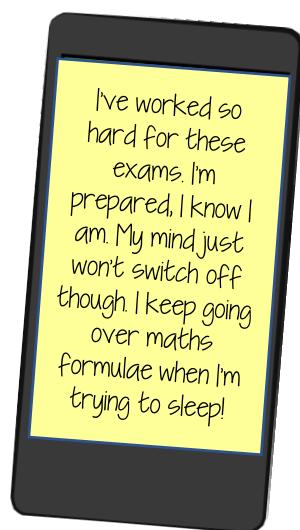
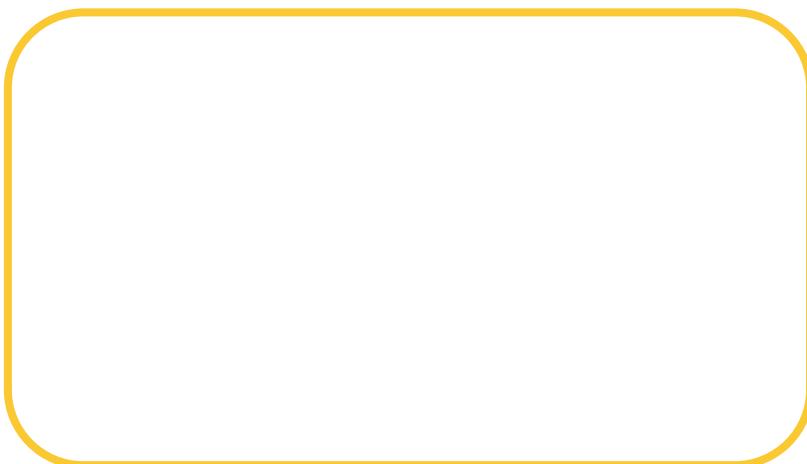
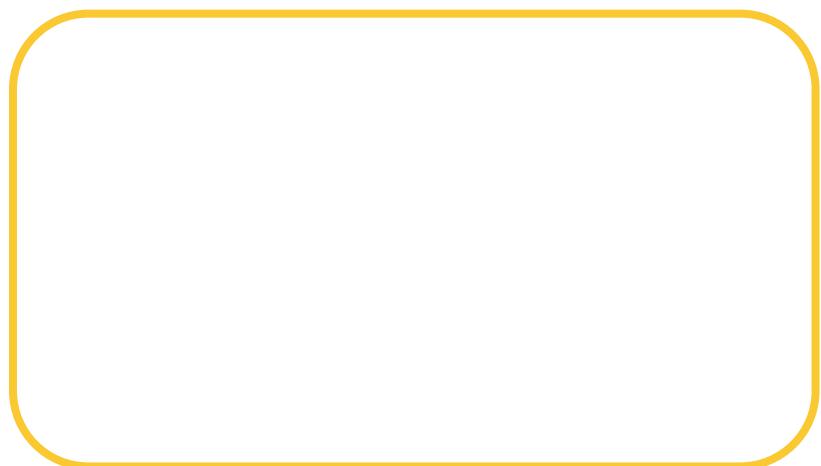
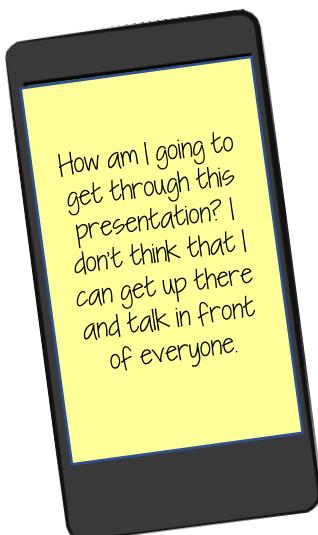


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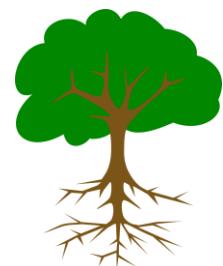
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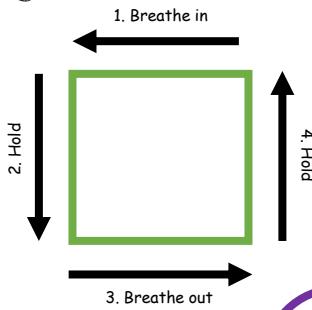
Colour Hunt

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Square Breathing

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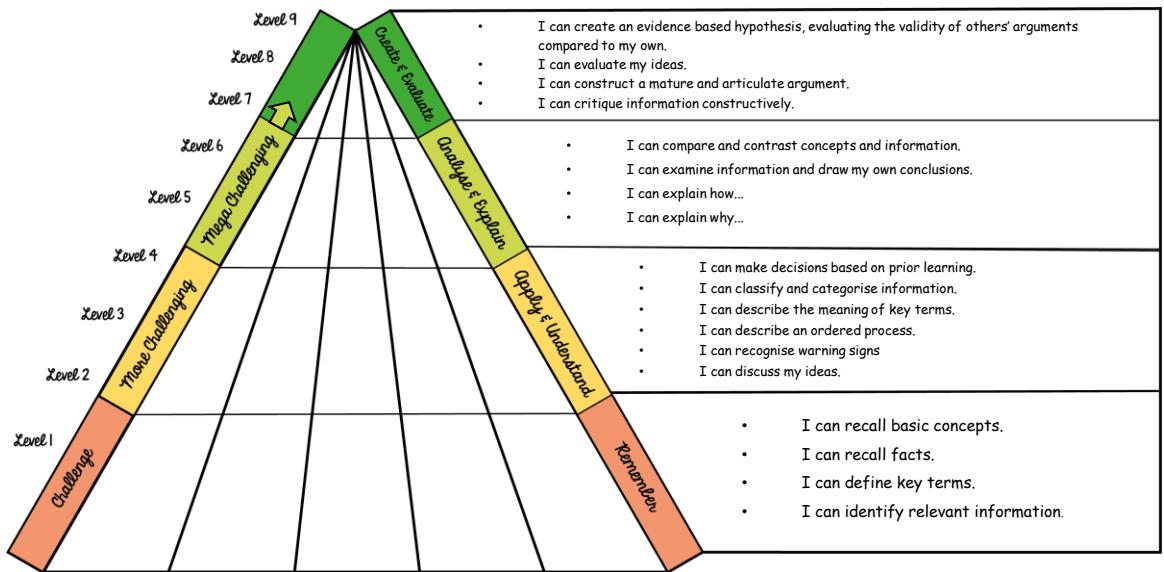
Colouring

That's right! Plain old colouring books, just like the ones that you did when you were younger. Mindful colouring can be very therapeutic as it has the ability to calm the parts of your brain that respond to fear.

There are lots of mindful colouring activities online, but in reality it doesn't matter what you colour. Just choose an image that you like and away you go.

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ASSESSMENT



Correctly identify different ways that we can practice mindfulness and ways that mindfulness can help our mental health.

Challenge

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ASSESSMENT



Describe in detail ways for us to deal positively with anxiety and stress through practising mindfulness.

More Challenging

MINDFULNESS AND ME

ASSESSMENT



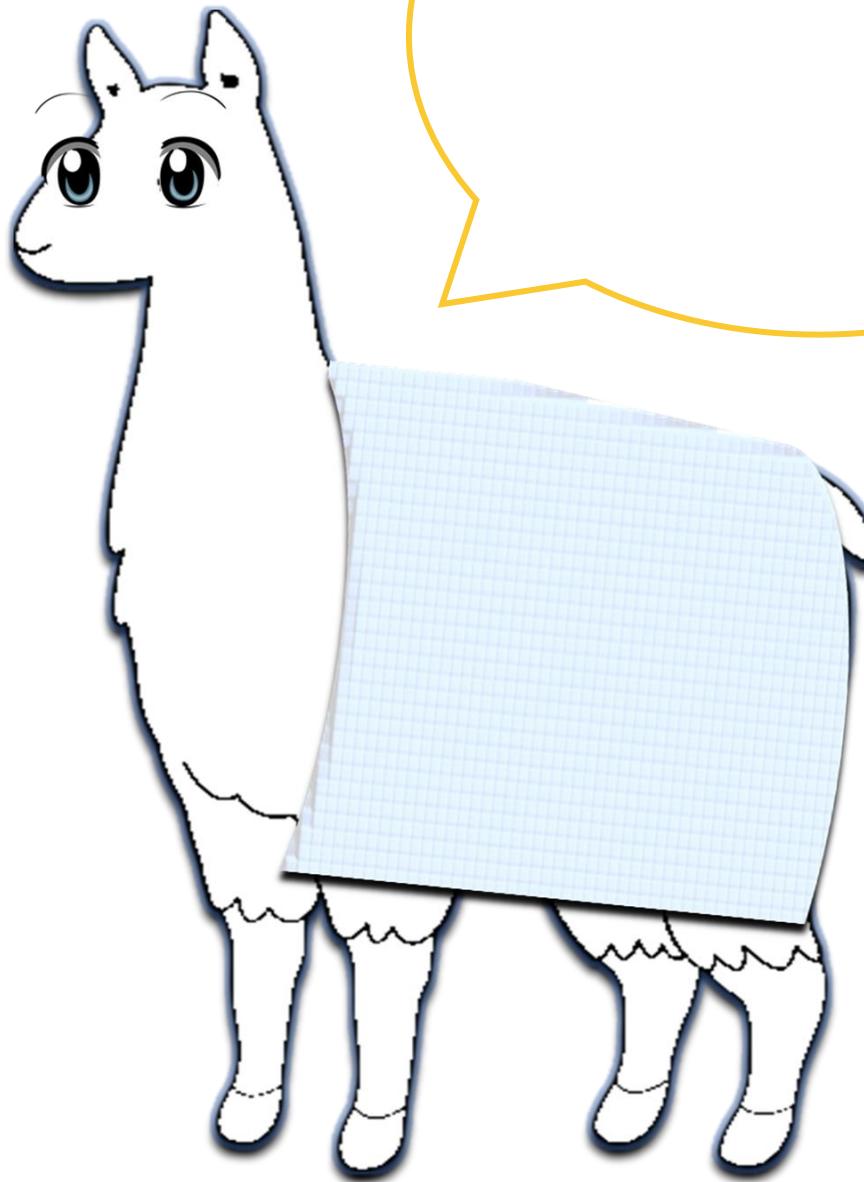
Explain the benefits of mindfulness and reflect on the practical aspects of 'doing nothing', living in the now and doing one thing at a time.

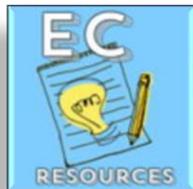
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ALARMED LLAMA



The alarmed llama finds parts of this topic today to be quite alarming. Fill the speech bubble with the most surprising, concerning or worrying aspects of this topic. Then, fill in the llama's coat full of things that you have learnt today that you didn't know before.





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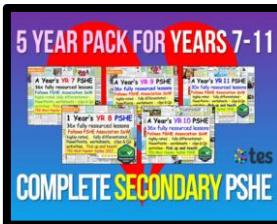
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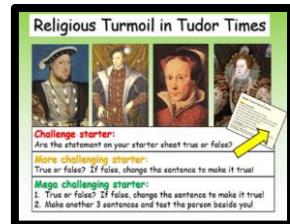
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English



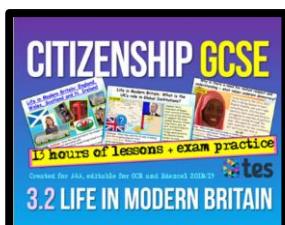
Secondary PSHE



History



Primary PSHE



Citizenship



RE



Careers



Tutor time

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