

Observational Drawing/Painting

Using real life objects of interest children spend time really looking at and drawing/painting objects with as much detail as possible. These could perhaps be objects which are familiar to the children which they see often but do not take the time to really look at in detail, or they could be new objects which capture their interest and hold their attention.



Musical Statues

Mindful listening activity using music. Playing music loudly to begin with and then reducing the volume gradually. The children dance or move to the music and when the music stops they have to freeze. This will help them to be in the present moment and to focus their attention on this one activity.



Drumming / Clapping Games

Playing follow my leader type games with drums or clapping will encourage focus and listening. The adult can model a clapping pattern and the children can copy. The pattern can get faster and longer to make it harder. The children can take it turns to be the lead.



Kim's Game / Missing Object Game

This is perhaps a familiar activity used with children. This activity aids focus and attention to the task at hand as this is a memory and observation game. In this game there is a tray of objects. The children are shown the tray and asked to remember the objects. The tray is then covered and an item is removed without the child seeing. The tray is then revealed and the child has to try to work out which object is missing. This activity can be made harder by removing 2 objects each time or by the number of objects on the tray.



Power Posing

One easy way for children to engage in mindfulness is to pose like a superhero. Tell the children that doing fun poses can help them to feel strong, brave and happy. They can go somewhere quiet to do this.

1. The Superman: this pose is practiced by standing with feet shoulder width apart, fists clenched, and arms reaching out stretching the body out as long as you can.
2. The Wonder Woman: this pose is to stand tall with legs shoulder width apart and hands or fists placed on the hips.



Mindfulness Resources EYFS / Key Stage 1

This booklet has been developed to introduce activities and ideas and to help embed mindfulness practice across school. There is a focus on the four main strands of mindfulness which are: curiosity, compassion, acceptance and openness helping to create an awareness of the present moment. Many of the ideas may not be new as mindfulness can be easily incorporated into everyday classroom activities and routines. Encourage the class to notice how they feel and what they are thinking when walking around the classroom, tidying up, washing their hands and drawing.

Breathing

Pinwheel Breathing

Using an object to focus on is a great way to aid concentration on breathing. This could be especially useful for younger children. Children could decorate and make pinwheels and make the pinwheel spin with every exhale.



Belly Buddies

The children lay on the floor and place a teddy or bean bag on top of their belly buttons. The children can watch the object rise and fall as they breathe slowly.



Belly Breathing

This weblink is a clip from Sesame Street where Elmo sings about belly breathing. It would be a nice clip to play as a whole class input perhaps first thing in the morning, after break time and after lunch time.

<https://www.youtube.com/watch?v=mZbzDOpyIA>

Bubble Breathing

Using a jar of soapy water and some bubble wands the children practice trying to blow bubbles quickly and slowly.

The focus is then on the slow breathing/blowing to get bigger bubbles. Talk about how focusing on blowing big bubbles using slow breathing can help you to feel calmer and be in the present moment too as you are just focusing on that one activity.



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Stretch and Breathe

The children sit in a circle and each have hold of a part of the stretchy object. This could be a skipping rope, a parachute or a magical expanding ball. The children then slowly rock forwards and backwards breathing slowly at the same time.



Sensory Bottles

Fill plastic bottles with water, glitter and objects and fasten the lids on securely with thick tape. These bottles could be made with the children as an adult led activity. The children could have access to these bottles when they are feeling the need to be calmer. The children sit quietly with the bottles and breathe slowly watching the objects move around in the bottles.



Calming the Mind

Place water in a clear bowl/bottle. Add a small toy to the bowl/bottle or place it behind. Add glitter and baking soda to the water. Watch what happens. Stir/shake the water. Can you see the toy anymore? Liken this to the mind and the brain fog that we sometimes have. Sometimes we can't think clearly because we are rushing around or we have too many thoughts in our mind at once.



Bubble Thoughts

This activity is to support children with the idea of letting thoughts go. Using a pot of soapy water and bubble wands children blow bubbles and imagine that they have thoughts in them, like thought bubbles that they might see in books or comics. The children can imagine that one of their thoughts is inside each bubble and let it float away.



What's in the Box?

This activity links with the curiosity strand of Mindfulness. Put something interesting inside a box. Ask the children to guess what it might be. Enquire what thoughts and feelings they might be experiencing when completing this activity. Link when they might feel/think like this in general life.



Listening Relay Game

This is a listening game to help children to tune into sounds. The children sit in a circle with their eyes closed and an object is passed around e.g. a bell, maracas, or a crumpled piece of paper. The children have to point to where the item is. The type of item passed around can be made harder or 2 objects could be passed around.



The Senses Activity

The children can pretend that they have superhero power level senses. Can the children name any of their senses? Talk the children through each of their senses by completing each of the related activities.



Sight -Look around the room for items that are a certain colour / shape / size – how many can you see?

Hearing - Open the window / sit outside – how many sounds can you hear? What are they?

Touch - Sit in a chair / on the floor – notice which body part is touching something? How does it feel?

Smell – Have some small cloth bags of different scents e.g. coffee granules, fresh flowers, chai tea, and spices. With the children sat in a circle with their eyes closed pass the bags around, encourage the children to slowly breathe in and out smelling the bags. Can they identify the smell? Where have they smelt it before? Is it pleasant? Unpleasant? Is it easier to smell with your mouth open or closed?

Taste – This could be carried out at snack time or as a separate activity. Have a variety of different textured foods. Guide the children in eating them mindfully; smelling, looking, touching the food before placing it on their tongues and slowly savouring it. What can they feel? What can they smell? What can they see? Does it taste differently to what they thought it would?

Body Bounce

When the children are stood calmly on the spot ask them to place their hand on their heart - what do they notice? The children will be asked to hop or jump up and down on the spot or around the room. They will then be asked to repeat putting their hand on their heart – what do they notice? What else do they notice about their body?



Starfish Stretch

Whilst lying on the floor the children take a breath in and out and stretch their arms out like a starfish. Talk to the children about noticing their body sensations, being present in the moment and focusing on their breathing as they stretch out.

