



## MINDFUL BREATHING - 5 minute Mindfulness practice

### WALT What Am I Learning Today?

- Focus on breathing.
- Noticing body sensations.

### WILF What I am Looking For?

- Awareness of breathing.
- Whether breathing is fast or slow.
- Awareness of where the breath goes in the body.
- Noticing body sensations (eg warmth / pressure).

### Guidance and preparation

- Children's starting position: Sat cross legged with hands together in front of chest.
- Use chime bar to signal the beginning and end of the practice.

### Resources

- Chime bar (any percussion instrument).

### Useful for...

Settling children at the start/end of the day or returning to learning after a break.

### Activity (3 minutes)

1. Adult and children to sit in a circle facing each other.
2. Children to sit cross legged in the circle.
3. Adult to demonstrate practice and give simple instructions.
4. Children to put hands together in front of chest, fingers pointing upwards, and close their eyes.
5. Adult to use chime bar to signal start of practice.
6. Breathing in, hold hands out, palms facing upwards.
7. Breathing out, turn hands over, palms facing down.
8. Turn palms in time with the breath so it is a continuous movement.
9. Adult to use chime bar to signal to children to place hands on their hearts and notice sensation.
10. Children to breathe in and out and notice the rise and fall of the chest.
11. Adult to signal the end of practice using chime bar. Children return their hands to their laps and open eyes.
12. Adult to lead a brief discussion on what children noticed about their breathing and any sensations in the body.

### Discussion (2 minutes)

- What did you notice about your breathing?
- Was it fast or slow?
- When you put your hands on your chest, what did you notice?

# HAPPY SPACE MEDITATION - 5 minute Mindfulness practice



### WALT What Am I Learning Today?

- To notice how it feels to be happy.

### WILF What I am Looking For?

- To be able to describe where I feel happy.
- Draw a picture of where I feel happy (to extend the practice).

### Guidance and preparation

- Children to choose their own comfortable position eg lying or sitting (in or outdoors).
- Use chime bar to signal the beginning and end of the practice.

### Resources

- Chime bar (any percussion instrument).

### Useful for...

A calming practice to end the school day or week.

### Activity (3 minutes)

1. Adult to ask children to close their eyes (if comfortable) or lower gaze to the floor.
2. Children to take 2 deep breaths to settle.
3. Adult to use chime bar to signal start of the practice.
4. Adult to ask the children to think of their favourite place and to guide practice with occasional questions.
5. Imagine your favourite place: "What can you hear?", "What can you see?"
6. "What can you smell?", "What colours do you see?"
7. Remind children that they don't need to put their hands up to answer the questions.
8. Children to listen and think of their response quietly inside their own heads.
9. Adult to close the practice by using the chime bar.

### Discussion (2 minutes)

- Where is your favourite place?
- What did you see and hear?
- What colours did you see?

# BREATHING ARMS - 5 minute Mindfulness practice



### WALT What Am I Learning Today?

- Calming the breath using movement.

### WILF What I am Looking For?

- Awareness of breath.
- Following breath with movement of the arms.

### Guidance and preparation

- Could be done seated in the home.
- Children could use yoga mats to lie down on for the practice.

### Resources

- Chime bar (any percussion instrument).
- Yoga mats (if needed).

### Useful for...

Adult to use practice when the children are losing concentration and need encouraging to focus.

### Activity (3 minutes)

1. Adult to explain practice to the children.
2. Adult to demonstrate raising both arms over the head breathing in (in breath), and lowering both arms back to the side of the body breathing out (out breath).
3. Adult to use chime bar to signal start and end of the practice.

### Discussion (2 minutes)

Adult to lead discussion on awareness of breathing and sensations in arms eg:

- Did you notice what happened to your breathing when you moved your arms?
- Did anything else move when you were moving your arms? (eg chest rising and falling when breathing).
- Did your arms feel heavy?

# MINDFUL STORY OR POEM - 5 minute Mindfulness practice



## WALT What Am I Learning Today?

- Sit quietly without disturbing others.
- Listen carefully.

## WILF What I am Looking For?

- Sit still in my own personal space.
- Pay attention and concentrate.

## Guidance and preparation

- Ask children to get into their own personal space on the carpet.
- Choose either a well known short story or a poem.

## Resources

1. Story book or poem- can be chosen by children/adult.

## Useful for...

Quietening/calming down at the end of the day.

## Activity (3 minutes)

1. Adult to read the story or poem.

## Discussion (2 minutes)

- How did the characters act?
- What might they be feeling/thinking?

# DRAWING MEDITATION - 5 minute Mindfulness practice



### WALT What Am I Learning Today?

- Associate happy emotion with facial expressions.

### WILF What I am Looking For?

- Being able to represent happiness in drawings.

### Guidance and preparation

- In the house or outdoors.

### Resources

- Paper and coloured pencils.
- Coloured chalk or sand.
- Nature resources eg twigs/leaves.

### Useful for...

PSHE eg circle time and talking about happiness.

### Activity (3 minutes)

1. Adult to lead brief discussion about recognising happiness eg: What does your face look like when you are happy?
2. Children to draw/make their own face when happy.

### Discussion (2 minutes)

- Children show their drawing and explain what happens to their face when they are feeling happy

# DRAWING MEDITATION - 5 minute Mindfulness practice



## WALT What Am I Learning Today?

- Holding focus and paying close attention.

## WILF What I am Looking For?

- Sit or stand still without speaking. Describe the object they were focusing on.

## Guidance and preparation

- Outside, standing or sitting in circle with backs to each other, looking outwards.
- If wet day, in the house looking out of window.

## Resources

- Chime bar or other percussion instrument.

## Useful for...

- Improving concentration and focus.
- Developing descriptive language skills.

## Activity (3 minutes)

1. Children to sit or stand in a circle but looking outwards.
2. Adult to ask children to focus on a natural object eg tree, bush, flowers etc.
3. Ask children to pay particular attention to the object eg colour, movement, light, shade etc.
4. Adult to start and end practice with chime bar.

## Discussion (2 minutes)

- Children to describe what they noticed about the object.
- Did your object have different colours?
- Was it moving or still?
- How did it move?