

## Early level

Mindfulness exercise –

- Find a quiet place free of distraction.
- Sit up comfortably with your back straight but relaxed
- Close your eyes if you'd like to
- Breathe in as if you are smelling a beautiful flower
- Breathe out as if you are blowing away a leaf
- Pay attention to the feeling of your breath going into your body and out again.
- Do this with 3-5 breaths.
- Then just breathe normally.
- If any thoughts or worries come into your mind – imagine putting them onto the leaf ... and blow them away.
- Think about your slow calm breaths.
- Keep going like this for a few minutes – and then slowly and gently open your eyes.
- Welcome back!

Mindful Quote...



**Amazing things happen when you try.**

Do this activity this week (focus on Mindfulness)

Have fun!

Ms Aird

Drama suggested activity grid for early stage (Primary 1)

### First level...

- Mindfulness exercise – Find a quiet place free of distraction.
- Sit up comfortably with your back straight but relaxed
- Close your eyes if you'd like to
- Breathe in through your nose as slowly as you can
- Breathe out as if you are blowing bubbles from a bubble wand
- Pay attention to the feeling of your breath going into your body and out again.
- Do this with 3-5 breaths.
- Then just breathe normally.
- If any thoughts or worries come into your mind – imagine putting them into the bubbles ... and blow them away.
- Think about your slow calm breaths.
- Keep going like this for a few minutes – and then slowly and gently open your eyes.
- Welcome back!

### Mindful Quote



**Dream big. Be grateful. Give love. Laugh lots.**

Do this activity this week (focus on mindfulness)

Have fun!

Ms Aird

Mindful suggested activity grid for first stage learners (Primary 2 -Primary 4)

## Second level

Mindfulness exercise –

- Find a quiet place free of distraction.
- Sit up comfortably with your back straight but relaxed
- Focus your awareness on your breath.
- Pay attention to the feelings of your breath going into your body and out again.
- Do this with each breath
- Just breathe normally
- If any thoughts or worries come into your mind – try imagining that you are putting them inside a balloon and then let it go ...
- Return your attention to your breath.
- Repeat for a few minutes – and then slowly and gently open your eyes.
- Welcome back!

Mindful Quote



**Don't wait until you reach your goal to be proud of yourself. Be proud of every step you take.**

Do this activity this week (focus on mindfulness)

Have fun!

Ms Aird

Mindfulness suggested activity grid for second stage learners (Primary 5 – Primary 7)