

1. Mindfulness

Note for guardians/parents.

The affirmation is to say together with your children each morning to prepare them and yourself for the theme.

Try to mean it as much as possible and say it with feeling (don't worry if it takes practice to let yourself mean it).

I find it useful (and pretty fun) to start gently and get stronger and more powerful with our words as we go.

The affirmation can also be used in moments throughout the day.

For example if you are trying to use mindfulness to overcome impatience, when you notice yourself being impatient you can practice closing your eyes and repeating "I am here, I am present, right now."

If you are having difficulty getting your child engaged, I have also found that if I use the affirmations to help me and do the exercises (almost pretending I don't know my daughter is watching me) she copies. Sometimes she copies a few days after she saw me do it, but it means the information is in there!

The "What is mindfulness?" part, which comes next is for you to go through with you child.

Feel free to re-word anything to help your child understand if any wording is too difficult.

It's also useful to go through the emotions with them asking "when have you felt this feeling before?" and talking about how that feeling didn't last.

The game: Mind clouds.

For this game the objective is to help children understand the concept that

thoughts and emotions are only temporary. That they are like clouds,
For this game you could either use people or make models, draw picture or use
toys to represent each different part.

Chose one person or object to be themselves (the person,) and one to be the
Sun which represents the love of life, always shining its rays of love onto the
person.

Then get a person or object to represent the different types of clouds.

Have the different types of clouds pass between the person and the sun.

Have light wispy clouds to represent light thoughts and emotions. Speak about
how the love of life, the Suns rays, are still visible through these types of
thoughts and clouds. If a person is playing this cloud, you could have then
skipping and acting light and wispy (and have fun with it!).

Then do some dark black storm clouds. These represent thick dark feelings and
can block out us being able to see the love of life. Just as thick storm clouds
block out the light from the sun. If you have a person acting this out, then they
can stomp around and make grumpy faces (again, just have fun with it!).

The important thing to talk about with this, is how even though we can't see
the sun shining down on us during a storm, it still is. And this is just like how
life loves us. Sometimes is can feel like life stops loving us because of thick
dark feelings and thoughts, but it always is.

And also talk about how sometimes it is easy to see life loving us, when our
minds are clear. Just like a clear sky allows us to see the warming rays of the
sun.

Another thing to talk about while you play this out, is that the clouds don't stay
in the sky forever. They come and they go, just like thoughts.

I invite you to also do some cloud gazing as you talk about this, and notice how
the clouds drift away, just like our thoughts and feelings.

The next part of the worksheet is all about different mindful exercises to try out over the week (or however long you wish to do this theme for).

Each exercise has a description of what to do and a space for the children to write and/or draw about the exercise.

There are 9 different mindfulness exercises to do and you can take your time trying them out at your own pace.

If you and your child find one exercise in particular that you love to do, that helps you feel in the moment and relax, then feel free to do that as much as you'd like!

I also invite you to do these exercises with your child. So you can go on a journey with your child.

I suggest getting yourself your own special notebook and record your own thoughts and feelings and experiences as you do the exercises.

And to write down which exercises spoke to you, and which could help you when life struggles come up.

Have a lovely week!

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