P5-7 KiVa Lesson- Mindfulness Mantras

This week I would like you to create some Mindfulness Mantra cards for yourself, your family and your friends.

What is a mantra? A mantra is a positive statement which can help you to feel motivated, happy and confident about yourself! As we begin to think about moving on to secondary school or into the next year group at school it is important that we are feeling good about ourselves.

Some people like to say these mantras out loud, whisper them or just say them in their heads. Do whatever feels comfortable to you.

Mantras are used in Buddhism and Hinduism. They are also often an important part of yoga classes.

Do a little bit more research into mantras if you are interested in finding out more!

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Your task is to create some Mindful Mantra cards which you can use for yourself and also some which you can give to your family and friends for them to use.

Below is an example of what one of your cards may look like. Some other examples of mantras that you might use are “I am a good friend!”, “Today will be a good day!”, “I am determined to reach my goals!”, “I work hard!”, “Today will be a positive day!”, “I am great at football!”.

I would stick to 3 positive mantras for each card. You could draw a little picture on them too.

* I am unique and special!
* I believe in myself and I know I can do whatever I put my mind to!
* I can make good choices in my learning!

Make as many cards as you want to then have a go at saying some of your mantras to yourself. Remember this can be done out loud, whispered or in your head. These mantras are personal to you so you choose how you want to use them.

Keep your pack of mantra cards and either pick a couple to use each day or whenever you are feeling a bit down or un-motivated!

Make some cards for your family members and friends too. Think of all the good, positive things about them. Think about what their strengths are and what their personalities are like. Make the cards personal to them.

For example- if your Dad is a great baker you might want to include that as one of his mantras or if your best friend is caring and a good listener then you could include that on her card.

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If you would like to share some of your positive mantras with us on the blog that would be great but if you want to keep them personal to yourself then that is absolutely okay too!!

Saying your mantras may help you feel more positive and confident in yourself. As I said before, this is something which is important as we start to think about either moving up to secondary school or moving into the next year group at school. Using your mantras could be helpful over the next few months so give them a try! ☺

