








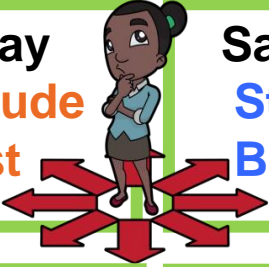







## A Month of Mindfulness

<b>Monday</b> <b>Counting Breaths</b> 	<b>Tuesday</b> <b>5,4,3,2,1</b>	<b>Wednesday</b> <b>Identifying Objects</b> 	<b>Thursday</b> <b>Going On A Safari</b> 	<b>Friday</b> <b>Thought Clouds</b> 	<b>Saturday</b> <b>Just One Breath</b>	<b>Sunday</b> <b>Shut Down / Turn Off</b>
<b>Monday</b> <b>Breathing Exercise - 4/7/8</b>	<b>Tuesday</b> <b>Tense and Relax Muscle Release</b>	<b>Wednesday</b> <b>Active Listening</b> 	<b>Thursday</b> <b>Mind Journey</b> 	<b>Friday</b> <b>Glitter Jar</b>	<b>Saturday</b> <b>Bubble Breaths</b>	<b>Sunday</b> <b>Self Care</b>
<b>Monday</b> <b>Bumble Bee Breaths</b> 	<b>Tuesday</b> <b>Heartbeat Exercise</b> 	<b>Wednesday</b> <b>Reset Method</b>	<b>Thursday</b> <b>Walking Meditation</b> 	<b>Friday</b> <b>Gratitude List</b> 	<b>Saturday</b> <b>Starfish Breaths</b> 	<b>Sunday</b> <b>Let Go Of Mistakes</b>
<b>Monday</b> <b>Waves On The Ocean Breaths</b>	<b>Tuesday</b> <b>Mindful Stretches</b> 	<b>Wednesday</b> <b>Body Scan</b>	<b>Thursday</b> <b>Your Happy Place</b>	<b>Friday</b> <b>Kindness Boost</b>	<b>Saturday</b> <b>Balloon Breathing</b> 	<b>Sunday</b> <b>Self Compassion</b>

## Counting Breaths

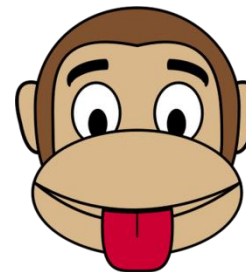
1. Take three deep breaths, inhaling through your nose and exhaling out of your mouth.
2. Close your eyes, breathing through your nose only and count up to 10. First inhale and count 1 and exhale, count 2. Inhale, count 3, exhale, count 4 and so on, up to 10.
3. Repeat this sequence (optional).



## 5, 4, 3, 2, 1

This activity can be used in a variety of settings but outside in nature is best. It helps to bring your mind into the present moment and quiet your mind with a task to focus on. Observe the space you are in and name the following –

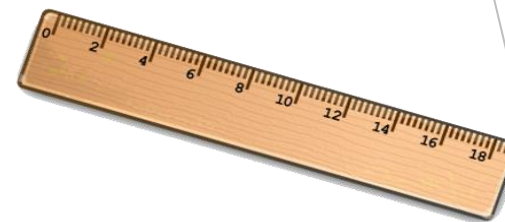
1. 5 things you can see.
2. 4 things you can hear.
3. 3 things you can feel.
4. 2 things you can smell.
5. 1 thing you can taste.





## Identifying Objects

1. Close your eyes and ask a partner to pass you an object that you can hold in your hands.
2. Touch, turn and smell the object, describing each aspect of it in detail without looking at it. Can you identify the object?
3. Swap places with your partner and use a new object.



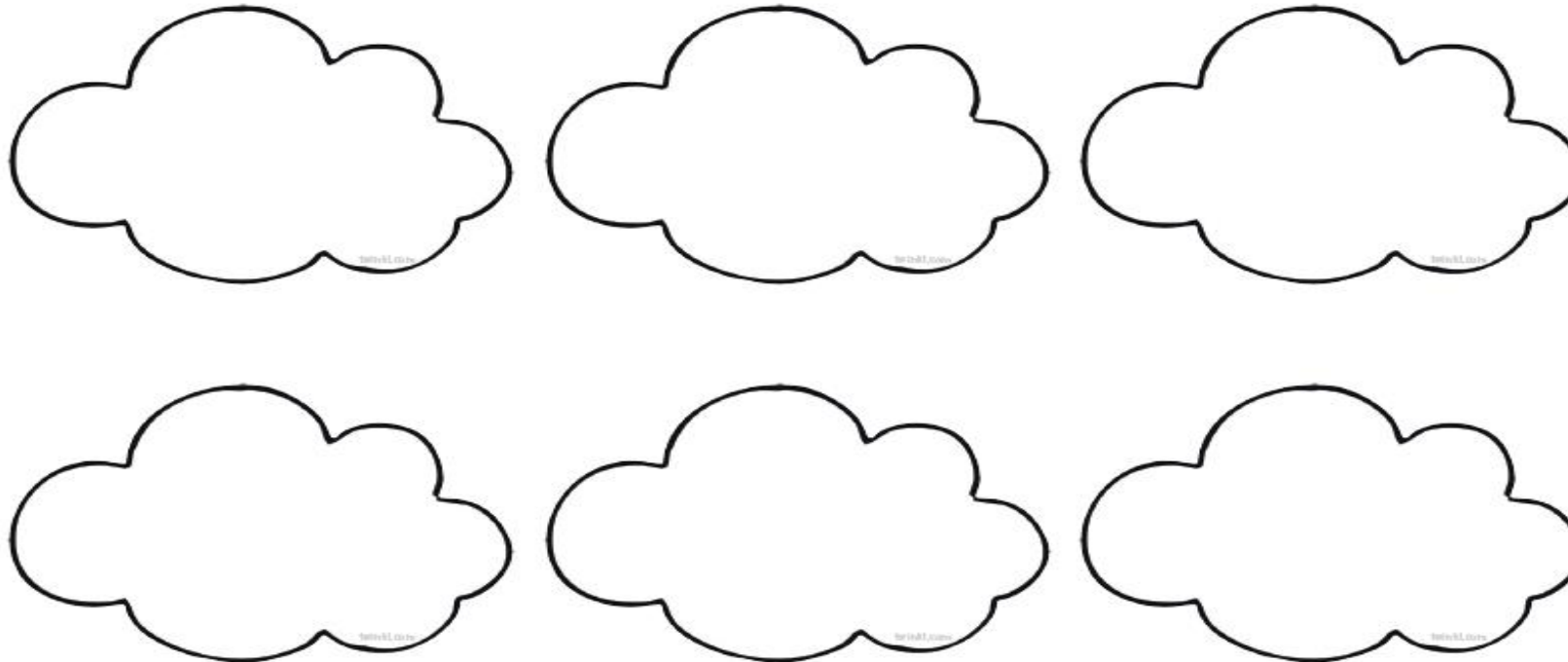
## Going On A Safari

1. Go outside on an exciting adventure, try picking up a small rock or touching a plant or a flower.
2. Notice any bugs and birds round about you. Take a moment to kneel down and touch the earth.
3. Walk mindfully, paying close attention to all the surrounding sights, sounds, smells and sensations.
4. Walk in silence as much as possible so you notice all the little details of your surroundings.



## Thought Clouds

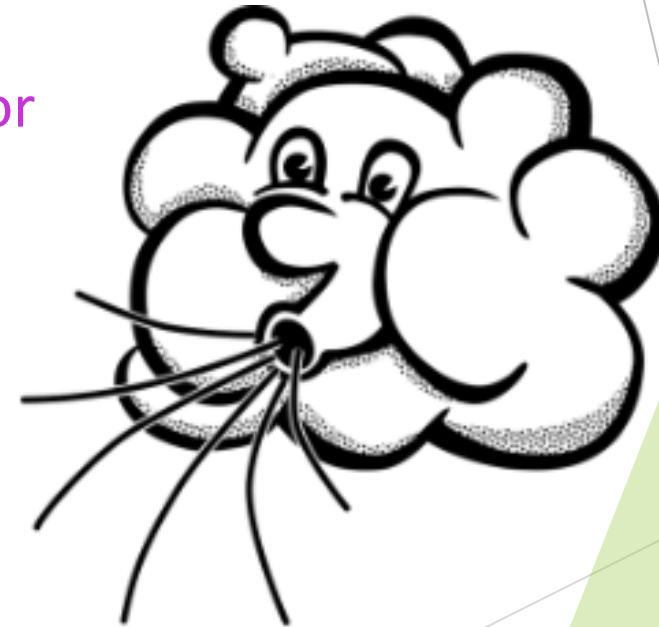
Sit quietly and focus on your breathing. When a thought enters your mind, write it down on a cloud and let it drift away...





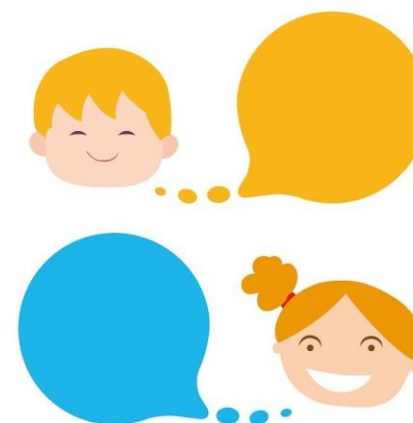
## Just One Breath

1. Sit comfortably and set a timer for one minute.
2. Breathe deeply in and out while paying attention to any sensations you notice or sounds you hear.
3. Take another slow, deep breath and imagine the air moving down into your lungs and back up.
4. Take one more deep breath, hold for a moment and release.



## Shut Down / Turn Off

1. Switch off from your digital devices and screens for one hour today.
2. Take time to have an uninterrupted, face to face conversation with one of your friends or family.
3. It's important to be present with yourself and others. Turning off distractions allows us to be more present and engage better in what we are doing.





## Breathing Exercise - 4 / 7 / 8

1. Inhale through your nose for 4 seconds.
2. Then hold your breath for 7 seconds.
3. Finally exhale out through your mouth for 8 seconds.
4. Repeat steps 1, 2 and 3, three times.

Initially, you can start by reducing the in breaths to 2 seconds. Then hold your breath for 5 seconds and breathe out for 6 seconds. Then increase the duration of breaths as you master the technique.



## Tense and Relax Muscle Release

1. Starting at the feet, gently squeeze the muscles in the feet by tightening them then slowly release them.
2. Move on to squeeze the large muscles in the calves for 5 seconds then gently release. Work your way up the body to the thigh muscles, squeezing for 5 seconds then releasing. Notice how the muscles feel.
3. Continue to work your way up the body like this.

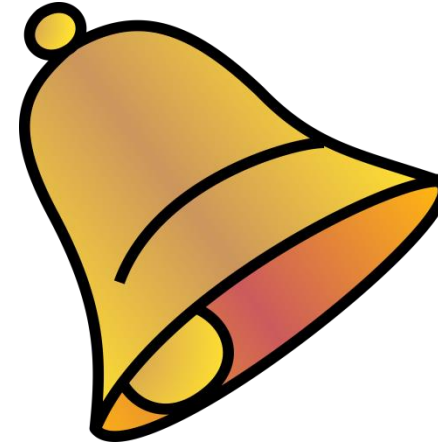


## Active Listening

1. Close your eyes. Listen carefully to any sounds you hear.
2. After one minute open your eyes and write down everything you heard.

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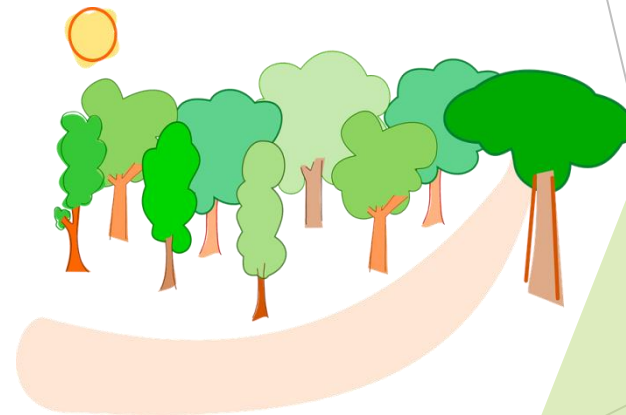
1. Ring a bell or make a lasting noise with another instrument or method.
2. Listen very carefully to the fading sound until you can no longer hear it.





## Mind Journey

1. Imagine you are an explorer and you can go anywhere you want.
2. Where would you go?
3. Is it a real or fantastical place?
4. Who would you meet there? What would you do? What would you see, hear, smell and sense?
5. Your imagination has no limitations! Enjoy your adventure and if you want to, write a story about it.



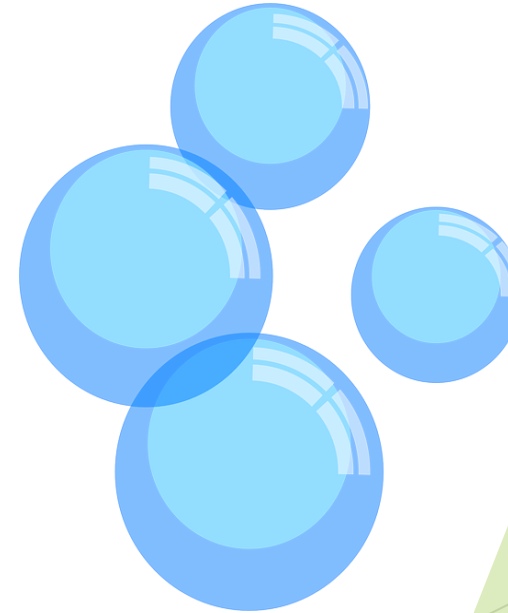
## Glitter Jar

1. Decorate a clear jar or plastic bottle however you like.
2. Fill the bottle  $\frac{3}{4}$  of the way with water. Next, add clear glue, food colouring and glitter then shake.
3. Seal the lid and it is ready for use. Look at the different patterns the glitter swirls make in the jar. It can be used to help bring your mind back to attention or soothe you.



## Bubble Breaths

1. Breathe in deeply and form an imaginary bubble in your mouth with your cheeks puffed out.
2. Blow your bubble out of your mouth and push it away from you by blowing it away hard and strong. Do this slowly and imagine your bubble floating away.
3. Keep breathing in and out deeply. Think about where your bubble can go. Can you blow it far away from you or to a friend?
4. Imagine your bubble returning to you and catch it back in your mouth. Repeat.





## Self Care

1. You are very important to yourself.
2. Take care of yourself today and do something you enjoy.
3. Having fun helps us to be more relaxed and feel happier.
4. Take time to care and love yourself, you deserve to!



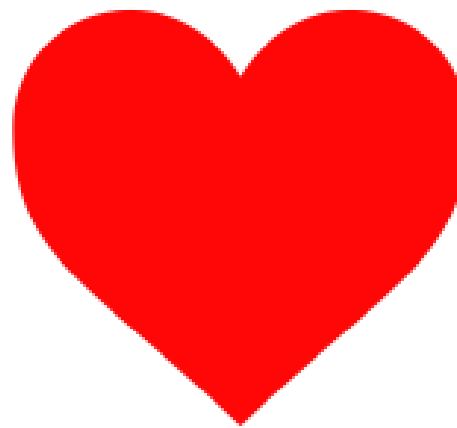
## Bumble Bee Breaths

1. Open your hands out with palms facing towards your face.
2. Place your thumbs over your ears and fingers over your eyes.
3. Close your lips with your teeth slightly apart. Breathe in deeply through the nose and count silently 1, 2, 3, 4, 5.
4. Exhale slowly through the mouth and make a humming sound like a bee. Count silently again 1, 2, 3, 4, 5. Repeat.



## Heartbeat Exercise

1. Stand up and either jump on the spot or do jumping jacks for one minute.
2. At the end of that minute, place your hand on your heart and pay attention to how your heartbeat and breathing feels. Has it changed speed? Is it heavier or lighter?





## Reset Method

This can be used at the beginning of your day or throughout, focussing your mind on any challenges you may face.

1. Use a timer for each exercise, 20 seconds on each activity.
2. Activities – shaking limbs, tapping and twisting the body.
3. YouTube link:  
<https://www.youtube.com/watch?v=vjjONXaeWXc>



## Walking Meditation

1. Take a mindful walk and notice your breath.
2. Walk with the intention to feel your feet on the ground.
3. When you stop feeling your feet on the ground, you must gently bring your attention back to your feet.
4. Notice nature all around you, sounds, sights and smells.
5. It is natural for the mind to wander. When you feel your mind has wandered, simply come back to focussing on your breath.



## Gratitude List

1. Think about all the things in your life that you are thankful for.
2. They can be big or small, people, objects or activities. Maybe it's something personal to you, like your skill at a certain sport or your ability to make others smile.
3. Think about why you are grateful to have these things in your life.
4. Go through them in your mind and if you want to, write down a list to keep for yourself. You can always add more to it.





## Starfish Breaths

1. Sit comfortably and extend your left hand open in front of you so it looks like a starfish.
2. Use your right pointing finger to trace up the outside of your left thumb as you breathe in deeply.
3. Go down the inside of the thumb and breathe out deeply.
4. Continue the deep breathing in as you go up each finger and breathe out as you trace down each finger. You can switch hands and repeat.



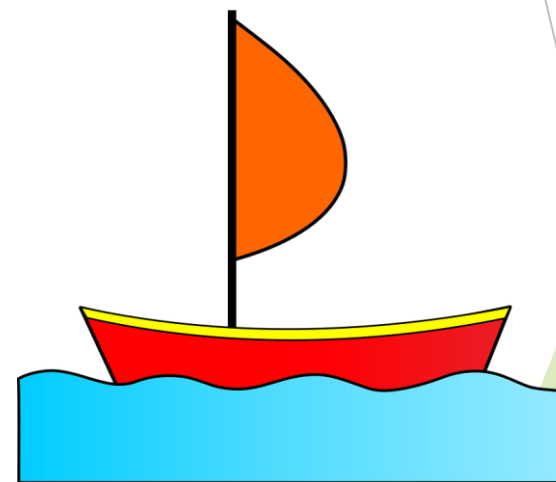
## Let Go Of Mistakes

1. Remember everyone makes mistakes so it's okay when you do.
2. Have you made any mistakes this week or today?
3. If so, don't hang on to them, just let go of them in your mind. If you need to, imagine they're paper planes that can be carried away with the wind.
4. Stay positive and use mistakes to learn and improve.



## Waves On The Ocean Breaths

1. Lie down on the floor with your feet out in front of you and place your hands on your stomach.
2. Breathe in through your nose and feel your hands rise up.
3. As you slowly exhale, feel your hands go back down.
4. Pretend that your stomach is waves on the ocean and your hands are a sailboat. Feel how the boat rises on the waves each time you breathe in and how it moves down on the waves when you breathe out. Repeat.





# Mindful Stretches



### 1. Shoulder rolls

Stand up straight with your feet hip-width apart and arms at your sides. Roll your shoulders up, back, and down. Your thumbs point forward as you start the move. Palms point forward, elbows slightly bent, as you finish each shoulder roll.



### 2. Overhead reach

Stand up straight with your feet hip-width apart. Reach toward the ceiling with your right arm, while shifting your weight from your right foot to your left foot and tapping the toes of the right foot. Repeat on the left.



### 3. Torso rotation with a reach

Stand up straight with your feet hip-width apart. Reach toward the left wall with your right arm and then the right wall with your left arm, while shifting your weight with each change of direction. Tap your toes with each shift.



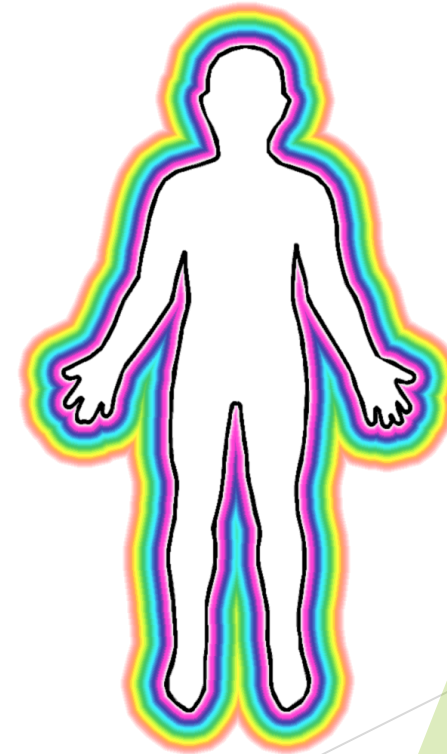
### 4. Hamstring curls

Stand up straight with your feet hip-width apart. Alternately bring your right foot, then your left foot, toward your buttocks. Press your arms backward as you do so.



## Body Scan

1. Close your eyes and breathe in and out through your nose for four breaths.
2. Then focus your concentration on your body parts, paying attention to how they feel. Do they feel relaxed or is there any tension in that area of the body? Are they light or heavy? Start with your head and work your way down the body - eyes, nose, ears, mouth, neck, shoulders, arms, chest, tummy, hips, legs, feet and stop at the toes. You should continue to inhale and exhale through your nose throughout.
3. When your mind wanders and you lose concentration (and it will) try and bring your attention back to your breath and then restart your focus on the body part you were at before you got distracted.



## Your Happy Place

1. Where is the place you feel happiest?
2. Think about it and see yourself being there.
3. What are you doing? Are you with anyone or alone? What do you see, hear, smell and sense around you?
4. Take those happy thoughts and use them to spread happiness to others throughout your day.





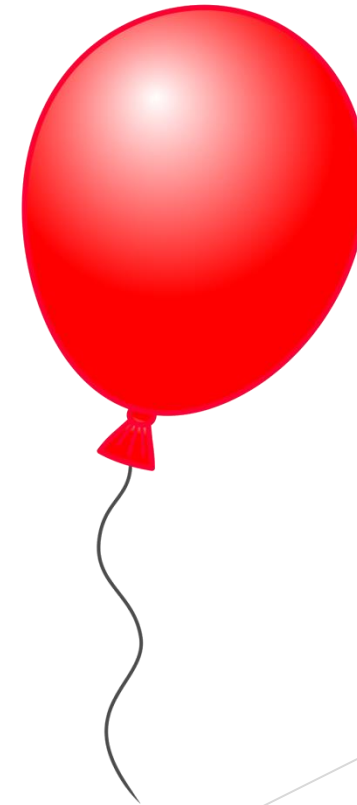
## Kindness Boost

1. Think about a family member or friend you love.
2. What are the things you love about them? If they sometimes annoy you, remember to let that go. It's important not to judge others too harshly as everyone's different.
3. Ask to speak to that person. You can sit together or give them a call.
4. Tell them all the things you love about them and why they are so special to you.
5. Being kind to others gives them a boost and makes you feel good too.



## Balloon Breathing

1. Sit comfortably and close your eyes.
2. Breathe in through your nose slowly for a count of 3, filling up your belly like a big balloon.
3. Then breathe out through your nose (or mouth) slowly letting the air out of your balloon.
4. Continue for 1 to 2 minutes or as long as you want to.
5. <https://www.youtube.com/watch?v=2PcCmxEW5WA>



## Self Compassion

1. Talk kindly to yourself today.
2. Speak to yourself the way you would speak to your friends.
3. When you care for yourself it helps you to care for others.
4. This will help you feel better as you go through your day.
5. Don't forget to smile!

