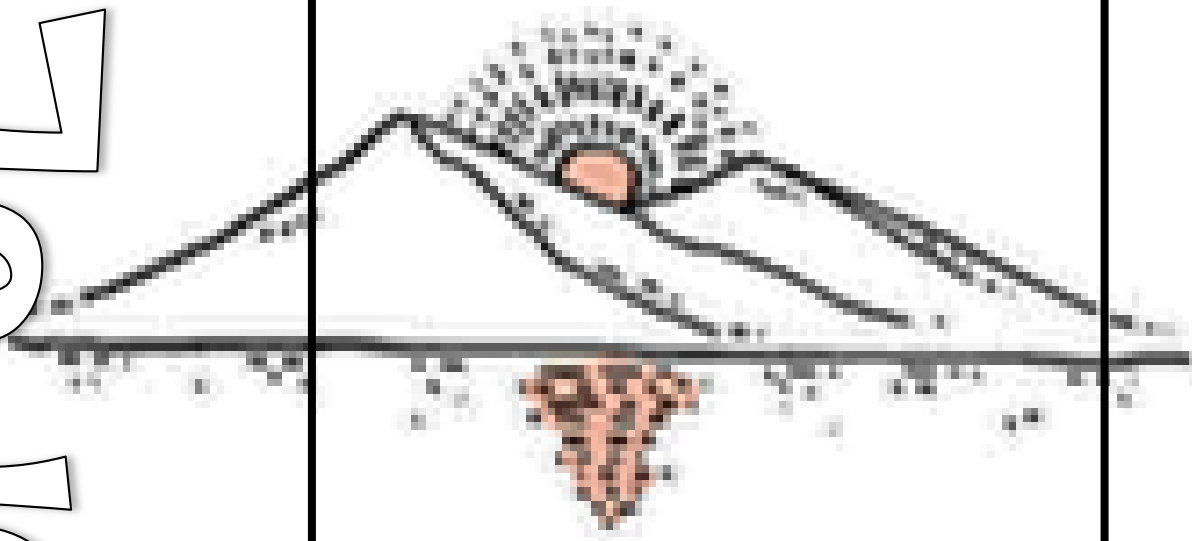


# MINDFULNESS

**What does life  
feel like to you?**

It can be exciting,  
surprising, unique.



Sometimes it can seem  
dull, stressful, repetitive.

Mindfulness can help train your attention to think about  
the present more clearly.

It can help manage worry and, stress while building  
curiosity and enjoyment in whatever you are doing.

# WHAT IS MINDFULNESS?

Mindfulness trains your attention to be more aware of what is happening, rather than worrying about what *has* happened or *might* happen. We learn to bring greater curiosity to whatever it is we experience. There are two main components:





## Stopping and Noticing

Step back from the busy-ness of everyday activities and overthinking. This offers greater space and clarity to make choices that support your well-being in many ways.

## Training Attention and Awareness

Direct your attention to whatever is happening in the present moment (breathing, thoughts, emotions, or activities) This awareness means we can respond more skilfully to whatever the present-moment throws at us.

# WHY PRACTICE MINDFULNESS?

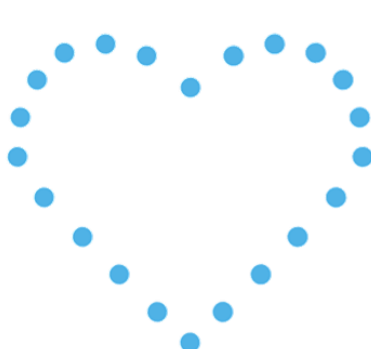
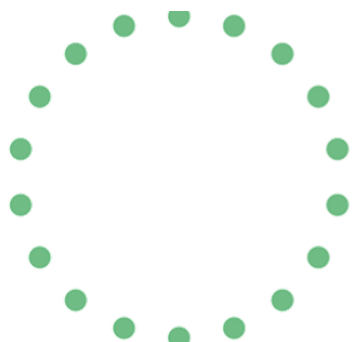
	<b>WELLBEING AND MENTAL HEALTH</b> <ul style="list-style-type: none"><li>- Recognise worry.</li><li>-Manage difficulties.</li><li>-Cope with exams.</li><li>-Appreciate what is going well.</li></ul>		<b>CONCENTRATION</b> <ul style="list-style-type: none"><li>-Improve your ability to plan.</li><li>-Direct attention with greater awareness.</li></ul>
	<b>SOCIAL LEARNING</b> <ul style="list-style-type: none"><li>-Manage relationships.</li><li>-Build self- esteem and optimism.</li></ul>		<b>BEHAVIOUR</b> <ul style="list-style-type: none"><li>-Self-regulate</li><li>-Manage impulsivity</li></ul>

# MINDFUL Breathing

Our breathing is influenced by our thoughts. Concentrating on your breath, you become aware of the mind's tendency to jump from one thing to another.



1. Sit comfortably and choose a pattern below.
2. Join the dots with your eyes while breathing. Make sure it takes a whole breath in or out to join all the dots.
3. Imagine you have a balloon in your stomach which inflates as you breathe in and deflates as you breathe out. Can you feel your abdomen rise?
4. Notice any thoughts or feelings that pop into your head, and then bring your attention back to breathing.



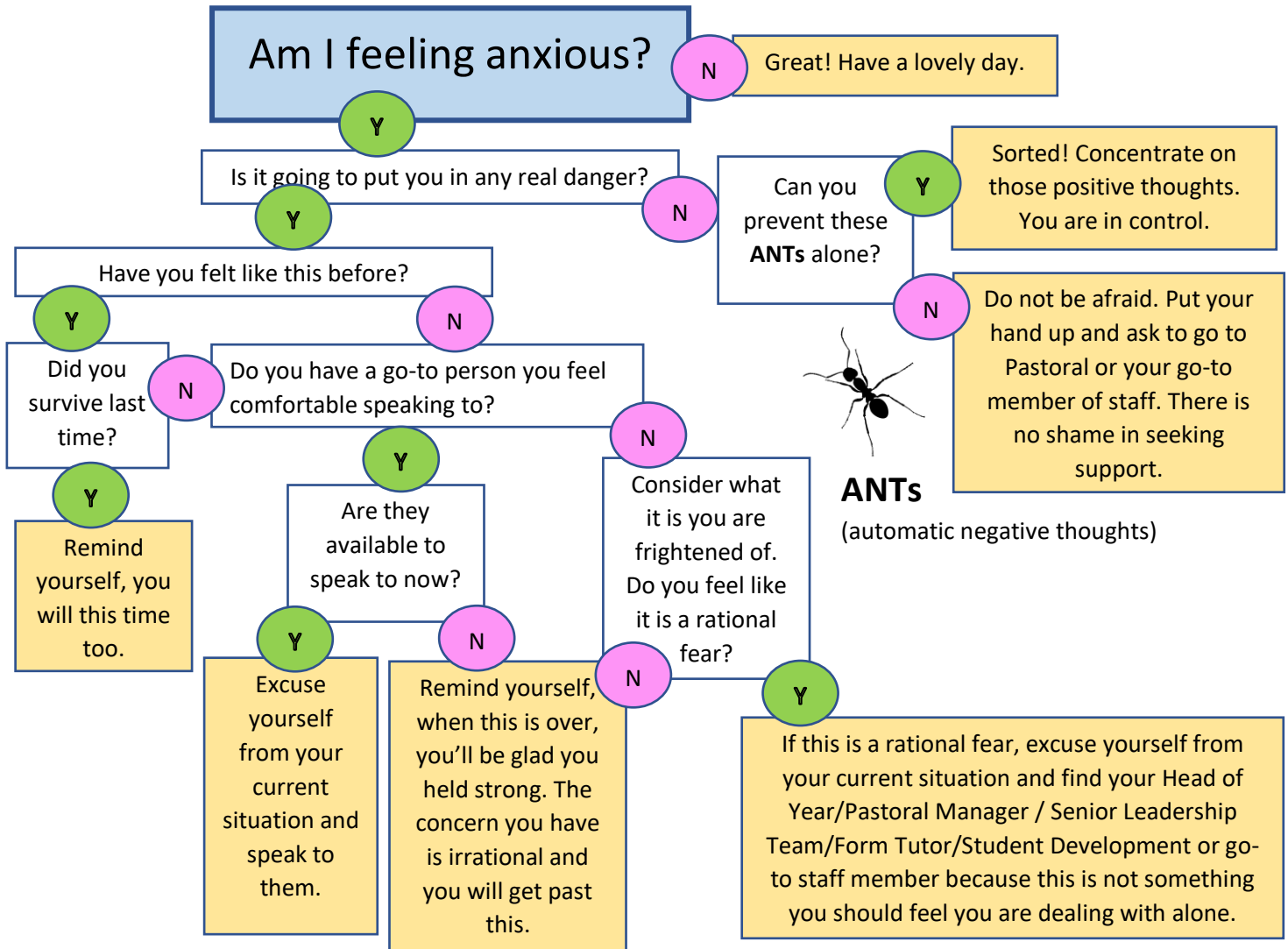
# How to Meditate

Meditation is a practice used to train attention and awareness. It helps to achieve a mentally clear and emotionally calm and stable state.

While focussing on an object, or simply your breathing, you should aim to clear your mind of busy thoughts.

1. Get comfortable and prepare to sit still for a few minutes.
2. Focus on your breathing. Where do you feel your breath? In your nose, mouth, belly? Bring attention to your inhale and exhale.
3. Follow your breath for two minutes inhaling deeply, expanding your chest. Then, slowly exhaling and feeling your diaphragm pushing the air out.
4. You may notice your mind will start to wonder; this is OK. Allow yourself to acknowledge these thoughts but then bring your attention back to your breathing.

# ANXIety FLOWchart



- Anxiety is not dangerous -- it is just uncomfortable. I am fine; I will just continue with what I'm doing or find something more active to do.
- Right now, I have some feelings I do not like. They are just phantoms, however, because they are disappearing. I will be fine.
- Right now, I have feelings I do not like. They will be over with soon and I will be fine. For now, I am going to focus on doing something else around me.
- That worry in my head is not a healthy or rational worry. Instead, I am going to focus on something positive like \_\_\_\_\_.
- I have stopped my negative thoughts before and I'm going to do it again now. I am becoming better and better at deflecting these automatic negative thoughts (ANTs) and that makes me happy.
- So, I feel a little anxiety now, SO WHAT? It is not like it's the first time. I am going to take some nice deep breaths and keep on going. This will help me continue to get better.

# AWARENESS ACTIVITIES

Each session, complete one of these mindful activities before choosing an activity on the following pages.

<b>Body Scan</b>	<ol style="list-style-type: none"> <li>1. Sit up straight in your chair and close your eyes.</li> <li>2. Squeeze every muscle in your body as tight as you can for a few seconds.</li> <li>3. Relax your muscles for a few minutes and think about how your body is feeling.</li> </ol>
<b>Heartbeat</b>	<ol style="list-style-type: none"> <li>1. Jump up and down for one minute</li> <li>2. Sit down and put a hand over your heart.</li> <li>3. Close your eyes and pay attention to your heartbeat and breath</li> <li>4. How does it change? How do you feel?</li> </ol>
<b>Mindful Breathing</b>	Follow the instructions on the 'Mindful Breathing' page
<b>Meditate</b>	Follow the instructions on the 'Meditation' page.
<b>Noticing Another</b>	<ol style="list-style-type: none"> <li>1. Sit facing a partner</li> <li>2. Take turns verbalising what you appreciate about each other; physical appearances to personality traits.</li> <li>3. Check in with each other – how are you both feeling?</li> </ol>
<b>Gratitude Practice</b>	<ol style="list-style-type: none"> <li>1. In a group or with your partner, take turns in stating something you feel grateful about. This could be anything, like breathing, having a comfortable bed, your favourite shoes...</li> </ol>
<b>My True Joy</b>	<ol style="list-style-type: none"> <li>1. Divide a sheet of paper into 8 sections</li> <li>2. Write a personal activity that gives joy in each box.</li> </ol>
<b>Self-Compassion and Love</b>	<p>We tend to forgive and support friends and loved ones readily but do the complete opposite with ourselves!</p> <ol style="list-style-type: none"> <li>1. In groups or with your partner, take it in turns stating something you love about yourself.</li> </ol>
<b>Senses</b>	<p>Take a few deep, slow breaths</p> <ol style="list-style-type: none"> <li>1. Notice FIVE things you can see. Try to pick out something you don't normally notice.</li> <li>2. Notice FOUR things you can currently feel.</li> <li>3. Notice THREE things you can hear. Again, try to pick something you don't normally notice.</li> <li>4. Notice TWO things you can smell.</li> <li>5. Notice ONE thing you can taste.</li> </ol>
<b>Mindfulness of Things</b>	<ol style="list-style-type: none"> <li>1. Without looking, reach into your bag and take hold of an object. How does it feel as you hold it in your hands? Think about different qualities such as the texture, weight, size, even temperature!</li> <li>2. Describe it to your partner- can they accurately guess what it is?</li> </ol>



Why?

## POSITIVE AFFIRMATIONS

You are what you think. Affirmations describe a specific outcome or who you want to be. At first they might not be true, but with constant repetition, your subconscious mind will start to believe them. They help your brain form clusters of positive thought.

I am proud of myself

I am becoming more confident every day.

I will not worry about things I cannot control.

I am kind.

I am grateful for all that I have.

I can make a difference.

I respect myself.

I learn from my mistakes.

I try my best.

I can be a leader.

Today is a good day.

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**DAILY GRATITUDE** - What are you thankful for today?

### Make it Mindful

Let your mind wander- do these words bring up any memories?  
But then bring your mind back to the task in hand. How are you  
carrying out the task - strategically or randomly?

How do you feel today?



Why?

## OBSCURE EMOTIONS

K K S X J T K A B E P G J M J  
W A C I A O M A C M F H A Z O  
A I J I S B S N T Q T L J J U  
H R U I E O E O A R D M V S S  
T O V D H I R V N E X E O E K  
H S O N L O D E C D M R A F A  
G C F I W S N O B G E C G Q X  
I L S J A T U T Q I Y R I G O  
N E J Q Z C Z K Q T L K G C O  
Q R Y F O M S I L A S Y R H C  
X O W U A M E M O I A J S M C  
G S M U J Z A L T X J K G O G  
N I C U L J H E O K I U S G G  
C S V E X D Y C K D Y O Y Y I  
B V H K Q T T T T F H T G J Y

<b>AMBEDO</b>	A melancholic trance where you become completely absorbed by vivid sensory details e.g. raindrops skittering down a window.
<b>AMEMOIA</b>	Nostalgia for a time you have never known
<b>CHRYSLISM</b>	The tranquillity of being indoors during a thunderstorm
<b>JOUSKA</b>	A hypothetical conversation that you compulsively play out in your head e.g. a comeback in an argument.
<b>KAIROSCLEROSIS</b>	The moment you realise you are currently happy, which prompts your intellect to identify it and pick it apart until the feeling dissolves.
<b>LIBEROSIS</b>	The desire to care less about things
<b>MAL DE COUCOU</b>	A phenomenon in which you have an active social life but very few close friends.
<b>NIGHTHAWK</b>	A recurring thought that only seems to strike you late at night.
<b>SILIENCE</b>	The unnoticed excellence that carries on around you everyday, unremarkably.
<b>SONDER</b>	The realisation that each random passerby is living a life as vivid and complex as your own.

**DAILY GRATITUDE** - What are you thankful for today?





# MUSIC APPRECIATION

As a class, select a school- appropriate song to listen to – any genre. Perhaps try something you would not normally listen to. If you are doing this by yourself, choose any song you are interested in.

1. Sit comfortably and quietly.
2. Contemplate all that went into the making of the music – the training, composing, performing, recording and sharing of it.
3. Play the music and bring your attention to the sensations of the sound and feeling as the piece begins.
4. Does the music stir any emotions or thoughts?
5. How do your feelings change towards the middle and end of the music?

How do you feel today?



Why?

## Open WHEN you are Feeling down.

Sometimes in life, you might feel down. This is completely normal, the important thing to do is recognise this feeling and begin to process your emotions.

Write a meaningful letter to yourself below. This letter does not have to be structured; it can come in any form- bullet points if you want it to be. Within this letter give yourself some advice, comfort yourself, appreciate yourself and be kind to yourself.

Sometimes all we need is some friendly advice. 😊

This letter is for you and no-one else. If you feel like this again in the future, read this letter.

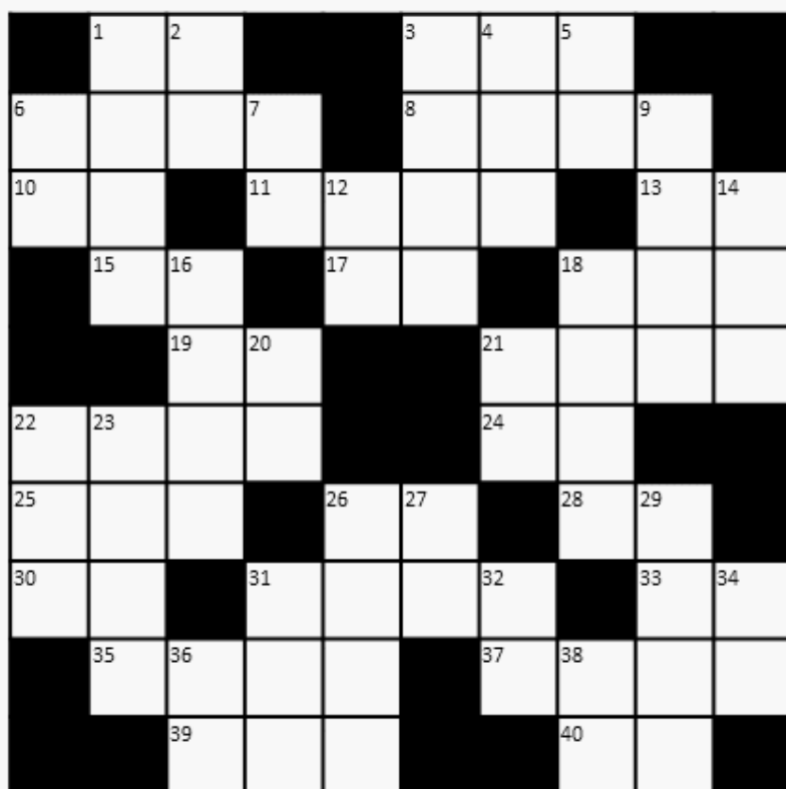
**DAILY GRATITUDE** - What are you thankful for today?

How do you feel today?



Why?

# CROSS NUMBER #1



## ACROSS

1.  $22 - 9$
3.  $159 - 13$
6.  $465 + 750$
8.  $2329 + 3294$
10.  $25 - 10$
11.  $18833 - 9266$
13.  $20 - 7$
15.  $15 + 16$
17.  $120 - 24$
18.  $952 - 344$
19.  $99 - 40$
21.  $445 + 8975$

22.  $1496 + 930$
24.  $124 - 46$
25.  $1290 - 300$
26.  $98 - 44$
28.  $11 + 5$
30.  $27 + 40$
31.  $9284 - 2589$
33.  $44 - 10$
35.  $3292 - 768$
37.  $9 + 1616$
39.  $858 - 356$
40.  $1 + 10$

## DOWN

1.  $710 + 543$
2.  $46 - 15$
3.  $297 + 1269$
4.  $235 + 232$
5.  $83 - 21$
6.  $15 - 4$
7.  $29 + 30$
9.  $5457 - 2355$
12.  $24 + 35$
14.  $560 - 180$
16.  $381 + 1139$
18.  $12346 - 5865$
20.  $27 + 69$
21.  $183 - 86$
22.  $338 - 42$
23.  $280 + 4692$
26.  $10786 - 5144$
27.  $27 + 22$
29.  $12200 - 5879$
31.  $687 - 67$
32.  $62 - 11$
34.  $21 + 24$
36.  $61 - 6$
38.  $17 + 44$

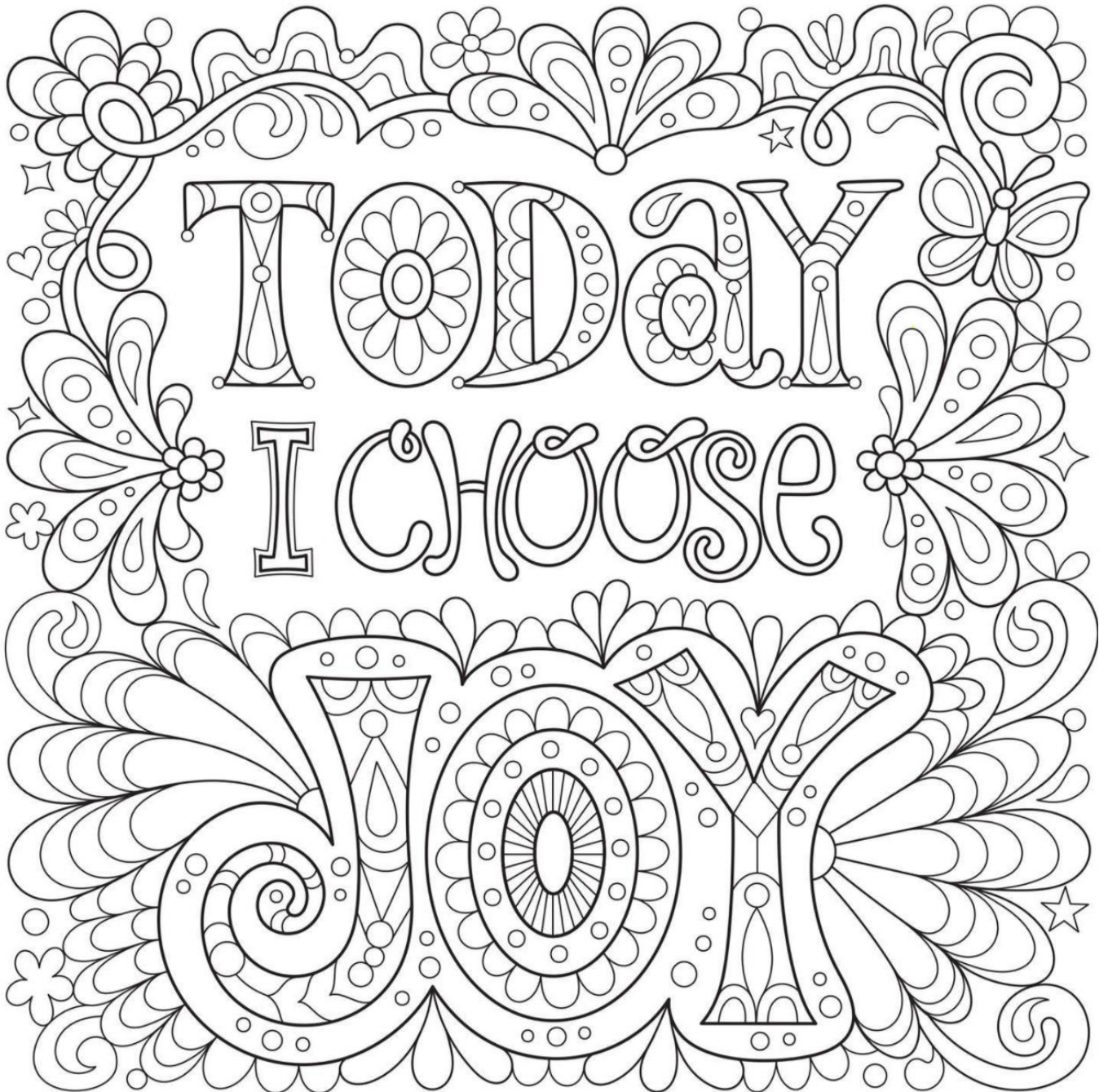
**DAILY GRATITUDE** - What are you thankful for today?

How do you feel today?



Why?

# MINDFUL COLOURING #1



**DAILY GRATITUDE** - What are you thankful for today?

How do you feel today?



Why?

# COMMON EMOTIONS WordSearch

J	O	E	M	E	C	O	N	F	U	S	I	O	N
E	G	D	I	V	H	A	P	P	I	N	E	S	S
A	D	T	N	O	I	N	T	E	R	E	S	T	G
L	I	W	S	L	E	E	R	R	A	N	J	E	D
O	I	P	P	O	E	U	E	G	A	N	O	U	E
U	E	G	I	I	L	I	A	R	E	E	G	N	S
S	U	N	R	U	Y	S	D	A	O	R	E	E	I
Y	R	I	E	O	T	O	G	T	P	E	I	E	R
E	R	E	D	R	A	M	J	I	R	E	N	W	E
F	E	A	R	D	L	T	P	T	O	U	A	U	O
S	E	A	W	E	D	E	A	U	U	S	R	R	T
D	E	S	U	M	A	S	E	D	D	E	E	I	D
T	E	E	N	S	H	O	P	E	F	U	L	A	J
N	D	I	S	G	U	S	T	E	E	H	D	G	W

Inspired  
Fear  
Joy  
Anger  
Interest  
Gratitude  
Desire  
Awe

Hopeful  
Jealousy  
Happiness  
Proud  
Love  
Amused  
Disgust  
Confusion

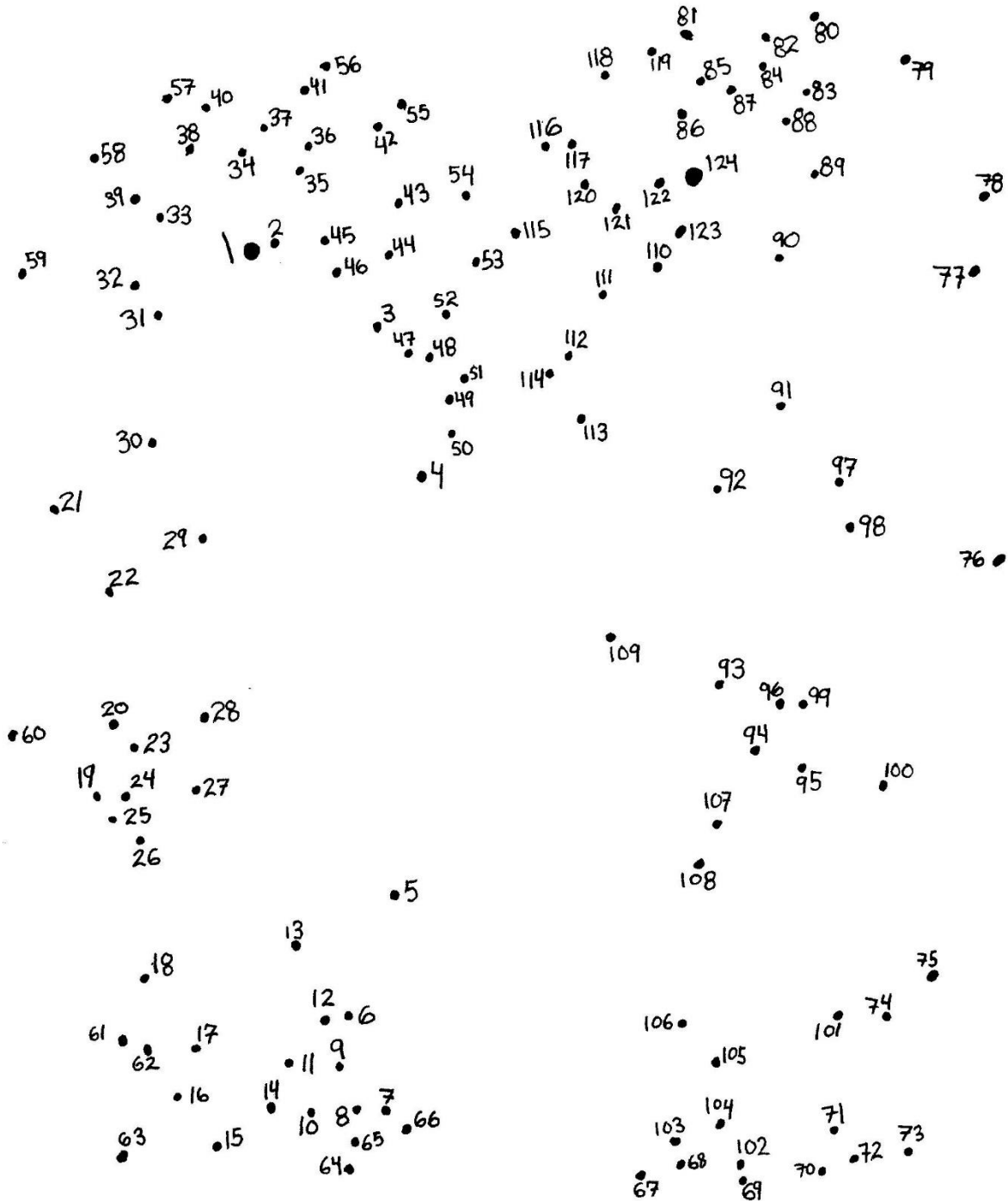
DAILY GRATITUDE - What are you thankful for today?

How do you feel today?



Why?

# CONNECT the DOTS #1



**DAILY GRATITUDE** - What are you thankful for today?

How do you feel today?



Why?

# ABC Game

Fill in a word for each category, that starts with the letter given on that row.

	Animals	Books & Films	Careers	Plants
A				
B				
C				
D				
E				
F				
G				
H				
I				
J				
K				
L				
M				
N				
O				
P				
Q				
R				
S				
T				
U				
V				
W				
X				
Y				
Z				

**DAILY GRATITUDE** - What are you thankful for today?

How do you feel today?



Why?

# Sudoku #1

				7				
						8	5	1
8			2	5	6	4		3
		9	1	3			8	
	6		5				3	4
		8	7	6	4		1	9
		3		2		5		8
		7	9				4	2
2		4		8	3		9	7

	1	5	6		7		3	4
	2	7					5	
6	8				4	7	1	
5			1			4		
	3			7				8
		4			8	9	2	
3		9	7		6	1		5
		6	8	9	1	3		
	7		3		5			

6	8				7	1		
	2		9	1	5	8		7
9			6		3	5	2	
	5	6			2			
3								
	9	2		6			5	8
7				5	6		8	1
		8	3	4	9			6
			8		1	4	3	

4	9	7		3		6		
1		6	5	9		7	3	
5		3			4		1	
9	3	1						
				1	5	3	4	2
	5	4	8		1	9		6
	1		2		6		7	3
	6			4	9	8		

**DAILY GRATITUDE** - What are you thankful for today?



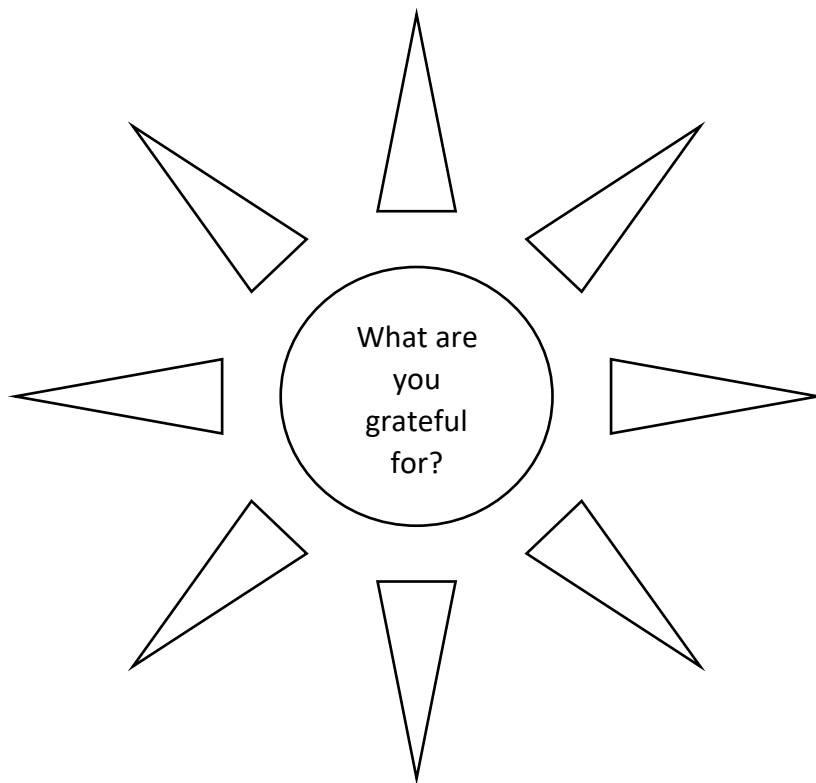
How do you feel today?



Why?

# Practice Gratitude

**Gratitude** allows us to notice the many blessings we have and distracts us from the many misfortunes that we face. **Mindfulness** helps us react to our misfortunes with grace, acceptance, and meditation. Together these two practices nurture the happier self within us.



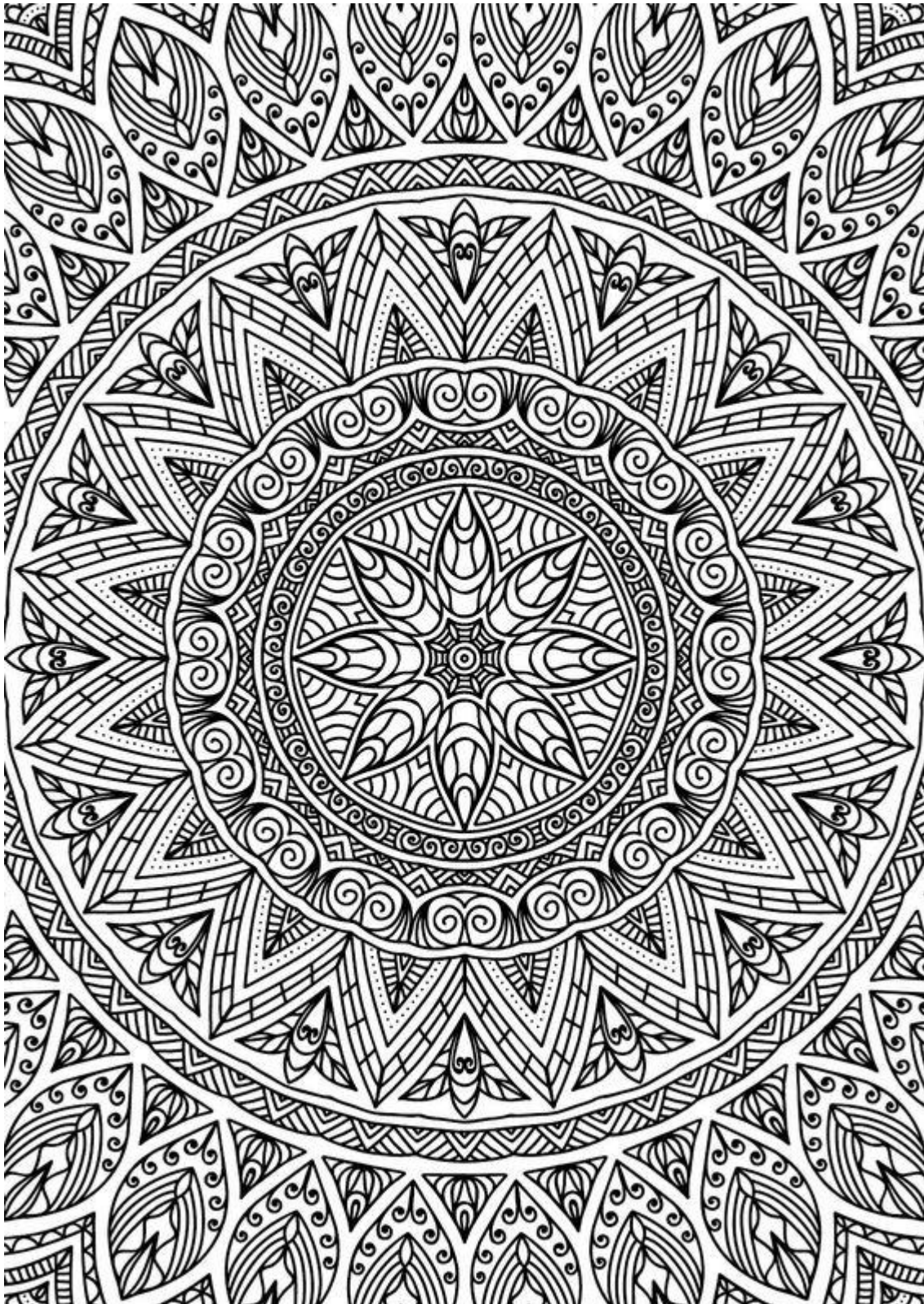
**DAILY GRATITUDE** - What are you thankful for today?

How do you feel today?



Why?

## MINDFUL COLOURING #2



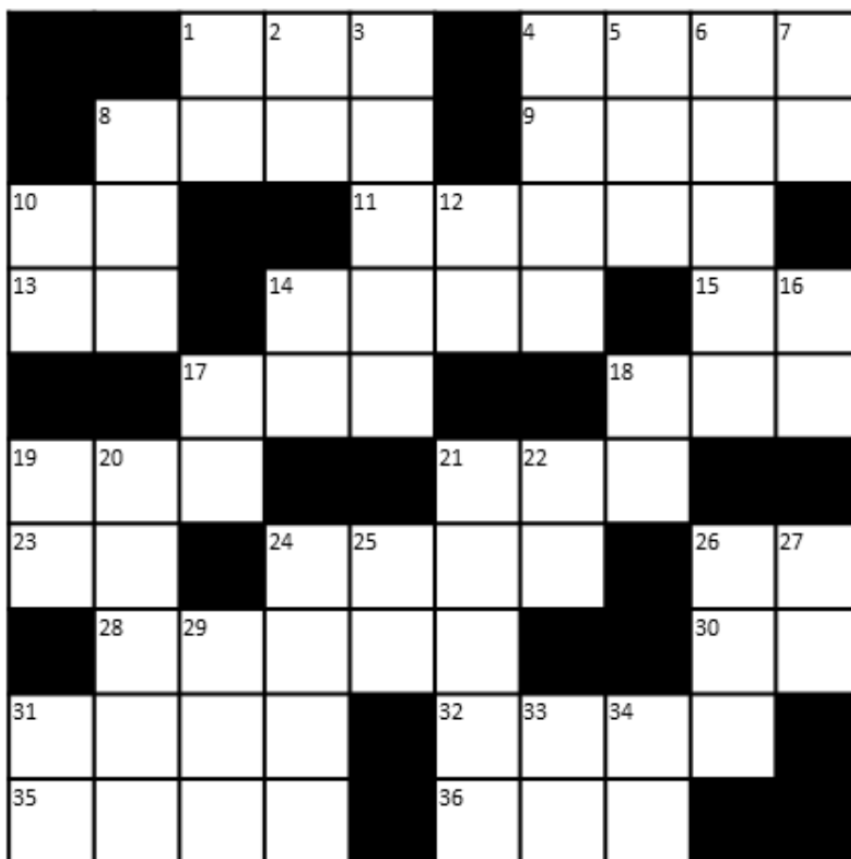
**DAILY GRATITUDE** - What are you thankful for today?

How do you feel today?



Why?

## Cross Number #2



### ACROSS

1.  $1408 - 427$
4.  $1627 + 6068$
8.  $601 + 3466$
9.  $6046 - 2918$
10.  $9 + 18$
11.  $84863 - 2084$
13.  $24 + 21$
14.  $2109 + 7810$
15.  $58 - 4$
17.  $420 - 105$
18.  $40 + 946$
19.  $219 + 501$
21.  $499 - 15$
23.  $2 + 37$
24.  $401 + 2294$
26.  $28 + 53$
28.  $23833 - 11720$
30.  $62 - 5$
31.  $328 + 1133$
32.  $10074 - 261$
35.  $2826 + 3220$
36.  $142 + 442$

### DOWN

1.  $172 - 82$
2.  $115 - 29$
3.  $27929 - 10034$
4.  $4734 + 2645$
5.  $138 + 479$
6.  $90348 + 2610$
7.  $105 - 47$
8.  $779 - 304$
10.  $1 + 23$
12.  $2 + 19$
14.  $20 + 71$
16.  $9 + 37$
17.  $20 + 10$
18.  $167 - 73$
19.  $1 + 72$
20.  $25695 + 3445$
21.  $70644 - 21249$
22.  $21 + 64$
24.  $1300 + 816$
25.  $110 - 49$
26.  $1207 - 354$
27.  $1 + 16$
29.  $54 + 210$
31.  $1 + 15$
33.  $50 + 38$
34.  $5 + 9$

**DAILY GRATITUDE** - What are you thankful for today?



Why?

# Current AFFAIRS

With your teacher and peers, settle on a topic that piques your interest. Discuss your different opinions. Be mindful when critiquing others' opinions. Keep an open mind.

Highlight three ideas that you can take away from this discussion. Did anyone manage to change your mind?

**DAILY GRATITUDE** - What are you thankful for today?



How do you feel today?



Why?

# MINDFUL COLOURING #3



**DAILY GRATITUDE** - What are you thankful for today?

How do you feel today?



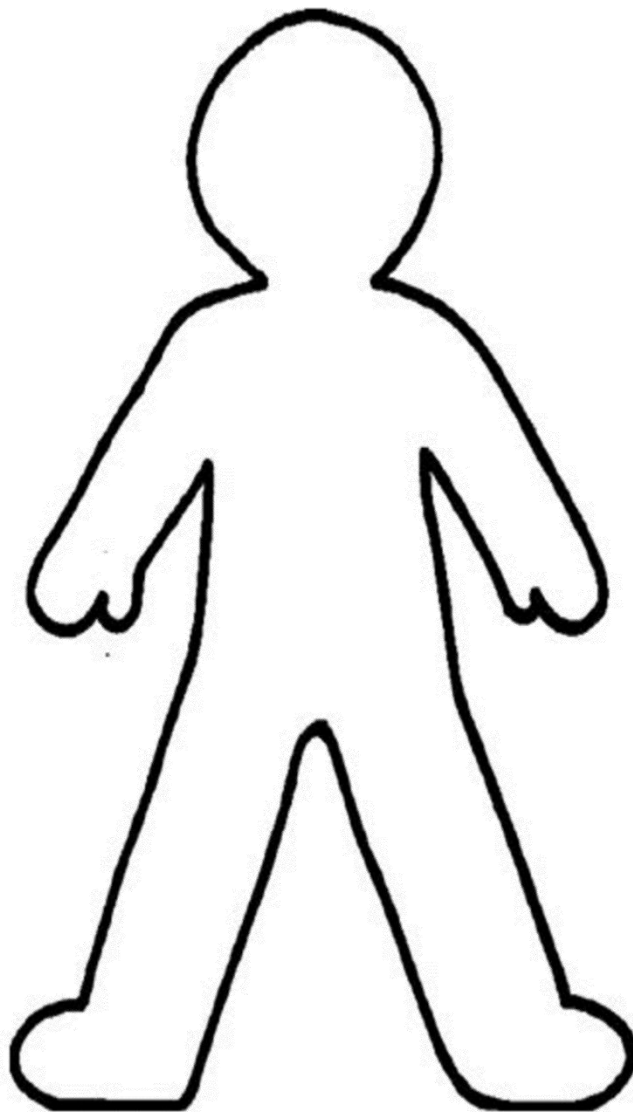
Why?

# WHO AM I?

Who are you? Are you the person people tell you that you are? Are you the person you want to be?

Your self-identity is not just things like your heritage, family status and age (though these things can impact on your outlook on life). It contains your gifts, talents, capabilities, genius, and potential.

Take a moment to think about who you are. Surround the person below with your self-identity.



**DAILY GRATITUDE** - What are you thankful for today?

How do you feel today?



Why?

# MINDFUL DRAWING

An autumn leaf

A boat

Your worst fruit

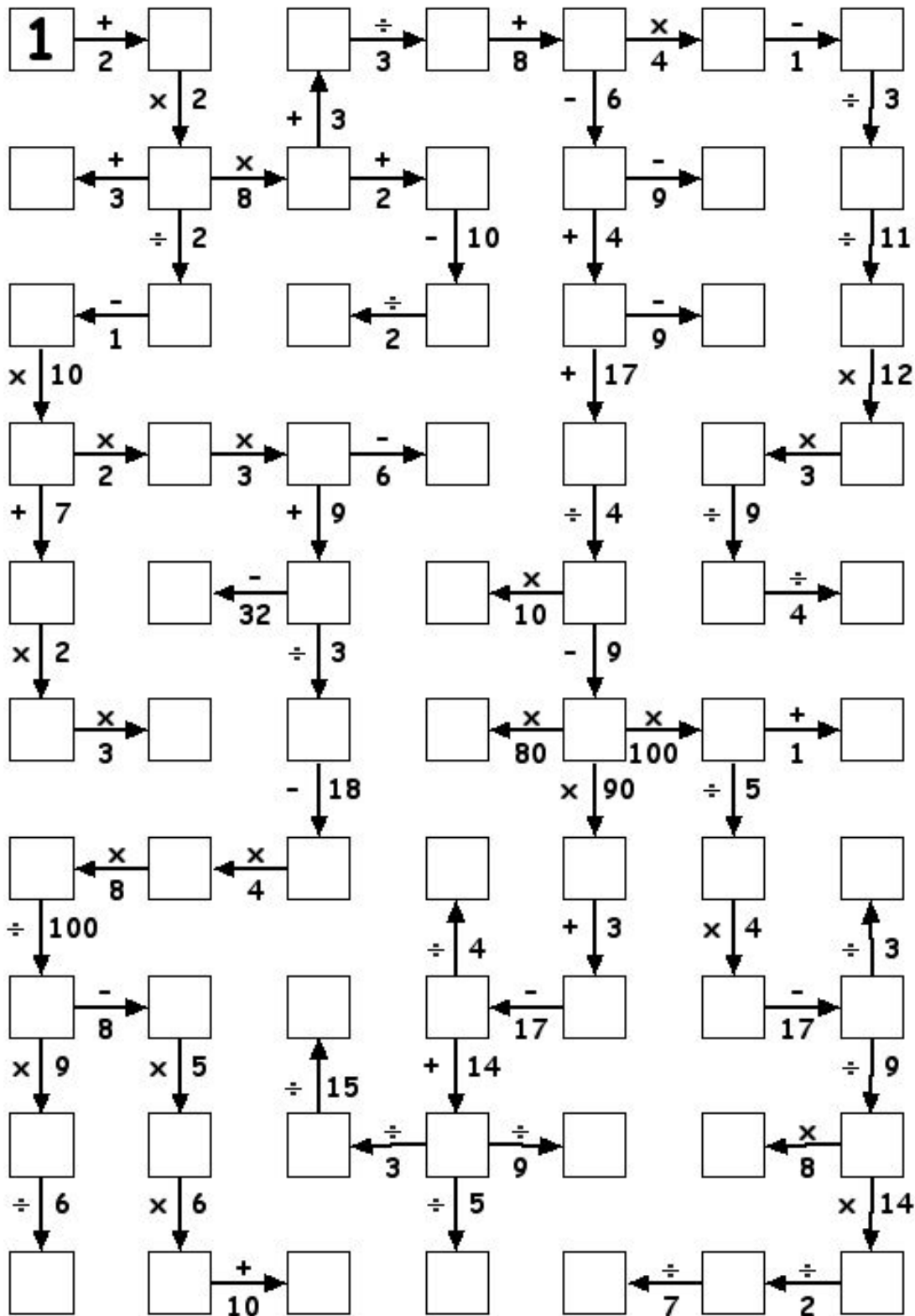
A bumblebee

**DAILY GRATITUDE** - What are you thankful for today?

**Make it Mindful**  
Take care forming your numbers. Are all your number threes the same size? Do some curve more than others? What about your zeros - are they more oval or circular?



# NUMBER SNAKE #1



**DAILY GRATITUDE** - What are you thankful for today?





**Make it Mindful**

How did you do?

Were there any answers that surprised you?

How do you feel today?



Why?

## Quiz #1

- I. Which planet is the closest to Earth?
- II. What is the largest country in the world?
- III. The wire inside an electric bulb is known as what?
- IV. What is the only mammal that can fly?
- V. Mount Everest is in which mountain range?
- VI. What is the capital of Argentina?
- VII. Why are flamingos pink?
- VIII. Which continent is the hottest?
- IX. Who was Henry VII's last wife?
- X. Who discovered penicillin?
- XI. What did the Romans call Scotland?
- XII. Which country was the first to give women the right to vote, in 1893?
- XIII. What is the national sport of Japan?
- XIV. Name the primary colours.
- XV. What is a prime number?
- XVI. What is the name of the snowman in Frozen?
- XVII. Is the sun a star or a planet?
- XVIII. What is the proper term for the funny bone?
- XIX. Name the three parts of the Holy Trinity in Christianity.
- XX. Who invented the World Wide Web?

**DAILY GRATITUDE** - What are you thankful for today?

How do you feel today?



Why?

# RiddleS #1

What goes up and down but does not move?	What becomes smaller when you turn it upside down?
Where do you find an ocean with no water?	What can you catch but never throw?
What is white when dirty and black when clean?	What word becomes shorter when you add two letters to it?
What has an eye but cannot see?	You live in a one-story house made entirely of red wood. What colour would the stairs be?
Mary's father has five daughters. Nana, Nene, Nini and Nono. What is the fifth daughters name?	Mr and Mrs. Mustard have six daughters and each daughter has one brother. How many people are in the Mustard family?
What must be broken before you can use it?	I am not alive, but I grow. I do not have lungs, but I need air. I do not have a mouth, but water kills me. What am I?
What travels around the world but stays in the corner?	Two fathers and two sons went fishing one day. They were there the whole day and only caught three fish. One father said, "That is enough for all of us, we will have one each." How can this be possible?
What gets bigger the more you take away?	What runs around the whole yard without moving?

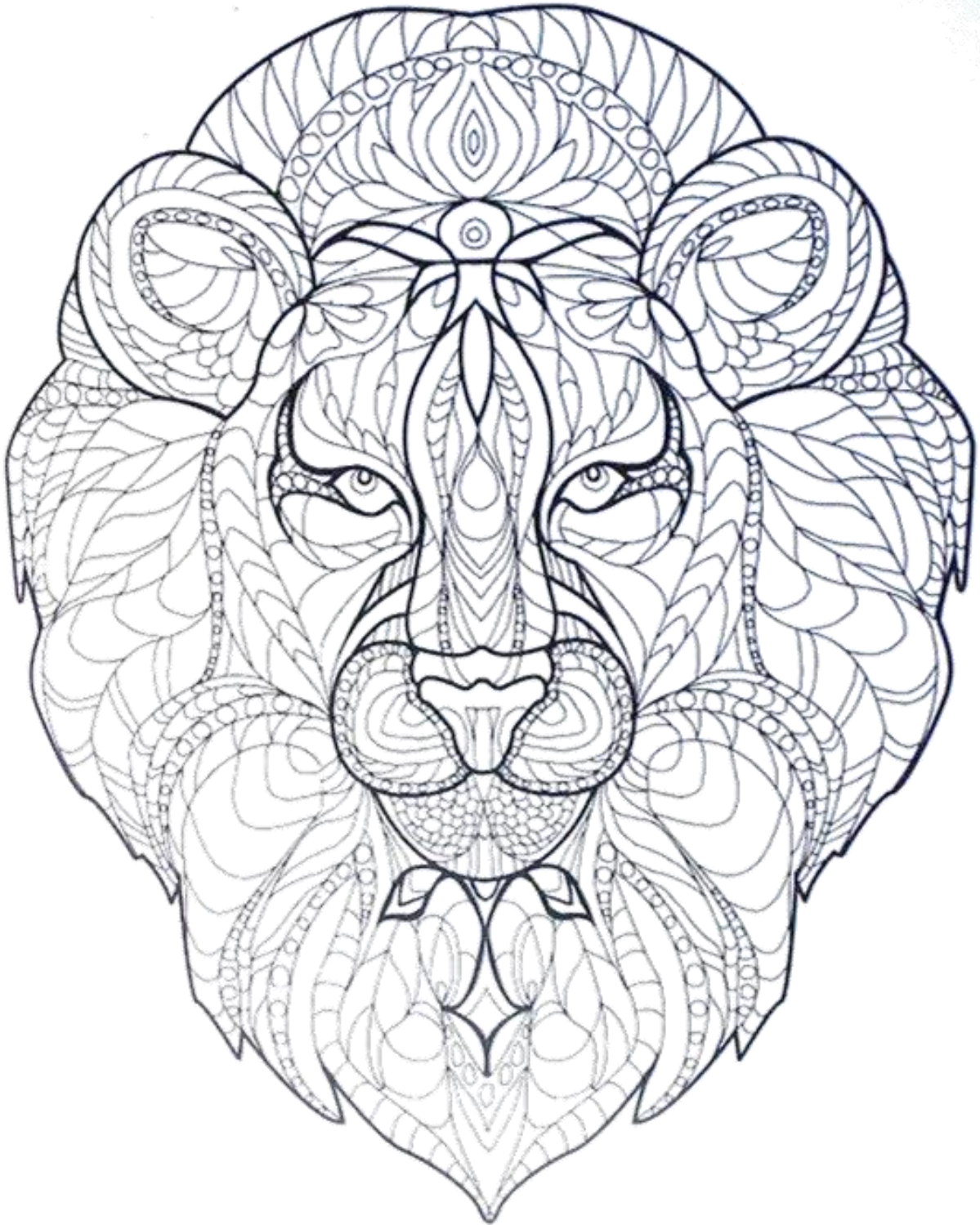
**DAILY GRATITUDE** - What are you thankful for today?

How do you feel today?



Why?

## MINDFUL COLOURING #4



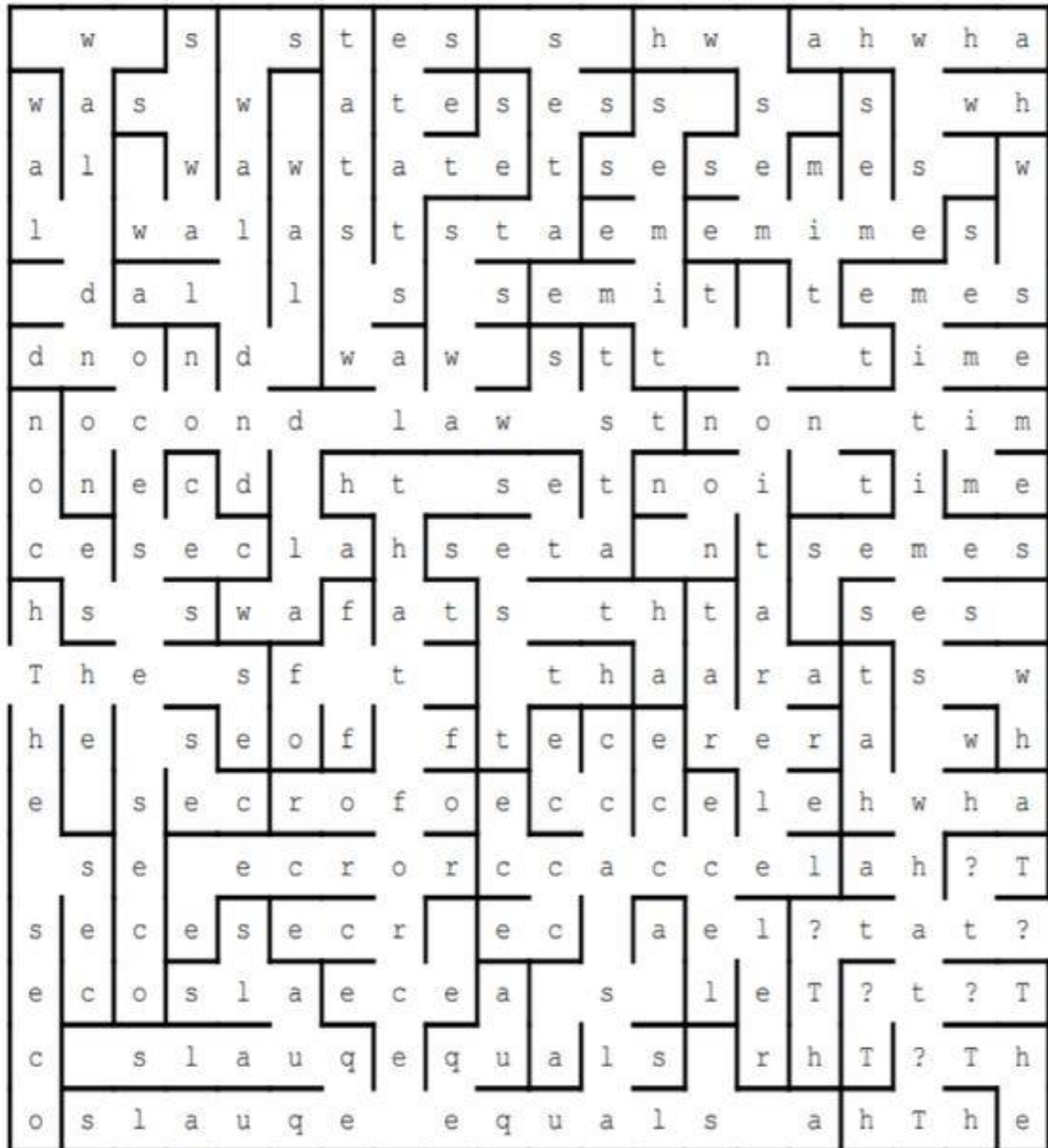
**DAILY GRATITUDE** - What are you thankful for today?

How do you feel today?



Why?

# Sentence Maze #1



**DAILY GRATITUDE** - What are you thankful for today?

How do you feel today?



Why?

# ANAGRAMS #1

Unscramble these words. Theme: Mindfulness.

aid menotti	
ace pe	
specter	
den sinks	
dim flun	
bale can	
deity nit	
ions spa	
cavity tire	
al cm	
aid gutter	
apiece part	

**DAILY GRATITUDE** - What are you thankful for today?



How do you feel today?



Why?

# Connect the Dots #2



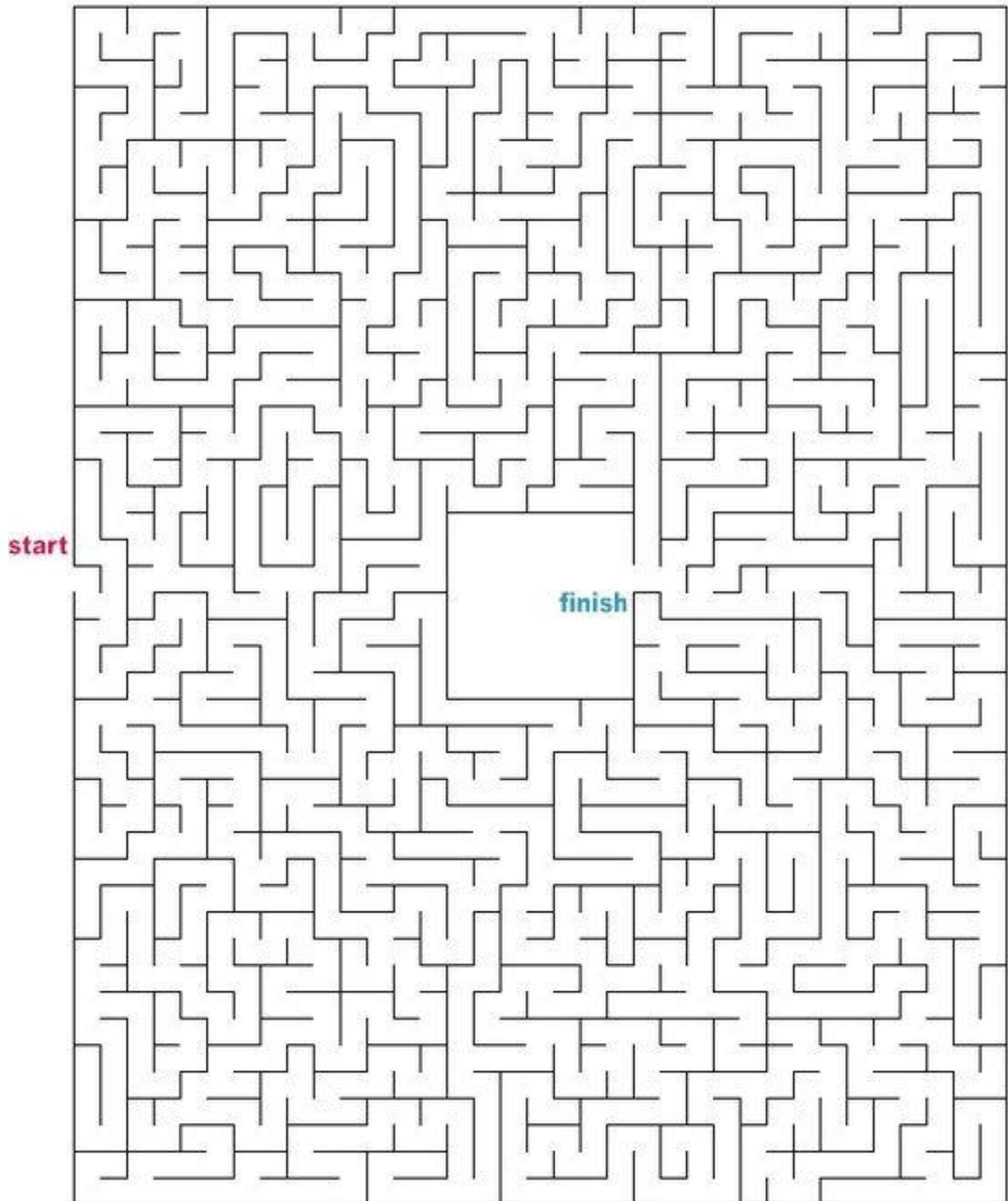
DAILY GRATITUDE - What are you thankful for today?

How do you feel today?



Why?

# MiNdFuL Maze



**DAILY GRATITUDE** - What are you thankful for today?

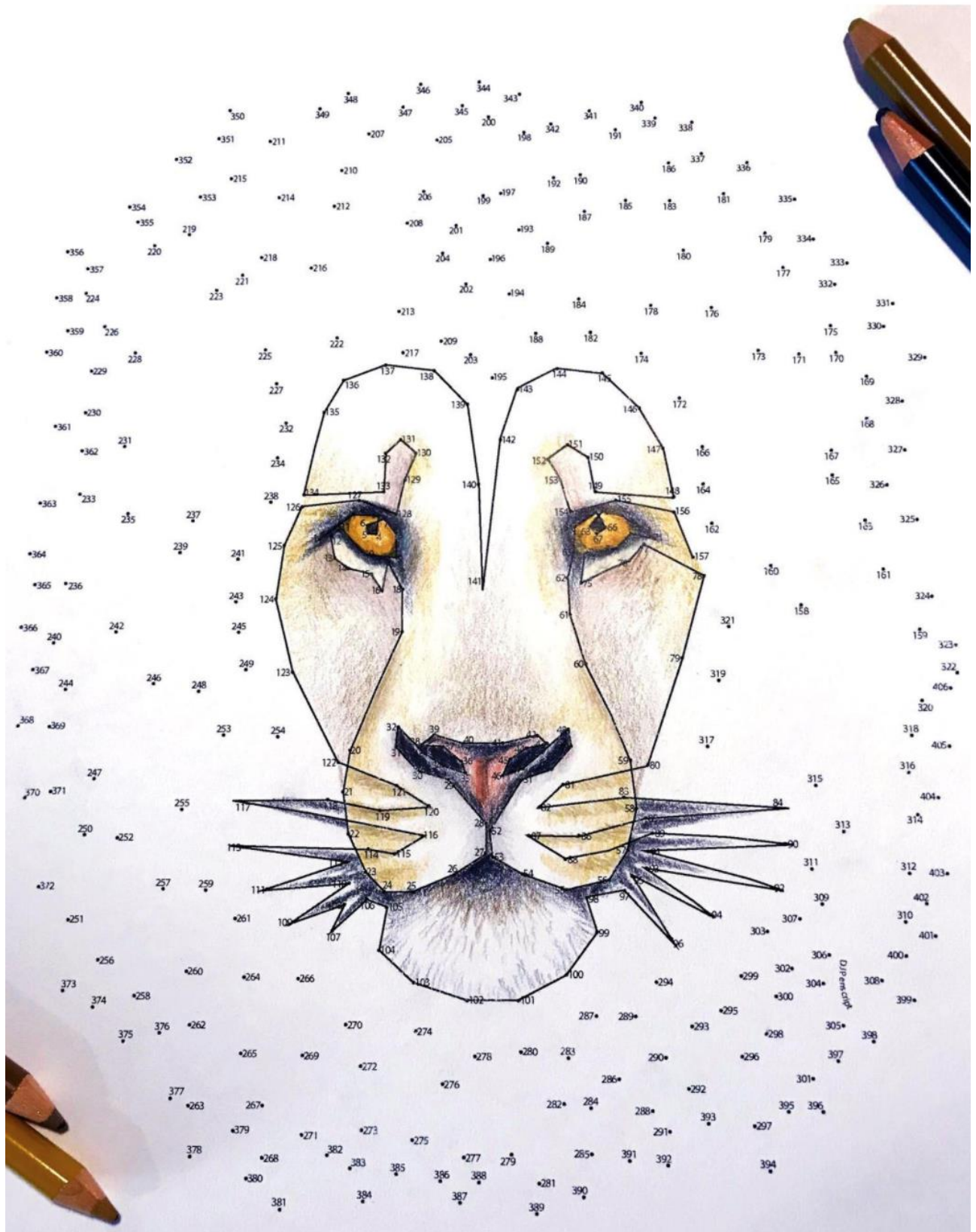


How do you feel today?



Why?

## CONNECT the DOTS #3



**DAILY GRATITUDE** - What are you thankful for today?

How do you feel today?



Why?

# ABC Game

Fill in a word for each category, that starts with the letter given on that row.

	Name	Sport	Food	Places
A				
B				
C				
D				
E				
F				
G				
H				
I				
J				
K				
L				
M				
N				
O				
P				
Q				
R				
S				
T				
U				
V				
W				
X				
Y				
Z				

**DAILY GRATITUDE** - What are you thankful for today?

How do you feel today?



Why?

## MINDFUL COLOURING #5



**DAILY GRATITUDE** - What are you thankful for today?

How do you feel today?



Why?

## Sudoku #2

		2	7		1			6
			6	9			1	
	9	6		8			5	3
9	8	4						
2						6	4	
6		3			5	8		
	7	8		1	4	9		
4	2		3	6	7			5
5		1			9	3		4

		9			2			5
5	3	8		6	4			9
1	6	2					3	
		3		2	7			
	5	4	6			1		
		7		1	5	3	4	
3			8		1	9		6
7			3			8	5	
	9	1				4	7	

			4				8	7
	8		7			4	9	
3			9	2			1	
		1	6	7			4	
6	4		8	3		2	7	5
	2	7	5	4	9		3	
		6		5			2	
2	1	8				7		
	5	3			4			

		2	4	8	9		3	5
8				5			4	
		9	3				2	8
			1		5	4		
4	1				3		6	9
7	6	3				5		1
3	9	6	5	4	7			
		4				3	5	
	5		2				9	

**DAILY GRATITUDE** - What are you thankful for today?