Peaceful Kids

Week 4

Wellbeing activities

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www.peacefulkids.com.au

Week 4

This Week you will be learning about your body and brain and how mindfulness can help you to stay healthy and happy.

You will learn how to do the tense and relax meditation. You can do this anytime you like including when you are trying to get to sleep.

Continue to record how you are feeling each day using the monkey pics!

Spend some time colouring in using the mindfulness colouring pages.

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Week 4 Mindfulness Practice

Listen here

This week's meditation

Tense & Relax

Listen on the Peaceful Kids Website www.peacefulkids.com.au

Or on the 'insight timer' app - search for 'Peaceful Kids'

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How do you feel today?

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Share your feelings with someone you trust. This is one the best ways to put your feelings into words. The more we practice this, the better we get at expressing how we feel. When we share how we are feeling, it helps us to feel better.

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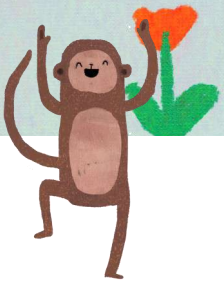
How do you feel today?

Annoyed

Confident

Excited

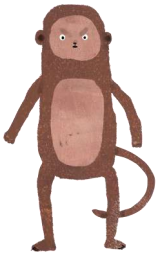

Joyous

Nervous

Anxious

Confused

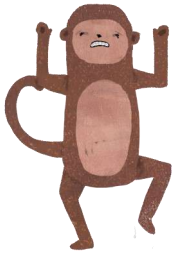
Frightened


Angry

Peaceful

Ashamed

Energetic


Frustrated

Lonely

Proud

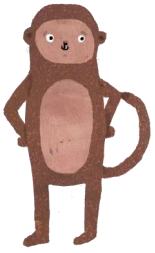
Bored

Disappointed

Grumpy

Loving

Sad


Brave

Cheerful

Guilty

Afraid

Scared

Calm

Embarrassed

Happy

Worried

Shy

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Our minds are like plants

What does a plant need to stay healthy?

It needs regular watering, good soil, care and a good environment to grow.

What do our brains need to stay healthy?

We need rest, sleep, play, interesting activities, good nutrition, exercise and connection with others. And guess what? We also need mindfulness!

We need to regularly take care of our brains by nourishing it with mindfulness. If we regularly practice mindfulness, just like we regularly water a plant, then our brains stay healthy and strong.

We can then stay calm, reduce worries and stress, get along better with others and feel happier.

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Our minds are like plants

List 3 things you can do this week to keep your MIND healthy.

1.

2.

3.

List 3 things you can do this week to keep your BODY healthy.

1.

2.

3.

FUN BRAIN FACTS

- THE BRAIN IS ONLY 2% OF OUR BODY WEIGHT, HOWEVER IT USES AROUND 20% OF THE ENERGY FROM OUR BLOOD AND OXYGEN IN OUR BODIES.
- WE HAVE ABOUT 100 BILLIION TINY CELLS IN OUR BRAINS CALLED NEURONS.
- OUR BRAINS ARE 3 TIMES BIGGER THAN A CHIMPANZEE.
- ABOUT 75% OF OUR BRAIN IS MADE UP OF WATER. THAT MEANS IF WE DON'T DRINK ENOUGH WATER OUR BRAINS WONT WORK AS WELL AS THEY SHOULD.

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JAM (Just a Minute)

This JAM Meditation can be practised anywhere and anytime and is a short exercise where you can just notice what is happening right now. You notice your body and the breath to connect to the present moment and is a very quick meditation that can be done many times a day as a quick 'brain break'.

Ask a parent or caregiver to guide you through the Jam Meditation below.

- Gently closing your eyes over.
- Take a moment to just sit and notice how you are feeling.
- Pay attention to what you are feeling in your body.
- Notice as many sensations as you can.
- Notice how the sensations feel and whether they stay the same or change.
- Just observe these sensations for a moment.
- Now see if you can notice any sounds in the room or outside of the room.
- Notice your breathing. Noticing the 'in' breath and the 'out' breath.
- Notice any body movements when you breathe.
- Place a hand on your tummy and notice how your body feels and moves when you breathe in and then breathe out.
- Notice how you are sitting or lying on the floor.
- Notice how your body feels right now.

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Heart beats

This activity helps you to notice the your body more including the sensation of your heart beats. It will also help you to understand that when we are Mindful of our breath, this slows down your heart rate and helps to switch off stress.

- Jump up and down for 1 minute doing star jumps.
- Sit down and place a hand on your heart area.
- See if you can feel your heart beats and even count them over a minute.
- If you are finding it hard to feel the sensations of your heart beat then find your pulse in your neck.
- Close your eyes and focus in on your heart beat.
- Take 3 deep belly breaths.
- Notice if your heart beats are getting slower.
- Then just follow your heart beat and see if it changes as you rest.

- Did you know that when we slow down our breath, that we slow down our heart rate?
- Our heart rate increases when we are under stress as our bodies release a chemical called adrenalin as a part of the normal flight and fight response. Adrenaline increases your breathing and heart rate to be able to manage the threat or stress you are facing.
- Therefore, if we are feeling anxious or stressed breathing exercises can help calm the fight or flight response and return your breathing to normal.

Do you know how to take your pulse? Place 2 fingers on the side of your neck until you can feel the pulse. Count how many times you feel the pulse in 15 seconds. Then multiply this by four to calculate the beats per minute.

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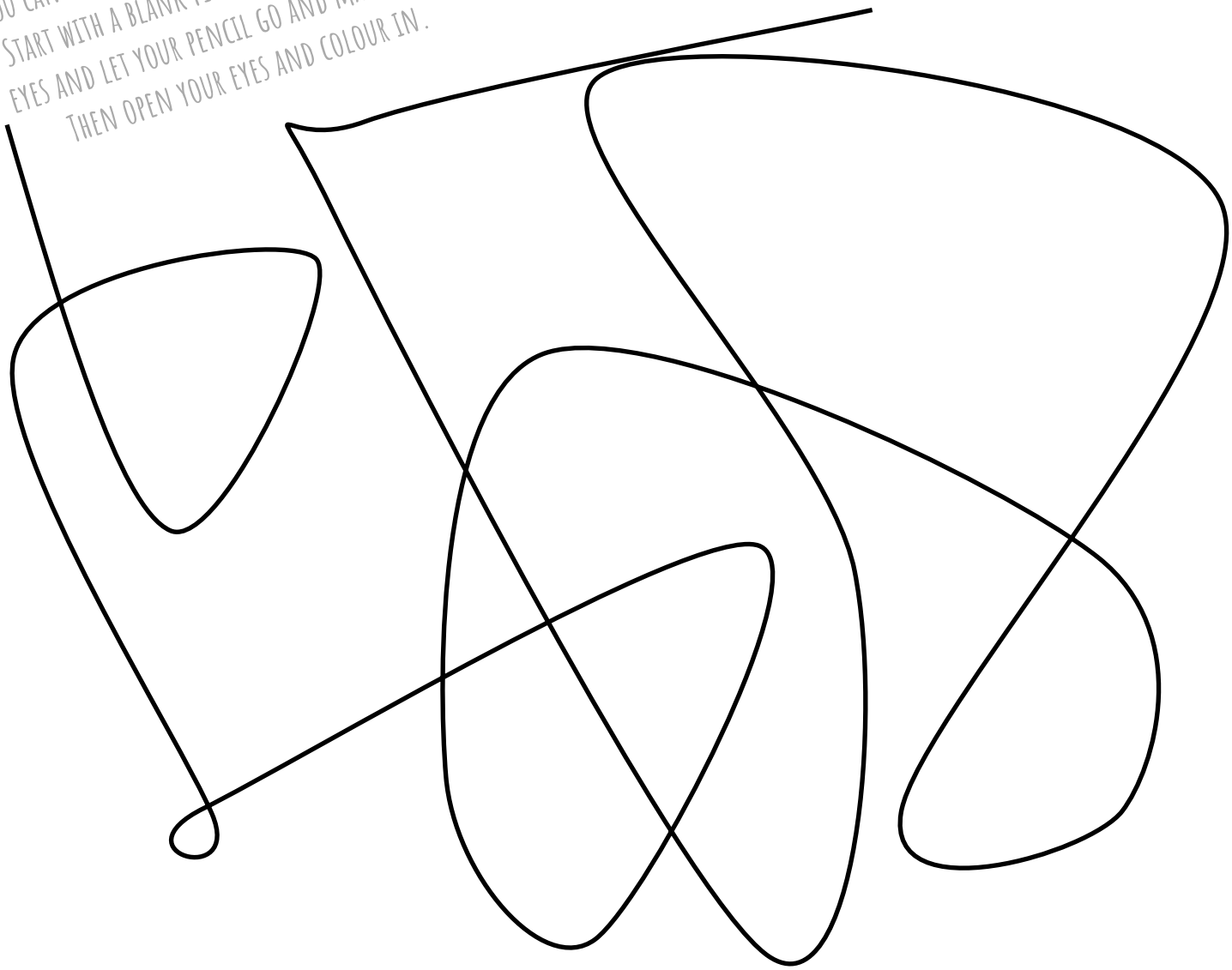
Mindful squiggles

Fill in any spaces with different colours.
Then add your own squiggles and fill in.
You can also create your own squiggle pages.
Start with a blank piece of paper, close your eyes and let your pencil go and make shapes.
Then open your eyes and colour in.



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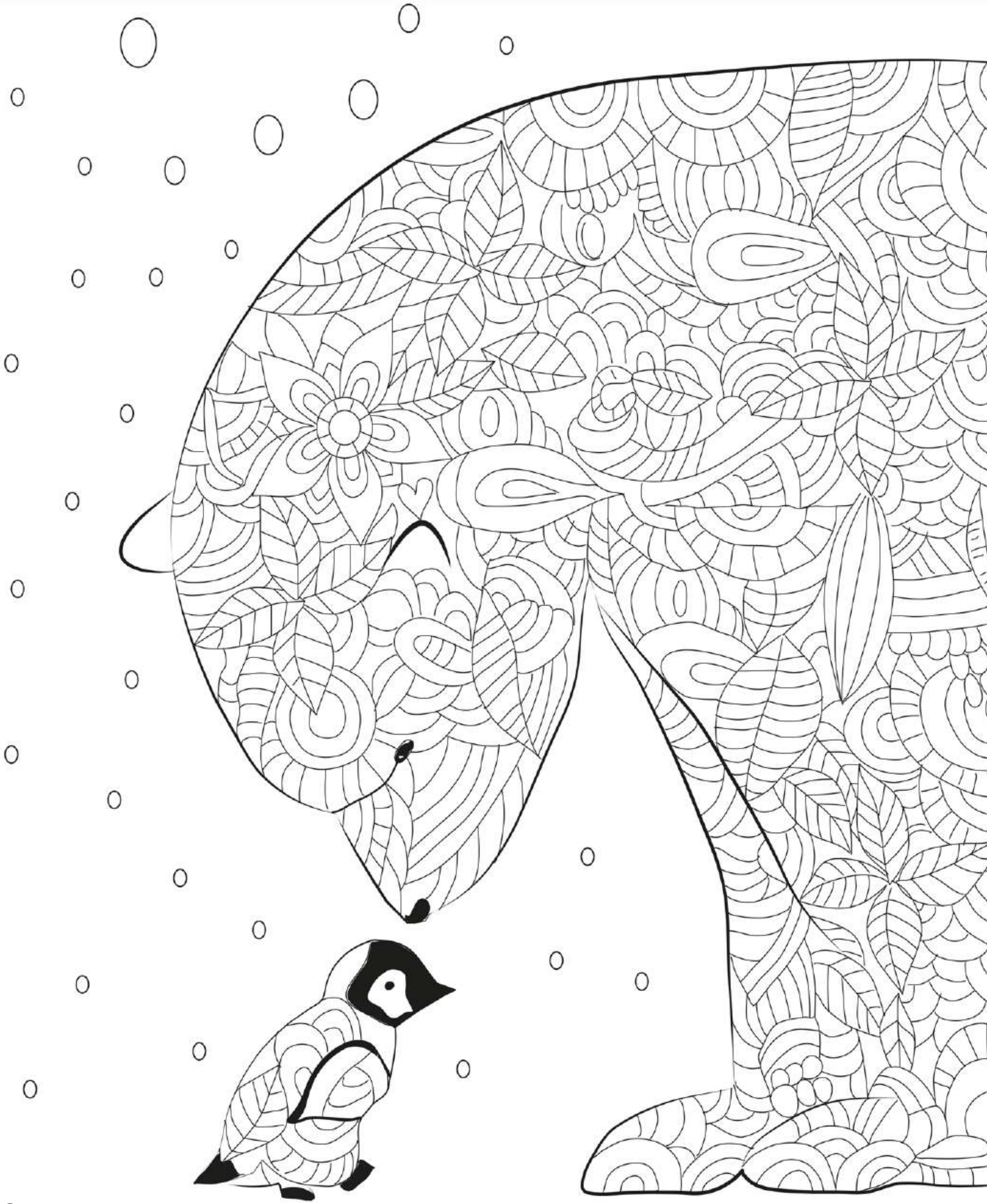
Mindful Colouring



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