Peaceful Kids

Week 8

Wellbeing activities

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www.peacefulkids.com.au

Week 8

This Week you will be learning about journaling, Being mindful in nature and practise mindful stretching.

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 8 Mindfulness Practice

Listen here

This week's meditation

5 Minute breathing spot

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

When we have strong emotions, chemicals are released in our brain. This helps us to take action and protect ourselves. We can learn to be the 'boss' of our emotions by first learning what we are feeling, writing it down or talking to someone and then using coping strategies to shift the emotion. We don't need to let emotions control us!

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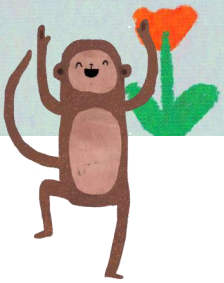
How do you feel today?

Annoyed

Confident

Excited

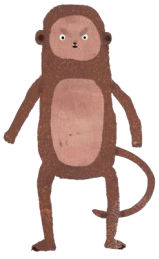

Joyous

Nervous

Anxious

Confused

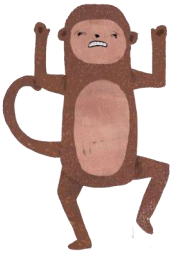
Frightened


Angry

Peaceful

Ashamed

Energetic


Frustrated

Lonely

Proud

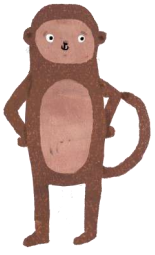
Bored

Disappointed

Grumpy

Loving

Sad


Brave

Cheerful

Guilty

Afraid

Scared

Calm

Embarrassed

Happy

Worried

Shy

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JOURNALLING

Create your own special journal to write down how you are feelings or any worries that you might have. Writing down how you feel reduces strong emotions and releases stress. If we try to keep everything in our head including our worries, we can feel weighed down which stops us from enjoying things and having fun.

Did you know that journaling has been scientifically proven to:

- Lessen worries
- Reduce stress
- Boost our immunity
- Release emotions
- Solve problems easier

You can using the Monkey Feelings in this pack to help you identify your feelings or you can use the Journaling prompts on the following page.

If you like to draw, then you can draw how you are feeling or draw any worries, or simply decorate your journal pages around your writing.

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Journal prompts

Today I am feeling...

I am worried about ...

I am looking forward to...

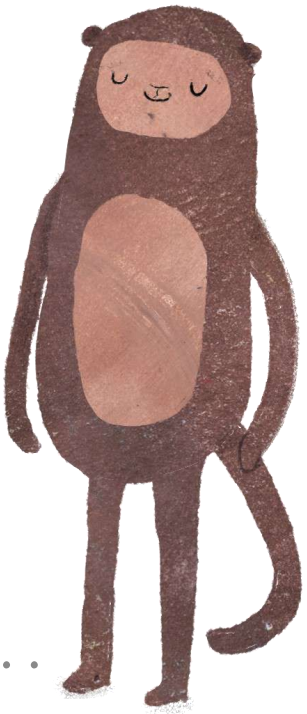
I am proud of myself for...

Yesterday .. Last week...

I have been thinking about..

I have been upset about...

What went well ...



Mindful Stretches

Did you know you move and be Mindful at the same time? We don't need to be sitting still to practice Mindfulness. Mindful stretching is a great way to relax the body and mind and is an easy way to stay present in the moment connect to the senses in your body.

- Start by lying down on the floor.
- Make slow circles with your feet, then your hands.
- Bring your knees up to your chest and hold for a minute.
- Gently roll to one side then over the other side.
- Gently and slowly rock back and forth.
- Slowly release your legs by gently bring your legs down to the floor.
- Stretch out one arm above your body. Then the other arm. Feel the stretch down the side of your body with each arm.
- Bring up one leg to your body and press against your belly. Then slowly release the leg back on to the floor. Then the other leg.
- Slowly sit up then turn your body around to one side and then to the other side making slow small movements.
- Move back to center and slowly lift up one arm then the other arm and stretch out the upper body.
- Now move your body in a way that feels right for you. Remember to be gentle with your body and keep your movements slow focusing on how your body feels with each movement.

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Nature sounds

This Nature meditation is a beautiful way to tune into sounds and relax the mind at the same time. Being in nature connects us to the present moment because we stop thinking about other things and just notice what is around us. Nature is also very calming to the body and just being around nature has proven to help the brain and body feel calm.

- Go outside and find a comfortable place to sit near a tree if possible.
- Notice the nature around you – the colours of the trees, any birds, sunlight and shadows, the soil, bugs and anything you can study.
- Close your eyes over.
- Listen carefully and tune in so you can hear as many different nature sounds as possible.
- Can you hear any wind? Can you hear the leaves or branches moving in the wind?
- See if you can hear different bird sounds. Do the bird sounds change, or do they stay the same? Are there different birds you can hear or just one type of bird?
- When you open your eyes, quickly draw as many things as you could hear while continuing to listen to the sounds.

Did you know that your heart rate slows down in nature? Being in nature calms both the body and brain.

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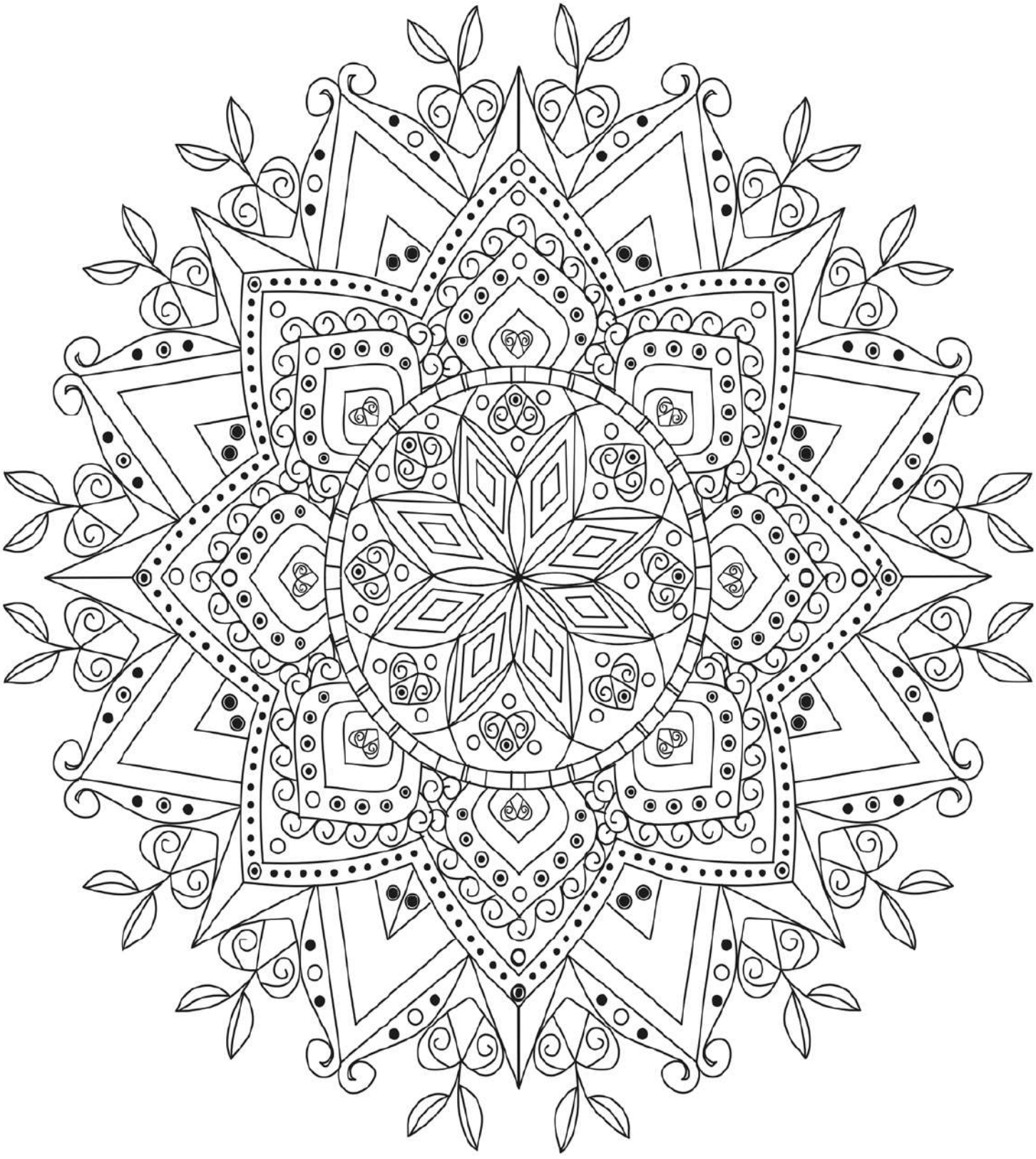
Mindful Colouring



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