



## Mindfulness Moment: **WE ARE ALL TREES**

*This technique is most effective when used in a big open space but can be used in the classroom if necessary. Mindfulness moments like this can help people to calm down, get to grips with their breathing and return to a state of calm. This technique should be used by a group or whole class.*

1. Take a deep breath in and a deep breath out.
2. Close your eyes.
3. Imagine you are a tall, strong tree standing in the middle of a wide-open field with a gentle, warm breeze passing through.
4. Imagine your feet are the roots. Push them down into the ground. Feel how they support you and hold you upright.
5. Imagine your legs are the trunk of the tree, keeping you standing tall no matter what gets in your way.
6. Imagine your arms are the branches. Reach them up as high as you can. Stretch them out as wide as you can. Feel the space you are taking up in the room.
7. Imagine your fingers are the leaves. Notice how they feel. Is there a breeze? Are they warm or cold?
8. Focus back on your breathing. Focus on the calmness in the room.
9. Take another deep breath in and a deep breath out.
10. Now, slowly open your eyes.



Mindfulness Moment:

## **5-5-5 BREATHING**

*This technique can be used as a whole class or can be taught to individual children to help them return to a state of calm. It can be very useful after physical activities or break times when children might be very excitable and energetic.*

- 1.** Play peaceful music or put a calming image on the board.
- 2.** Breathe in for 5 seconds, hold for 5 and breathe out for 5.
- 3.** Repeat until you feel calmer.



Mindfulness Moment:

## **SENSES GROUNDING ACTIVITY**

*This activity can be used to bring people back into the room and have them feel more in control of their thoughts and emotions. It can also be used as an activator to get people thinking about objects, colours and more. This technique works well in a group but also can be taught as an activity people do quietly alone when they are feeling overwhelmed, dysregulated or panicked.*

1. Take a deep breath in and a deep breath out.
2. Take a look around the space and list:
  3. 5 things you can see
  4. 4 things you can touch
  5. 3 things you can hear
  6. 2 things you can smell
  7. 1 thing you can taste



## Mindfulness Moment: **FOREST SOUNDS**

*This activity can be useful to help people to calm down and to get students thinking about different sounds and images. It can be a good starter activity for art or creative writing as students can visualise the forest.*

1. Take a deep breath in and a deep breath out.
2. Close your eyes.
3. Listen to forest or jungle sounds on YouTube
4. Picture what the forest looks like.
5. How do you feel?
6. What can you see?
7. Take a deep breath in and a deep breathe out.
8. Open your eyes slowly.
9. Write a few sentences or share with the group how your feelings have changed during the activity.
10. Extra calming activities: draw the forest / write a poem about the forest / write a description of the forest / write a short story about the forest.



## Mindfulness Moment: **MY HAPPY PLACE**

*This activity is similar to the Senses Grounding Activity but children think of a happy memory or imagine a happy place rather than the place they are.*

- 1.** Think of the best place you've ever been to or can imagine going to.
- 2.** Draw around one of your hands or hold your hand up in front of your face.
- 3.** Look at your 5 fingers and think of 5 things you can see in your happy place. Draw or list these things.
- 4.** Put one finger down and think of 4 things you can touch. Draw or list these things.
- 5.** Put another finger down and think of 3 things you can hear. Draw or list these things.
- 6.** Put down another finger and think of 2 things you can smell. Draw or list these things.
- 7.** Look at your remaining finger and think of 1 thing you can taste. Draw or write down this thing.