



## Newbottle and Charlton Mindfulness Activities for Key Stage One



Try these activities with children to help them clear their minds and really focus on the present.

<p><b>Mindful Posing</b></p> <p>Remind them that doing fun poses can help them feel strong, brave, and happy.</p> <p>Go somewhere quiet and familiar, a place they feel safe.</p> <p>Next, tell them to try one of the following poses:</p> <p><i>The Superman:</i> this pose is practiced by standing with the feet just wider than the hips, fists clenched, and arms reached out to the sky, stretching the body as tall as possible.</p> <p><i>The Wonder Woman:</i> this pose is struck by standing tall with legs wider than hip-width apart and hands or fists placed on the hips.</p> <p>Ask how they feel after a few rounds of trying either of these poses. You may be surprised.</p>	<p><b>Spidey-Senses</b></p> <p>While on the subject of superheroes, this can be a related “next step” to teach them how to stay present.</p> <p>Instruct your child to turn-on their “Spidey senses,” or the super-focused senses of smell, sight, hearing, taste, and touch that Spiderman uses to keep tabs on the world around him.</p> <p>This will encourage them to pause and focus their attention on the present, opening their awareness to the information their senses bring in.</p> <p>This is a classic mindfulness exercise and encourages observation and curiosity—great skills for any human to practise.</p>	<p><b>Shark Fin</b></p> <p>Place the side of your hand on your forehead, with your palm facing out to the side.</p> <p>Close your eyes.</p> <p>Slide your hand down your face, in front of your nose.</p> <p>Say “shhh” as you slide your hand down your face</p> <p>If you are sitting down, you do the 5 S’s while you move your hand: Sit up straight, sit still, sit silently, soft breathing, shut eyes.</p> <p>If you are standing do the same but you are standing straight, still, silently, using soft breathing and shut eyes while you move your hand down your face.</p>
<p><b>Texture Bag</b></p> <p>Place several small, interestingly shaped or textured objects in a bag. Have your child reach in and touch an object, one at a time, and describe what they are touching. Make sure they don’t take the object out of the bag, forcing them to use only their sense of touch to explore the object.</p>	<p><b>Five-finger starfish meditation</b></p> <p>This breathing technique has children holding up one hand in a starfish position (fingers spread wide) while they gently trace up and down each finger with the other hand, focusing on regular breathing at the same time.</p>	<p><b>Blowing Bubbles</b></p> <p>Encourage your child to focus on taking in a deep, slow breath, and exhaling steadily to fill the bubble. Ask them to pay close attention to the bubbles as they form, detach, and pop or float away.</p>

