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Fill your hot chocolate mug with affirmations about yourself. For example I AM strong, kind, caring, talented, amazing, brave, clever etc





MINDFULNESS EXERCISE

First of all get yourself and the children comfortable, whether sitting or lying down. Remember to read slowly and leave moments of pause to allow them to pay attention to whatever you are saying.

This is a mindfulness exercise which means we will be paying close attention to our bodies, feelings and mind.

Let's start by taking a deep breath in through the nose, and hold it, and slowly breath out through the mouth. Another breath in 1, 2, 3 and breath out slowly, 1, 2, 3, 4.

Close your eyes and get comfy. Stay as still as you can. Now imagine you are in a snow globe. Picture the snow globe, What is inside the snow globe with you? Maybe it's a house, or your friends, or perhaps some snowmen are with you. What is it that you see? I want you to think of something that might be upsetting you in your life right now. Something that is causing chaos. Maybe you are very excited about this time of year and find it hard to stay calm. Maybe you have fallen out with a friend, or your routine has changed and you don't like not knowing what is going on, and it is making it hard for you to concentrate and stay calm.

Now picture that thing that is causing chaos shaking up your snow globe. Feel the movement of the snow globe. The chaos and uncomfortable feelings represents your shaken snow globe. Notice the uncomfortable feeling in your body. Where in your body do you feel it? Notice the snow swirling around your globe. Whipping up by your face, blowing through your hair. Notice how your face is feeling.

Now I want you to think of a time in your life when you felt calm, peaceful and safe. Where were you? Who were you with? What activity were you doing? that helped you feel calm and safe. Focus on that thing you do, place you go or person in your life that gives you the feeling of peace. Picture the place, the thing or person in your mind, that makes your feel calm and peaceful. Now focus on the person or thing. What does it look like? Notice how your body feels when you think about the person, place or activity that brings your peace and safety. Pay attention to how your body feels. Are you more relaxed? Are you smiling? Notice the snow around you starting to settle. Slowing down. Watch as it falls to the bottom of the snow globe. Feel yourself firmly on the ground of your snow globe.

Where in your body do you feel peace? What does peace feel like in your body? (short pause)

Hold onto that feeling of calm and peace as you focus on the snow settling.

Pay attention to where in your body you feel peace and calm. (pause)





Allow the peace to flow into your mind as your mind focuses on the person, place or activity that brings you peace. Allow the peace to flow through your body. Starting with your feet, moving slowly up to your legs, then to your tummy. Allow your tummy to feel peace. Let the peace flow to your heart. Let your arms feel peace, and your head feel peace. Let your whole body feel peace. Take a deep breath in and as you breath out say in your head, I AM PEACEFUL. I AM CALM. Take another breath in and repeat in your head I AM PEACEFUL I AM CALM.

When you are ready wiggles your fingers, wiggles your toes, stretch out and open your eyes.




Take a few minutes to reflect on this activity

1. Where in your body did you feel peace?
2. What things that help you feel calm and peaceful entered your mind?
3. How did it feel to take time focusing of the feeling of peace?
4. How are you feeling now?

What is mindfulness?

-  Being present in the current moment
-  Being aware of the world around you, sound, smell etc
-  Being aware of your thoughts and emotions, and accepting your feelings and thoughts
-  Focusing on the here and now

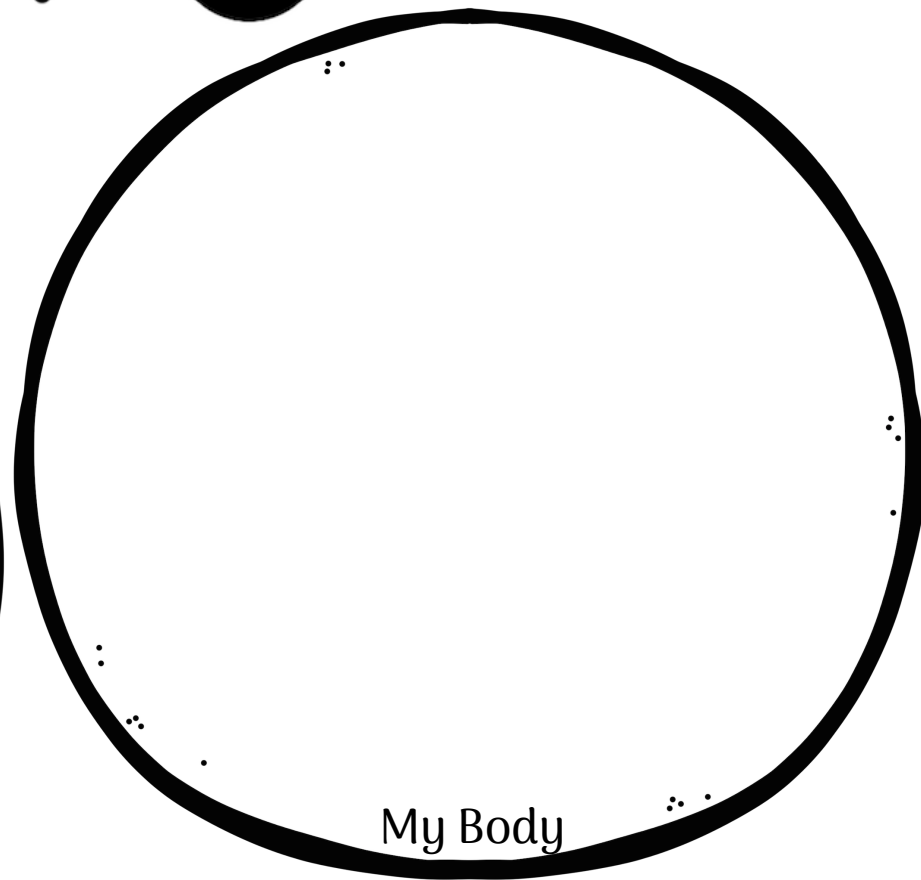
How does mindfulness feel?

-  Relaxing
-  Calm
-  Content





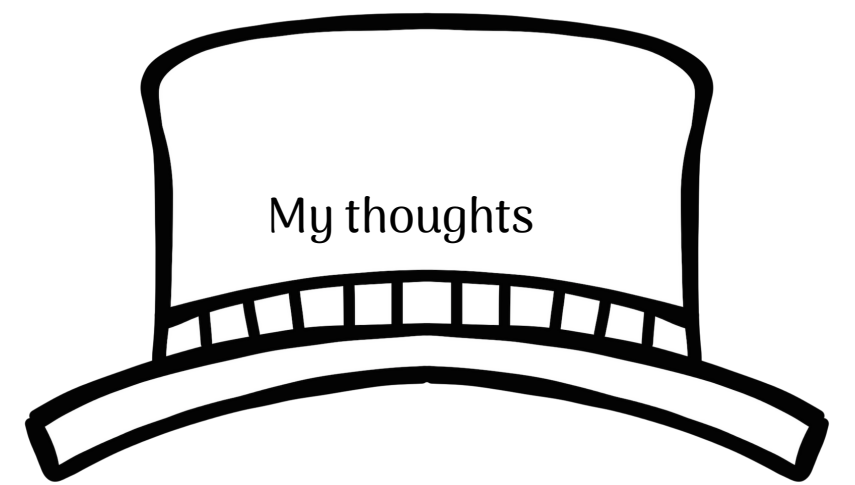
My Surroundings



My Body



My Feelings



My thoughts

Cut out the parts of the snowman, and stick them, inside each other, starting with the biggest circle, in the box below,

I can do a mindful melt

I am aware of my thoughts,
feelings, body, and
surroundings

Right now I feel _____ and that
is ok. I accept and honour my
feelings



Mindful Melt

Sit/Lie down comfortably. Now close your eyes and take a deep breath in. Breath in and breath out. Breath in and breath out.

Clear your mind of your thoughts and focus on what is being said.

Imagine that you are a snowman. Let's think about the snowman. Imagine your body, how many snowballs make up your body? How tall are you? Are your arms made out of sticks? How long are the sticks? How strong are the sticks? Focus on your mouth. What is it made out of? Stones? Raisins? Is your mouth smiling? Is it frowning? Or is it just a straight line? Do you have any clothing on? Hat? Scarf? What colours are the item of clothing? How does it feel against your cold body?

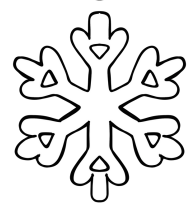
Where would you like to go? It's very cold out here in the snow. Let's go and get warm. Let's go inside a nice warm house. As you walk into a big house there is a room with a fire, and a big comfy chair. You can see the colours dancing in the fire, from yellow, to orange and red. You decide to go and sit closer to the fire. Carefully put your hands out to warm yourself up. You can hear the sound of the fire as it crackles and snaps. You stare at the fire and notice that it looks like the flames are dancing. You look around the room and see twinkling lights and a cosy warm blanket. You take your hat off and begin to slowly warm up.

As you warm up you begin to melt. Focus on the bottom half of your body, your legs. Focus on the muscles in your legs. Slowly relax them, letting go of any tightness. Feel them slowly melting into the ground below you. Imagine how it feels as your thighs begin to melt and water slowly starts trickling down to your knees, calves and finally your toes. Focus on the belly. Feel any tension you are holding melt away. Focus on your arms. Slowly relax your arms releasing the muscles in your shoulder, arms and then fingers. Feel your arms melt away. Focus on your neck. Let go of any tension you feel in your neck. Let your neck slowly melt away. Focus on your head. Relaxing the muscles in your face. Feel your face begin to melt. Notice how it feels as your head slowly begins to melt. Feel the puddle of your calm body on the ground.

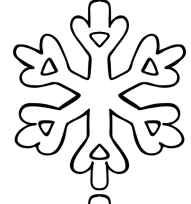
Mindful Melt Reflection



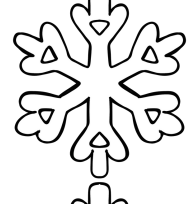
How is your body feeling right now?



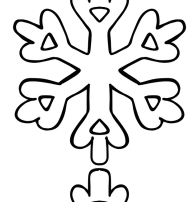
How is your face feeling? Neck? Arms? Belly? And legs?



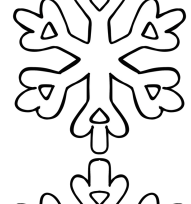
What do you notice about your body?



What thoughts are in your mind right now?



Did you notice your mind wandering during the activity?



How did you refocus your thoughts on the "here and now"?



Fill in the blank: "Right now, my feelings are _____, and that is ok. I accept these feelings"

