

Our Feelings Matter

Activity: Take a Moment



These mindfulness exercises work best when they are done routinely, when children understand what is expected of them and when they have had time to practice being still and focusing on their breathing. For some children, it can be difficult to sit still or quietly beside others so it is good to provide options. A child could lead the exercises or opt out and find space to be quiet on their own for a few minutes.

Links to Curriculum for Excellence Experiences and Outcomes

- I am developing my understanding of the human body and can use this knowledge to maintain and improve my wellbeing and health. *HWB 1-15a/HWB 2-15a/HWB 3-15a*
- I am learning skills and strategies which will support me in challenging times, particularly in relation to change and loss. *HWB 1-07a/HWB 2-07a/HWB 3-07a*

Learning Intentions

- Learners understand that mindful breathing exercises can be used to lower stress and promote positive mental health and wellbeing.
- Learners know they can stay calm by connecting to nature or their senses.

Duration

5 – 15 minutes

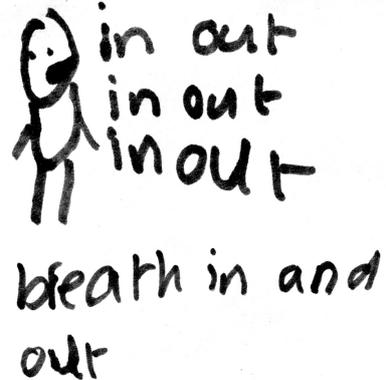
What You Need

For these activities, you will need a quiet, comfortable space where there is room for children to sit or lie down on the floor. To ensure no disruptions, it can be helpful to put a sign on the door.

Activity 1 - Take a Breath

This is an easy breathing exercise that anybody can try. It can help children to relax if they are feeling stressed or worried. It can also help with sleep at bedtime.

Guide with these words: Find a space to sit or lie down on the floor. Make sure you feel comfortable. Once you are comfy, breath in and out gently. Start to focus on what the breath feels like in your body. Do you notice how breathing stretches your tummy up and down and in and out? Now, rest your hand on your belly button. Take in a breath and let the air fill up your tummy, with your hand moving too. Hold the breath as you count to five silently in your head. Now, breathe out slowly whilst counting silently to five in your head. As you do this, relax your shoulders, face and body, and feel your tummy move. Repeat five more times.



Activity 2 - Our Senses

Guide with these words: Find a space to sit or lie down on the floor. Make sure you feel comfortable. Once you are comfy, take a deep breath in through your nose and out through your mouth. Repeat three times. Now, as you continue to breathe like this, think of five things you can see – in your head, not out loud. Now close your eyes. Repeat your breathing, thinking of four things you can feel, then three things you can hear, two things you can smell and one thing you can taste.

Top tip: Mindfulness is a great activity to take outside, where you can breathe in fresh air and enjoy the natural surroundings. It is important to make sure the place you choose is quiet and without visual disruptions.