

BACK TO SCHOOL Mindfulness Pack

@TheContentedChild

Take a Mindful Moment

Find somewhere to sit, make your self comfortable and see if you can name. You can use this idea any time you are worried to calm down.



5 things you can see



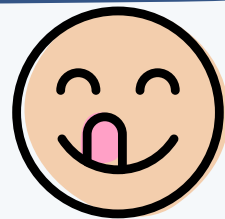
4 things you can touch



3 things you can hear



2 things you can smell



1 thing you can taste

Mindful Scavenger Hunt

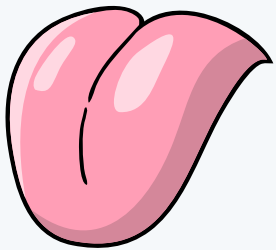
write or draw your answers



Find something that makes a crunch sound.



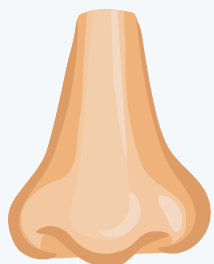
Find something blue.



Find something that tastes sour.



Find something that feels soft..

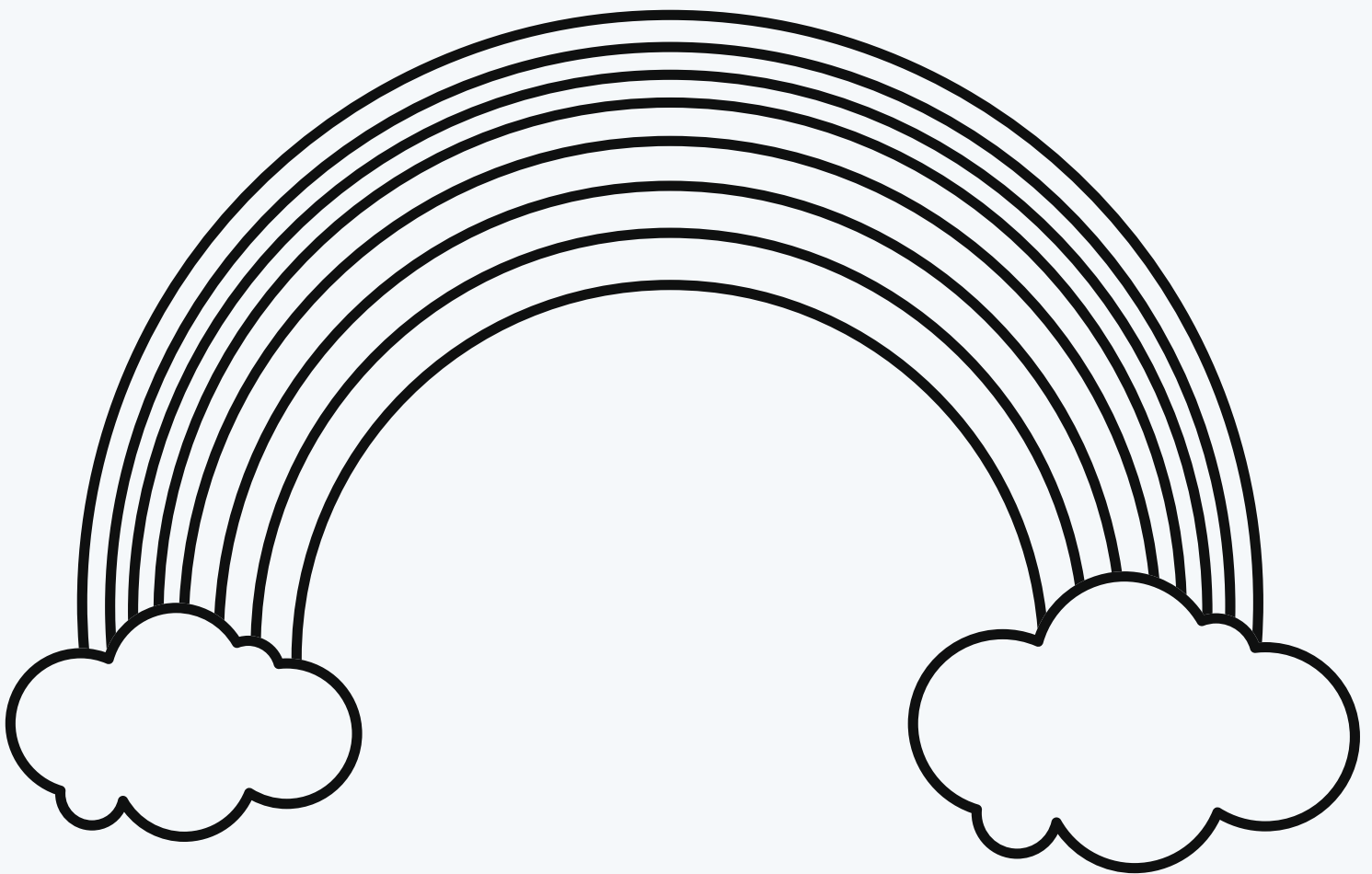


Find something that smells good.

Rainbow Breathing

Colour in your rainbow

You can use this when you are feeling worried or sad
to get back to calm.



Place your finger on a colour at one end of the
rainbow. As you move your finger along the colour
breathe in deeply through your nose. As you move
your finger back to the start breathe out.

Keep your breaths slow and controlled.



Write a letter to say thank you to someone special in your life who you are grateful for.

Find Your Happy Place



Think of a happy memory.

Draw your happy place.

What did it look like?

What could you hear, smell or taste?

What emotions do you feel when remembering your happy place?

When do you feel worried or sad?

You could think of your happy place at these times to help you feel safe.