

MINDFUL JOURNALING

PURPOSE

This activity will reconnect children with what makes them feel good about themselves. It will help boost self-esteem and create a positive environment in the classroom.

ACTIVITY TYPE

Guided visualisation and class discussion



5 MINS

SET UP

Make sure each child is seated and quiet at their desks before you start the mindfulness recording.

FOLLOW UP QUESTIONS FOR CHILDREN

- How did the activity make you feel?
- Do you know any other interesting facts about bears?

FURTHER DEVELOPMENT

As a creative writing activity, you could give the children paper to write their visualisation experience as a story. If there's time you could also encourage those who want to share theirs with the class.

1. Sitting at your desks, place your hands face down on the table and sit with your feet flat on the floor. Take three deep breaths in and out. See if you can allow yourself to relax as much as possible.
2. Imagine you have a bubble around you so you're in your own special space.
3. Just listen to the question, try not to worry if you didn't catch it the first time, I'll repeat it couple of times.
4. When you think you understand, pick up your pencil and write a response to the question. If you run out of words you can draw or doodle your answer. But try to stay in your own space and be respectful of other people's quiet time too.
5. There'll be a break in between each question to give you time to write.
6. Name three qualities you love about yourself.
7. Make a list of ten things you're good at doing. How do these things make you unique?
8. Deepen your breath, stretch your fingers, stretch your toes.
9. Put your hands over your eyes and gently spread your finger wide as you slowly open your eyes.
10. Sit calmly and wait for your teacher to let you know what's happening next.