

HEARTBEAT EXERCISE



5 MINS

This activity can connect children to their own heartbeat and release tension.

ACTIVITY TYPE

Movement

SET UP

Make sure each child is seated and quiet before you read aloud the mindfulness activity.

FOLLOW UP QUESTIONS FOR CHILDREN

- How did the activity make you feel?

FURTHER DEVELOPMENT

You could repeat this activity on different days, replacing the star jumps with different actions like burpees (if space!) or jogging on the spot.

1. Stand behind your desk, tuck your chair in and let your arms hang by your sides.
2. Take three deep breaths in and out. With each breath, see if you can relax your body a little bit more each time.
3. Place your hand on your heart. You can do this by putting your right hand on the left side of your chest. Can you feel your heartbeat?
4. Do 10 star jumps.
5. Place your hand on your heart again. Can you feel your heartbeat? Does it feel different?
6. Do 10 more star jumps and clap your hands together above your head each time.
7. Place your hand on your heart again. Can you feel your heartbeat? Does it feel different?
8. Do 10 more star jumps and clap your hands together twice above your head each time.
9. Place your hand on your heart. Can you feel your heartbeat? Does it feel different?
10. Keep your hand on heart. Take five deep breaths in and out. With each breath, see if you can relax your body a little bit more each time. Pay attention to how your heartbeat changes.
11. When your heartbeat has relaxed and is back to it's normal rhythm, sit back down in your seat, and quietly wait for the rest of your class.