



Your Mindfulness and Wellbeing Pack

Brought to you by Together for Children Sunderland

together for
children
SUNDERLAND

This Mindfulness and Wellbeing pack is full of activities that people of all ages can enjoy. These activities have been developed by experts from around Sunderland and beyond to be fun and interactive. We would love to hear what you think of the packs, what you like and what you think could be improved.

Please get in touch with your feedback at YouthVoice@togetherforchildren.org.uk

The contents are reproduced with kind permission from:

- kidshealth.org
- Mini Mindfulness – Wholehearted School Counselling
- The Link School Sunderland
- MF Colouring – TeachingIdeas.co.uk
- Action Calendar – actionforhappiness.org
- Self Care Bingo - @AlysenRurianiDesign
- Together for Children


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What is Mindfulness?

Mindfulness means slowing down and really paying full attention to what you're doing.

What's the point?

Mindfulness can help us all in many ways, how it helps you depends on you. It can help if:

- you feel sad or anxious about things that are happening in the world (coronavirus, not seeing friends, the environment)
- family are annoying you, you've falling out with a friend
- there's too much going on at once (Whatsapp, TikTok, Insta, Facebook, TV, schoolwork, gaming)

Even if you're pretty chilled out it can help you concentrate better on the things you like and perform better when you do them.

Have I ever done it before?

Definitely, any time you've chosen to concentrate on something and you don't think about, see or hear anything else you are in a state of mindfulness.

Let's say you're getting ready to take a penalty in football. You place the ball on the spot, take a few steps back, look up at the goal and where the keeper is standing. Taking your time, you decide where you want to place the ball and how hard you are going to strike it. You tune out all sounds, take a breath, run up and take your shot... You watch as the ball flies past the keeper and hits the back of the net.

That calm focus, that way of paying attention to what you're doing, taking your time, taking it easy — that's you being mindful! And being mindful just helped you score.

Practicing Mindfulness

Practicing mindfulness is the best way to be able to use it when you need it. This pack contains a number of different mindfulness and wellbeing activities and there are many more you can try out at home (just search online for Mindfulness Activities).

When you practice you will probably notice that you feel calm and relaxed. If you keep practicing, you might start to notice that it's easier to focus your attention on things like schoolwork or listening. You may begin to feel calmer and more patient in your everyday life. You may find that when little things go wrong, you can handle them better.

We'd love to hear what you think

We'd love to hear from you if you've enjoyed this pack, we have many more activities that we can send you for free. Please contact us using any of the below methods if you'd like to find out more.

- youthvoice@togetherforchildren.org.uk
- Facebook — **Sunderland Youth Voice**
- Twitter — **@SunderlandVoice**
- Instagram — **sunderlandyouthvoice_**

Now it's time to give it a go

- Cards – the cards contain a number of mini and more detailed mindfulness exercises. You can try them as often as you like, we'd recommend setting aside 15 minutes per day to start with to give them a go. Try them more than once, the more often you practice and repeat mindfulness the more benefits you will see.
- Colouring sheets and pencils - Colouring helps us concentrate on now and helps us to stop thinking of yesterday and tomorrow, or what we are going to do when we finish.
- The Action Calendar gives you something to think about every day to help you live in that moment and self-care bingo makes sure you are looking after yourself.

Other Useful Links

Below are links to websites, apps and social media links you may find useful:

- Together for Children (local updates and info):
- Twitter — **@tfcsunderland**
- **one.mindofmyown.org.uk** - lets you express your views, wishes and feelings to the people who support you
- **student.kooth.com** - Free, safe and anonymous online counselling and support for people 11 year old +



Mindful Eating

You can do this with an orange, an apple — or even something as tiny as a raisin. The idea is to really pay attention to what you are eating.

1. Let's say you decide to do mindful eating with an orange. Your job is to eat the orange slowly, without rushing. You can do this mindful eating exercise with your eyes open or closed.
2. Start by holding your orange. Roll it in your hand. Notice how it feels.
3. Hold the orange near your nose. What does it smell like? Take a whiff of the bittersweet smell of the orange peel.
4. If you have your eyes open, notice how the orange looks. Pay attention to whether the skin is smooth or bumpy. If you hold it firmly, is it squishy?
5. Slowly peel your orange, paying attention to how it feels in your fingers. Notice the juiciness, and whether the inside of the orange smells different from the outside.
6. Is your mouth watering? Go ahead and taste your orange. Notice how it feels on your tongue, and against your teeth. Notice the flavour, the texture, and the juiciness as you chew each piece slowly. Take your time as you chew, taste, smell, and feel each bite of your orange.



Mindful Walking



This exercise is about paying attention to how your body moves as you walk slowly.

1. To start, pick up one foot and take a step forward, in slow motion. Pay attention to how you naturally keep your balance.
2. Now walk in slow motion, step by step. Notice how your arms and legs and feet move. Pay attention to how your knees bend and straighten, as you lift one foot and then the other, nice and slow.
3. Breathe in and out, in time with your steps. See if you can keep your attention focused on walking slowly, step by step, as you relax and breathe.
4. Whenever your mind wanders, gently guide it back to your s-l-o-w motion moving. Keep breathing, in and out, as you enjoy moving in slow motion.



Mindful Word

1. Think of a word that YOU find calm or soothing. This could be a word like "peace" or "love" or "peaceful" or "snowflake" or "sunlight" or "hum" or "calm."
2. Think the word to yourself. Say it silently and slowly in your mind. Say your word to yourself with each breath you take, in and out. Keep your attention gently focused on your word.
3. When your mind wanders, guide your attention back to your word, and keep saying it gently and slowly while you relax and breathe.
4. Can you do this for a whole minute? Can you do it for 5 minutes?



Mindful Breathing

With this exercise, you focus your attention on breathing. You want to pay attention to your breath in an easy way — on purpose, but not forced.

1. Sit up in a comfortable way. Close your eyes.
2. Notice your breathing as you inhale and exhale normally. Just pay attention to your breath as it goes in and out. Can you feel the place where the air tickles your nostrils?
3. Pay attention to how the breath gently moves your body. Can you notice your belly or your chest moving as you breathe?
4. Sit for a few minutes, just paying attention to your gentle breathing. See how relaxed you can feel just sitting, breathing in and out.
5. When your mind starts to wander and think about something else, gently guide your attention back to your breathing.

Hand Massage

Many people enjoy having their hands massaged.

It can help relieve anxiety and even improving sleep. Although it is so relaxing to have these performed by someone else they are just as good if you can do them to yourself.

Follow the pictures here to try it out:



STEP 1:

Apply pressure in the middle of your left palm with your right thumb and press that area for 30-60 seconds.



STEP 2:

Next, stretch all four fingers of your left hand with the fingers of your right hand for 5 sec before releasing them.



STEP 3:

Thereafter, vigorously stroke the inside of your entire left palm with your right thumb for 30-60 seconds.



STEP 4:

Finally, flip your hand and massage the top of your wrist in a circular motion for 30-60 seconds.

Mini Mindfulness

Below are some quick and easy mindfulness exercises you can practice any time you have a minute or two spare.



Fire Hands

Rub the palms of your hands together, back and forth as quickly as you can. Notice the feeling in your hands and arms, focusing on the heat. Close your eyes, in silence, place your hands gently on top of your head. Pay attention to the warm energy being shared from the palms of your hands to your head.



Hot Cocoa

Pretend you are holding a cup of hot chocolate in your hands. Bring the cup near your face take a slow breath in and imagine you are smelling the chocolaty smell. Now slowly and gently breath out like you are trying to cool down the hot cocoa.

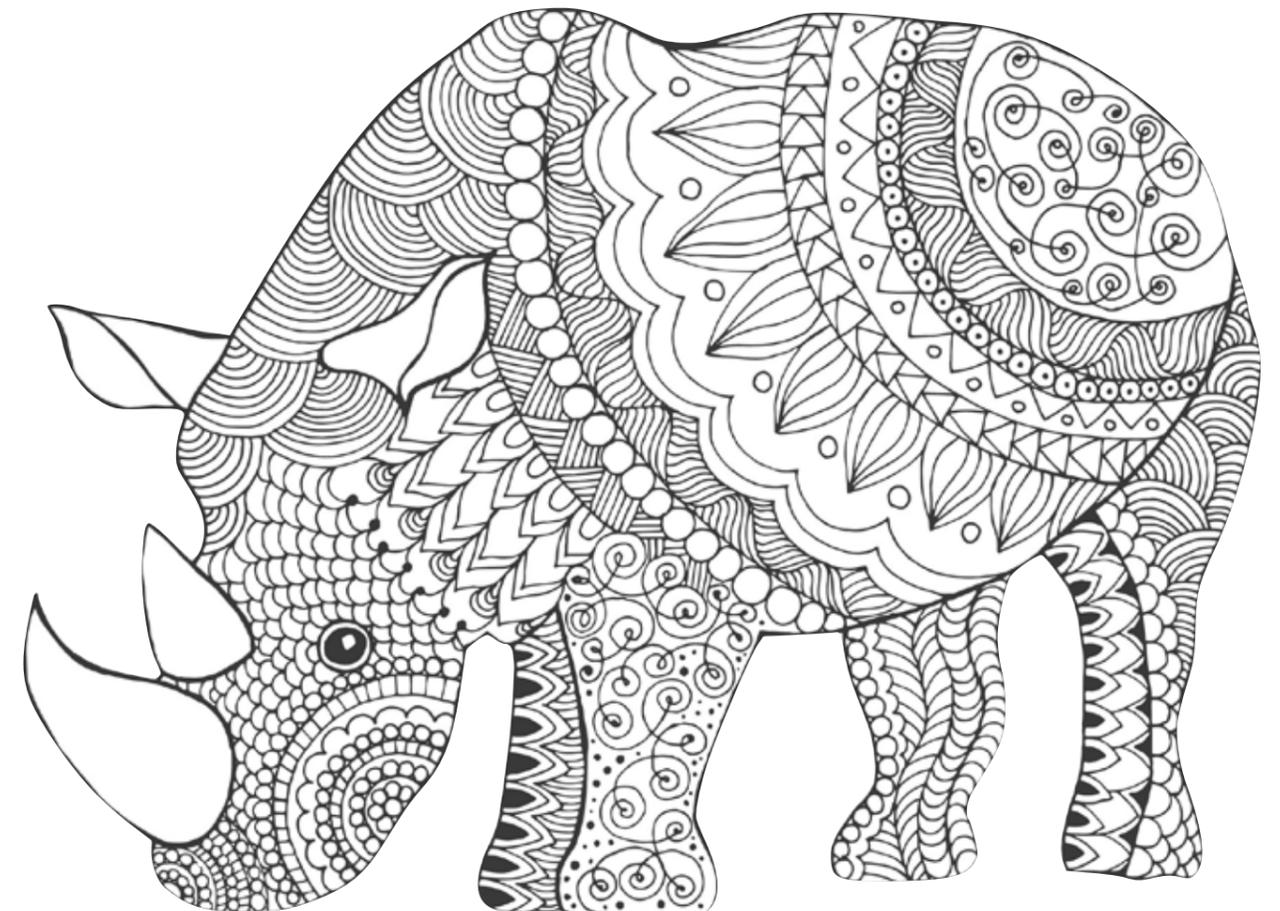


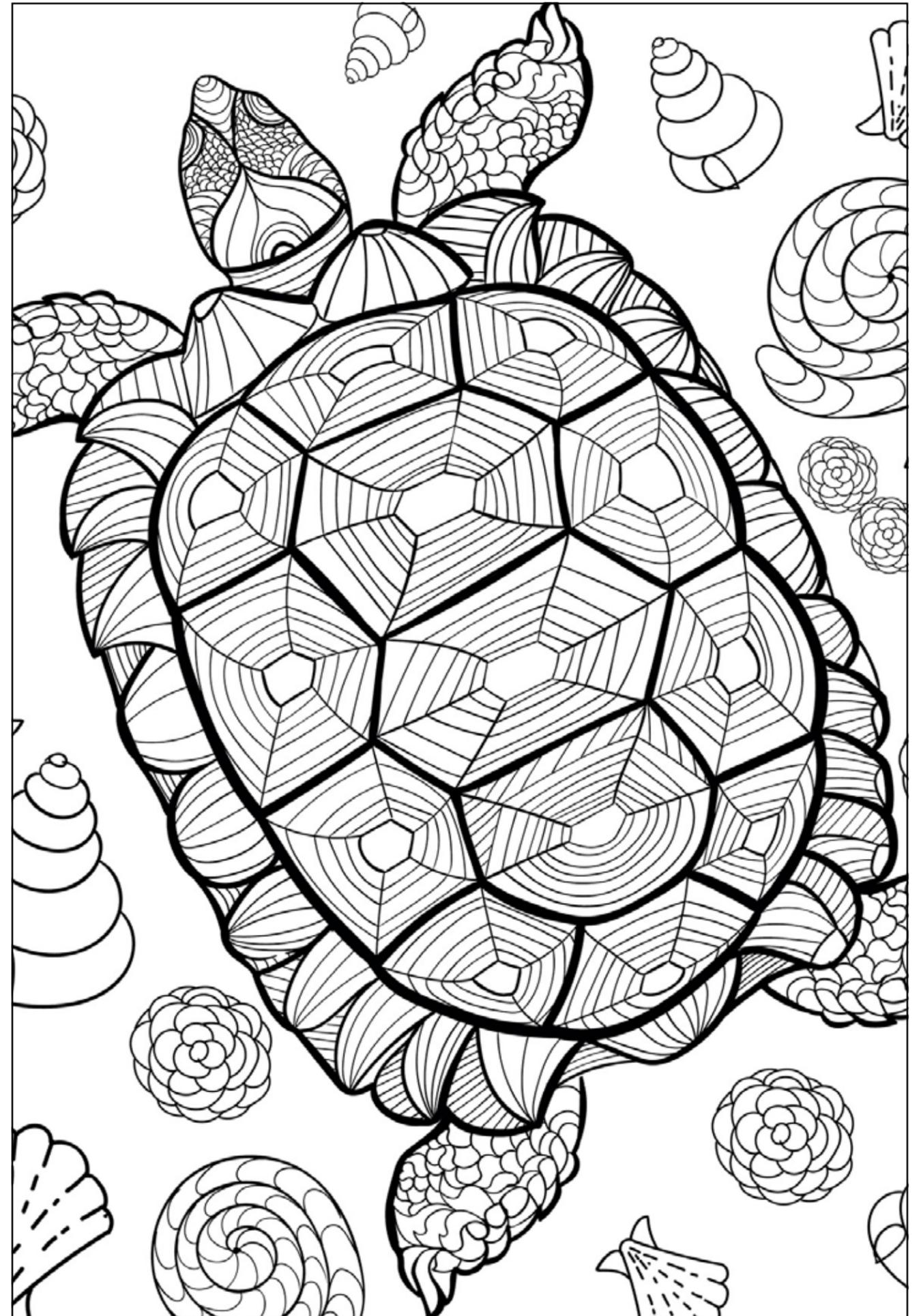
Rain Tapping

Curling your fingers slightly, gently and quickly tap the top of your head using both hands as you imagine fresh rain drops falling on you. Now move your fingers to the back of your head, down your neck then slowly make your way to the front, passing your ears. Pay attention to how it feels.

Mindfulness Colouring

You might think colouring is just for young kids but colouring can help us all concentrate on now and helps us to stop thinking of yesterday and tomorrow, or what we are going to do when we finish. No matter what age you are why not spend some time colouring in one of the following pictures.







ACTION CALENDAR

"Start Where You Are. Use What You Have."

Do What You Can" ~ Arthur Ashe



- 1 Take a minute to remember what really matters to you and why
- 2 Do something meaningful for someone you really care about
- 3 Reconnect with nature today, even if you're stuck indoors
- 4 Focus on what you can do rather than what you can't do
- 5 Send friends a photo of a time you all enjoyed together
- 6 Take a step towards one of your life goals, however small
- 7 Let someone you love know how much they mean to you
- 8 Set yourself a kindness mission. Give your time to help others
- 9 Look out for positive news and reasons to be cheerful today
- 10 Tell someone about why your favourite music means a lot to you
- 11 What are your most important values? Use them today
- 12 Be grateful for the little things, even in difficult times
- 13 Today do something to care for the natural world
- 14 Show your gratitude to people who are helping to make things better
- 15 Find out about the values and traditions of another culture
- 16 Look around you and notice five things you find meaningful
- 17 Take a positive action to help in your local community
- 18 Hand-write a note to someone you love and send them a photo of it
- 19 Find a way to craft what you are doing to give it more meaning
- 20 Reflect on what makes you feel really valued and appreciated
- 21 Share photos of 3 things you find meaningful or memorable
- 22 Ask a loved one or colleague what matters most to them and why
- 23 Share an inspiring quote with others to give them a boost
- 24 Do something special today and revisit it in your memory tonight
- 25 Give your time to help a project or charity you care about
- 26 Recall three things you've done that you are really proud of
- 27 Today link your decisions and choices to your purpose in life
- 28 Tell someone about an event in your life that was really meaningful
- 29 Think about how your actions make a difference for others
- 30 Find three good reasons to be hopeful about the future
- 31 Look up at the sky. Remember we are all part of something bigger

ACTION FOR HAPPINESS



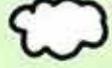
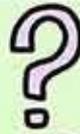
www.actionforhappiness.org

31 actions to look after ourselves and each other as we face this global crisis together

Keep Calm · Stay Wise · Be Kind



SELF-CARE BINGO

 TOOK A SHOWER	GOT DRESSED TODAY	 talked TO A friend	SAT WITH MY FEELINGS	 gave myself a compliment
MOVED MY BODY JOYFULLY	 ate food	LISTENED TO MY BODY	 CHALLENGED NEGATIVE THOUGHTS	HAD FUN
 WENT OUTSIDE	TRIED SOMETHING NEW	STAYED ALIVE	practiced being mindful	   DID A HOBBY
used a coping skill	 LET MYSELF CRY	took a break	 ASKED FOR HELP	KEPT MY SPACE TIDY
 BRUSHED MY TEETH	practiced self compassion	 DRANK WATER	TREATED MYSELF	 got 7-9 hours of sleep

Be kind to yourself today.

It can be hard to do the things we know are good for our emotional health, but doing a little every day can really make a difference.

Give it a go - you are worth it.