

Mindful Belly Breathing

Sit or lie down

Place hands on your belly

Count to 3 as you breathe in slowly
through your nose

Feel your belly expand

Count to 3 as you breathe
out through your mouth

Feel your belly go flat

Repeat 3 times



Peaceful Kids





Take a Mindful Pause

Pause, Notice, Respond

Take a Mindful pause when you feel yourself reacting, or feeling strong emotions.

Notice any tension or sensations in your body.

Take 3 deep belly breaths.

Notice your breathing for a while.

Choose how you would like to be in the situation.

You can also use your coping strategies if you still feel like you might react. Also chat to someone about how you are feeling.





Managing Big feelings

Remember to talk to someone about how you are feeling and use your favourite coping strategies

Name the emotion you are feeling

What am I feeling right now?
Give the feeling a name.

Notice how you are feeling in your body

Where do I feel this in my body?
What sensations can I feel?

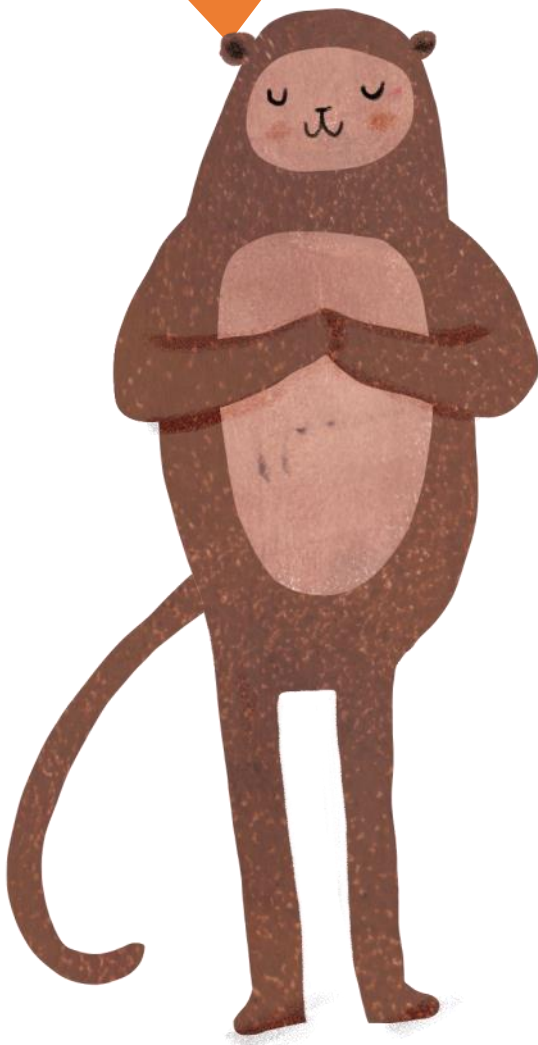
Notice the feeling without trying to change it

Remember feelings are normal and it's ok to feel this way.

Remember emotions do pass.

Take 3 Mindful Belly Breaths

Just notice your breath for a few minutes and let the deep breathing calm your brain & body.





Managing Big feelings



ANGRY



CHEERFUL



ENERGETIC



JEALOUS



NERVOUS



ANNOYED



CONFIDENT



EXCITED



JOYOUS



PANICKY



ANXIOUS



CONFUSED



FRIGHTENED



LAZY



PEACEFUL



ASHAMED



DEPRESSED



FRUSTRATED



LONELY



PROUD



BORED



DISAPPOINTED



GRUMPY



LOVING



SAD



BRAVE



DISGUSTED



GUILTY



AFRAID



SCARED



CALM



EMBARRASSED



HAPPY



WORRIED



SHY

Grounding Techniques



5,4,3,2,1

Find 5 things you can see, 4 you can touch, 3 you can hear, 2 you feel, 1 can you taste

Deep Breaths

3 Deep Mindful Belly Breaths. Remember to extend the exhale

Read your affirmations

Read out loud your favourite affirmation. Place them somewhere you can see them often

Call someone

Take a shower or bath, use oils or nice scents.

Body Awareness

Notice feet on floor.
Notice body on chair.
Clench fists, release.

Press Palms together, release

Rub hands together, release

Notice body sensations.

Connect to nature

Sit somewhere in nature and soak up the sounds and sights. Close your eyes and feel the sun on your face.

Call someone

Call a friend or someone who cares and talk about how you are feeling.

Move your body

Do any type of exercise to move your body & get rid of stress



Peaceful Kids Home Learning Pack

This brand new wellbeing home pack guides children and parents through 10 weeks of wellbeing strategies that includes

- Weekly Mindfulness Meditations
- Mindfulness Strategies & Activities
- Helpful positive thoughts
- Effective Coping Strategies
- Managing Feelings
- Strategies to cope with worrying
- Positive Psychology strategies to boost wellbeing

Buy Here





Peaceful Kids Home Learning Pack

LEARN ABOUT YOUR AMAZING BRAIN!

Welcome To... **YOUR AMAZING BRAIN!**

AMYGDALA
THIS IS YOUR STRESS LIVER. IT'S YOUR BRAIN'S CENTRE, WHICH IS SUPER HELPFUL, BUT IT'S NOT TOO SMART. IT'S A GREAT PRESIDENT BETWEEN REAL PRESENT SENSE AND RE-LIVED THOUGHTS.

HIPPOCAMPUS
THE VERY OWN LIBRARIAN FOR OUR MEMORIES. THIS HELPS US RECALL INFORMATION.

THE LIMBIC SYSTEM
WHERE EMOTIONS ARE MADE. IT SENDS INFORMATION TO THE SPINAL CORD TO PRODUCE ACTIONS (FEELINGS).

INSULA
OUR LITTLE PART OF EMPATHY & COMPASSION.

PRE-FRONTAL CORTEX
OUR THINKING BRAIN, CENTRE FOR COORDINATION & LOGIC.

THE HYPOTHALAMUS
SHUTS DOWN! WHEN STRESS STRESSORS, SUCH AS A BANG, A SCREAM AND BANGS! REGULATE THE BODY'S WORK OF OUR LIBRARY! OUR RECALL & OUR STORAGE.

THIS AMAZING BRAIN ILLUSTRATION HAS BEEN CREATED BY ELO RENZI: WWW.ELORENZI.COM

MINDFULNESS HELPS STRENGTHEN THE BRAIN SO WE FEEL CALM, KEEP OUR STRESS LOW, LEARN BETTER, FEEL HAPPY, MAKE GOOD CHOICES AND CARE FOR OTHERS

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TENSE & RELAX

Ask a parent or caregiver to guide you through the Tense & Relax Meditation below.

- Get comfortable lying on the floor.
- Let your arms rest gently on the ground by your side or gently on your lap.
- Gently close your eyes over.
- Feel the weight of your body as it rests on the floor. You may even notice how your body feels against the floor.
- Let your attention focus now on my voice as I guide you through tensing and relaxing each part of your body from your toes to your head.
- Starting with your toes and feet, scrunch up all the muscles in your toes and feet as tight as you can and hold for a few seconds and then just let them flop on the floor and completely relax. Let's do this again, tensing the toes and feet as much as you can, then just let them flop on the floor.
- Repeat this step for each part of the body and be aware of each muscle tighten and then loosen each muscle area: Calves and shins, Upper legs- front of legs, back of legs, hips and pelvis area, tummy area, chest and back area, arms, hands, shoulders and neck, face.
- Now tense the whole body all at once so all your muscles and tensed up for a couple of seconds. Let's do this again and let your body flop on the floor.
- Now just allow yourself to just relax on the floor and notice any sensations in your body.
- Notice how you feel in your body.

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FIGURE 8 BREATHING

TRACE AROUND THE FIGURE 8 WITH YOUR FINGER AND GET INTO A RHYTHM BREATHING IN AND OUT.

BREATHES OUT
BREATHES IN
START HERE
BREATHES OUT
BREATHES IN

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HEART BEATS

This activity helps you to notice the your body more including the sensation of your heart beats. It will also help you to understand that when we are Mindful of our breath, this slows down your heart rate and helps to switch off stress.

- Jump up and down for 1 minute doing star jumps.
- Sit down and place a hand on your heart area.
- See if you can feel your heart beats and even count them over a minute.
- If you are finding it hard to feel the sensations of your heart beat then find your pulse in your neck.
- Close your eyes and focus in on your heart beat.
- Take 3 deep belly breaths.
- Notice if your heart beats are getting slower.
- Then just follow your heart beat and see if it changes as you rest.

Did you know that when we slow down our breath, that we slow down our heart rate?

Our heart rate increases when we are under stress as part of the normal flight and fight response. Adrenaline increases your breathing and heart rate so be able to manage the threat or stress you are facing.

Therefore, if we are feeling anxious or stressed breathing exercises can help calm the fight or flight response and return your breathing to normal.

Do you know how to take your pulse? Place 2 fingers on the side of your neck until you can feel the pulse. Count how many times you feel the pulse in 30 seconds. Then multiply this by four to calculate the beats per minute.

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WORRY SPOT

SIT OR LIE DOWN
PLACE HANDS ON YOUR BELLY
NOTICE HOW YOU ARE FEELING IN YOUR BODY
SEE IF YOU CAN NOTICE A PARTICULAR SPOT WHERE YOU FEEL ANXIOUS OR WORRIED SUCH AS FEELING SICK IN THE TUMMY OR TIGHT MUSCLES
BREATHE INTO THIS SPOT AND IMAGINE THAT THE BREATH IS CALMING THE WORRY WITH EACH BREATH
IMAGINE BREATHING OUT THROUGH THE SOLES OF YOUR FEET SO THE WORRY CAN LEAVE YOUR BODY AND YOU ARE LEFT FEELING CALM

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OUR MINDS ARE LIKE PLANTS

What does a plant need to stay healthy?
It needs regular watering, good soil, care and a good environment to grow.

What do our brains need to stay healthy?
We need rest, sleep, play, interesting activities, good nutrition, exercise and connection with others. And guess what? We also need mindfulness!

We need to regularly take care of our brains by nourishing it with mindfulness. If we regularly practice mindfulness, just like we regularly water a plant, then our brains stay healthy and strong.

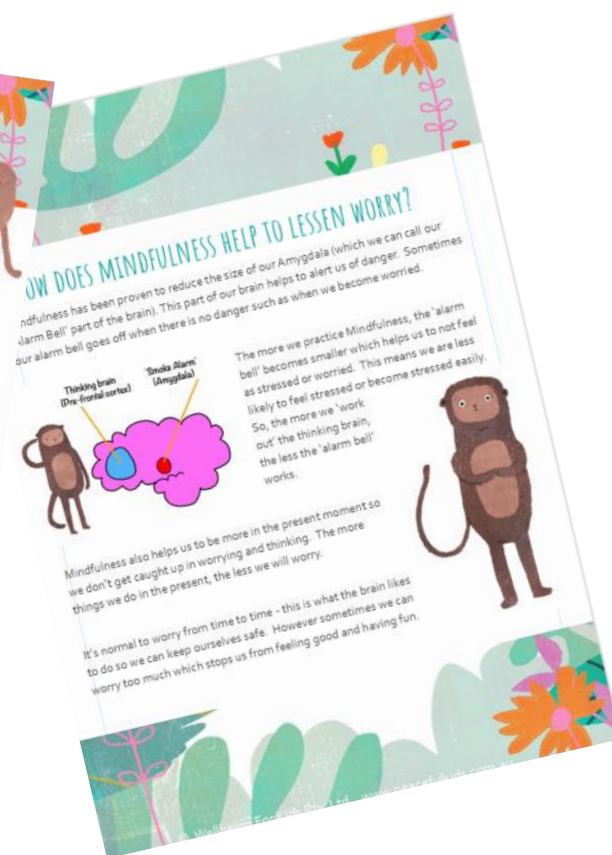
We can then stay calm, reduce worries and stress, get along better with others and feel happier.

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