

A MONTH OF MINDFULNESS

Mindfulness CHALLENGE



THE CHALLENGE: BECOME A MINDFULNESS MASTER

This is your challenge if you choose to accept it: For every day this month you are challenged to introduce yourself to a new exercise to help you live mindfully. As you incorporate these new mindful activities each day, continue to try new ones and expand on old ones. Each day of the week you will be focused on targeted skills to expand your mind. Stay open to new activities, and you will find great success in this challenge. As you master these skills teach them to others.



MONDAY

Try mindful movements and breathing activities. How do they make you feel?



THURSDAY

Practice empathy to help create positive friendships and reduce conflicts to generate helpful behavior and kindness.



TUESDAY

Explore Tuesday through your senses and creativity. Sensory toys can help your brain focus, develop, and improve your memory.



FRIDAY

Feelings Friday, with "I" statement to express your emotions. It is all about how you feel and the ability to communicate effectively with others.



WEDNESDAY

Wellness Wednesday, take time for self care, create joy, and set goals. Create a vision board, try positive affirmations, and describe your feelings.



WEEKENDS

Wild card weekends. Choose Your favorite skill from the week and practice.



Mindful Breathing & Movement Activities

“Be where you are, otherwise you will miss your life.” ~ Buddha

Mindful Breathing for everybody!! aka...Belly Breathing.

Why should I? Well, when you are calm, your body is in the “rest and digest” mode. Your breathing is normal, muscles relaxed, and your heart is beating normally. Like how you feel when you’re relaxing watching your favorite show, straight CHILLIN.

Suddenly, a dinosaur is chasing you!

When you are faced with something stressful, your body automatically goes into “fight, flight or freeze”

mode. Your heart rate increases, your stomach feels strange and roly, your breathing becomes shallower. To think through the stressful event, you first need to get yourself into the “rest and digest” mode.

Taking belly breaths gets more oxygen into your body. Which will make your body calm down and lower stress.

How to belly breathe, the short-cut: Take deep belly breaths. When you breathe in, your belly should expand, or get bigger. When you breathe out, your belly should contract, or get smaller.



Add in some FUN!

1) Bubbles

Blowing bubbles is a great way to breathe deeply. You have to blow carefully and slowly to make bubbles. A great way to practice deep breathing, and controlling it!

2) Stuffed animal

Lay down on your back and put a stuffy on your belly. Breathe in and move the stuffy up, breathe out and bring it back down.

3) Pinwheel

Use a pinwheel to figure out what breathing speed is best for you. The faster you breathe the faster the pinwheel will spin! DIY pinwheel: <https://www.auntannie.com/FridayFun/Pinwheel/>



4) Fire breathing dragon: DIY Craft

Supplies needed:

Glue

Cardboard toilet paper roll

Red & orange crepe paper (Or colored strips of toilet paper)

Paint (green, yellow, black)

2 – ½ inch foam balls

2-1/4in green pompoms

How to:

1) Paint toilet paper roll and ½ inch foam balls green.

2) Paint dragon eyes onto the green painted foam balls.

3) Allow paint to dry.

4) Cut crepe paper into 8 inch strips Be sure to have an adult help with scissors. (if using toilet paper-Cut into strips and color with marker).

5) Glue crepe paper to the inside of one end of the toilet paper roll for the dragon’s breath.

6) Glue dragon eyes onto to the end opposite of the crepe paper.

7) Glue green pompoms, dragon nostrils, opposite the eyes.

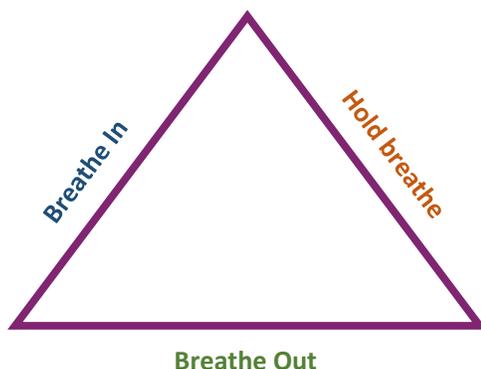


The Mindfulness Challenge

5) Triangle breathing

Draw a triangle on a piece of paper.

Start at the bottom left of the triangle. Breathe in for a 3 count as you trace the first side of your triangle. Hold your breath for a 3 count as you trace the second side of your triangle. Breathe out for a 3 count as you trace the final side.



6) Use your imagination

a) Darth Vader breathing- pretend you have a straw in your mouth, suck in through the straw and breathe in. Breathe out like Darth Vader

b) Ocean breathing- breathe in and imagine a wave rolling in, breathe out and imagine the wave rolling out.

7) Animal Breathing

a) Whale Breath- sitting criss-cross applesauce, sit up tall and take a deep breath in, Hold it while you count to 5 with your fingers, then tilt your head up to blow it out like a blowhole.

b) Bumblebee Breath- Breathe in and pretend you are a smiling flower. As you breathe out, make a humming/buzzing bee sound. Try out making your sound longer or shorter, high or low sounds.

8) Breathing with numbers:

There are many ways to achieve this, here's a favorite.

5 - 5 - 10 Breathing- breathe in for a 5 count, hold for a 5 count, and breathe out for a 10 count.

9) Breathing with your WHOLE body

a) Rainbow Breathing- Arms start at your side of your body; arms go up as you breathe in and go down as you breathe out. Your arms make a rainbow.

b) Explosion Breaths- Start in a standing position. Breathe in as you crouch down. Then, jump up, spreading your arms and legs as you breathe out.

Meet Mindful Master, Brian.
He has mastered these skills and he knows you can too. He says
"A little practice goes a long way.
Good luck in your training junior
mindful masters."





The Mindfulness Challenge

Mindful movement is movement slowed down, being in the moment (here & now). This gives you the chance to check in with your thoughts, feelings and emotions (your mental wellbeing); and your physical body. Does anything hurt, are your muscles sore, are you getting enough sleep, and beyond. Certain movements can offer benefits for specific needs: Calming, energizing, sleeping better, inspire gratitude, improve athletic performance.

OCEAN YOGA



I am a jellyfish.
STANDING FORWARD BEND



I am a shark.
LOCUST POSE



I am a dolphin.
DOLPHIN POSE



I am a crab.
TABLE TOP POSE



I am a turtle.
TORTOISE POSE

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SUPERHERO YOGA



I am brave.
WARRIOR 1 POSE



I am strong.
WARRIOR 2 POSE



I am peaceful.
PEACEFUL WARRIOR POSE



I am kind.
WARRIOR 3 POSE



I am a superhero!
HALF MOON POSE

© Kids Yoga Stories.

CALM DOWN YOGA for kids



I am strong.
WARRIOR 2 POSE



I am kind.
TREE POSE



I am brave.
CHAIR POSE



I am friendly.
DOWNWARD-FACING DOG POSE



I am wise.
HERO POSE



Sensory Activities

Sensory activities and toys are great for our brains. When we use sensory toys they can help our brains focus and develop. They can help our memory and make our brains stronger.

Make your own stress ball

Supplies: 1 small balloon, 1 funnel; rice, baby powder, or corn starch.



Directions: You will need to take your balloon and place your funnel into the top of the balloon. Then you will choose the type of filling you want from the orange box and fill your balloon up. Once your balloon is full you can squeeze out the extra air and tie the top. Now you have your own stress ball!

Rainbow Rice

Supplies: Dry Rice, food coloring, plastic container

Directions: Pour your dry rice into your plastic container and add food coloring to make your rice different colors. Once your rice is the colors you want it to be you are good to go! You can put toys into your rice and dig or you can mix the rice around with your hands.



Calm Down Bottles

Supplies: Empty bottle, water, glitter; glue, hand soap or hair gel; and tape.

Directions: Take your empty bottle and fill it more than half way with water. Then you can take your glitter and add it in. Next you can add your hand soap, hair gel or glue. Once you have achieved your desired look and texture you can place



the cap on and tape it closed. Now you can shake away.

Sensory Cubes

Supplies: 1 Small box, scissors, glue, different swatches of fabric or materials.

Directions: Take your different fabrics and materials and with an



adults help cut the different fabrics to fit on the sides of your box. Use a different material on each side of your box until it is completely covered. These materials can be old shirts, fringe, cotton balls or anything that you like the feel of. Once your box is covered and dry you can now reach for the different sides for comfort.

Fake Snow

Supplies: Baking Soda, shaving cream, small bowl, optional: glitter

Directions: In your bowl mix together your shaving cream and baking soda until it is the consistency of snow. You can then add a very small amount of glitter to make it shimmer like real snow. Once it looks and feels the way you want start building. You can make tiny snow men or igloos with your fake snow any time of the year.





The Mindfulness Challenge

DIY I-Spy Bottle



Supplies: bottle, rice/pasta, small items, optional glue/tape

Directions: Choose a bottle with a top large enough to fit your small items. Fill 1/2 to 2/3 with rice/pasta (funnel may make it easier). Add the small items to the

bottle (Scavenger hunt? Write contents on a sheet of paper for child to mark off.). Secure top with glue/tape.

Photo credit: Pacountrycrafts.com & Mamapapabubba.com

Dino Dig—Frozen Excavation



Supplies: balloons, mini dinosaurs, bin for melting/warm water, eye droppers, small hammers

Directions: Blow up balloon and stretch open top to put dinosaur in. Fill balloon with water and tie shut. Freeze. Remove balloon and cut off knot and peel balloon off. Place in bowl to dig through or watch melt.

Photo credit: <https://happyhooligans.ca/melting-ice-with-salt-and-water/>



Choose at least one item from each box.

RESEALABLE PLASTIC BAG

HAIR GEL BABY OIL
PAINT SHAVING CREAM
LIQUID SOAP WATER

GLITTER POM POMS
EYEBALLS SMALL TOY
LAMINATED PICTURES

You may use multiple items from the last box if you want to add an I-Spy option. You will need to securely close the top of the bag with multiple layers of tape. Use under adult supervision only.

Great for those with sensory sensitivity.

Photo credit: <https://www.fantasticfunandlearning.com/sensory-squish-bags.html>

Koolaid Playdough

Supplies: 1 cup water, 1 tbl. oil, 1 packet Kool-Aid unsweetened drink mix, 2 cups flour, and 1 cup salt

Directions: Stir together liquid ingredients (water and oil). Add Kool-aid drink mix. In separate large bowl, mix flour and salt. Slowly add liquid mixture, and stir well. Mix with hands until combined and smooth, about 5 minutes. Store in a resealable plastic bag.

Did you know that playing with dough has many benefits?

Enhances fine motor skills, improves pre-writing skills, imagination and creativity, calming effect, hand-eye coordination, and even social skills if talking about what they are making.



With Milk: Using milk and food coloring, your child can discover the art of color mixing. Try laying a coffee filter on the top gently and lift off to let dry for a tie dye look.

With Salt: Use white glue to make a design or pattern on your paper. Sprinkle salt onto the glue and let dry. Once dry, your child can use watercolor paints or watered down food coloring to “paint” the salted glue pattern.

With Marbles/Rocks: Lay a piece of paper in a box or tray with edges. Squeeze/place dots of different colored paint randomly on paper. Put marbles/rocks in and let your child shake, shake, shake. (You can put plastic clear wrap over the top and tape on sides to control splatter.)

Painting



Photo <https://www.growingajeweledrose.com/2019/01/kool-aid-play-dough.html>

Photo credit: <https://tinkerlab.com/rolling-rock-painting/>, <http://www.creative-hearts.com/blog/category/all>, & <https://babbledabledo.com/science-for-kids-milk-painting/>



How to create a Vision Board

1

Create 1 - 3 SMART goals you want to achieve (specific, measurable, attainable, relevant, and timetable)

2

Break your goal into smaller goals. Create a timeline for those goals.

3

Create an plan for each smaller goal. Work with your parent or a trusted adult so they can help support you in your new goals!

4

Add photos, clippings from magazines or newspapers and words to assemble your vision board. Below are some examples. You can find more ideas online with a trusted adult.

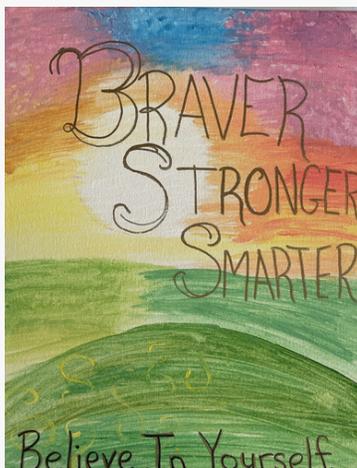




Positive Affirmations

Create your own words of affirmation to look at daily. This can be accomplished many ways!

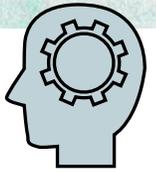
How you stand can change how you feel! Try out the "power pose" made famous by Amy Cuddy. Stand with your feet apart, your hands on your hips, and your chin tilted upward. Hold this pose for 60 seconds and see how you feel. What other stances you can take that make you feel strong and powerful? How do other poses make you feel?



You can make a painting or draw a picture and include words that make you feel good about yourself.

Create some positive post-it's! This can be fun to put around the light switch in your bedroom. That way you can see them every day and switch them up often!





The Mindfulness Challenge

**Did you try a power pose?
How did it make you feel?
Did you try it before
something that you were
nervous about? Do you
feel like it helped calm
your nerves?**

**Take care of yourself
the way you would
take care of a friend.
How were you good
to yourself today?**



The Mindfulness Challenge

Have you been planning your JOY? What makes you feel great at the end of the day? What little things bring you joy?

We like to "Hunt The Good Stuff" (HTGS) all the time! What three good things happened in your life today? Why was that important or how can you make more of that good thing?



Sparking Joy



Simple Ways to Find Joy Everyday

- Self Care
- Gratitude
- Appreciate small things
- Laugh often
- Be around positive people

What is the meaning of Joy? Joy is a feeling of great pleasure and happiness! So what does it mean to "Spark Joy"? It's a warm feeling inside when you do something that brings you happiness. What sparks joy for you may not necessarily spark joy for others. Joy is a very personal feeling, you may feel it when you hold a puppy, wear your favorite outfit, or spend time with your close family or friends.

Why is it important to find things that spark joy? Having joy and happiness in your life will lead to a healthier longer life! Do your best to find joy each day. Use the worksheet to help with finding your joy!

Cooking can often spark Joy, here is a healthy recipes you can try at home with a trusted adult!

Ingredients

- 1/4 cup creamy peanut butter
- 2 tablespoons honey
- 1/4 teaspoons of ground cinnamon 2
- tablespoons miniature semisweet chocolate chips
- 4 slices whole wheat bread
- 1 medium banana, thinly sliced

Be sure to have an adult with you when cutting the banana slices



Directions

Mix peanut butter, honey and cinnamon; stir in chocolate chips. Spread over bread. Layer 2 bread slices with banana slices: top with remaining bread. If desired. cut into shapes using cookie cutters.



The Mindfulness Challenge



Finding Joy



What time is it?



Where am I?



What did I just do?

Empty rounded rectangular box for time response

Empty rounded rectangular box for location response

Empty rounded rectangular box for activity response



Now that I have slowed down and taken two deep breaths, I notice these three things:

Empty rounded rectangular box for first observation

Empty rounded rectangular box for second observation

Empty rounded rectangular box for third observation



What's at least one reason to smile?



A source of joy you've discovered or re-discovered by slowing down in this moment:



A positive thought or picture to take with you through the rest of the day:

Empty rounded rectangular box for reason to smile

Empty rounded rectangular box for source of joy

Empty rounded rectangular box for positive thought



EMPATHY

“Before you judge someone,
walk a mile in their shoes.”

EMPATHY IS

the ability and willingness to be aware of the feelings of others and imagine what it might be like to be in their position (or in their shoes).

WHY SHOULD WE PRACTICE EMPATHY?

- Creates positive friendships and relationships
- Reduces conflict and misunderstandings
- Leads to helpful behavior, kindness, and even greater success in life in general



PRACTICE EMPATHY

- Identify the emotions of the characters in fictional books. Think about how you might think, feel, & act if you were in the same situation. View art, movies, & pictures the same way.
- Write about your feelings in a reflective journal.

WITH A FRIEND

- Be an active listener.
- Accept & support their feelings
- **PUT YOURSELF IN THEIR SHOES:** Think about how you would feel in the same situation. Imagine how you would want your friend to act towards you.
- Ask them if they want help, advice, or just someone to listen & provide that for your friend.



RESPONDING WITH EMPATHY

Directions:

Look at the situations below, and then match each situation to the correct feeling and response. Record your answers in the answer box.

	Feeling	Response
Situation #1	_____	_____
Situation #2	_____	_____
Situation #3	_____	_____
Situation #4	_____	_____
Situation #5	_____	_____
Situation #6	_____	_____
Situation #7	_____	_____
Situation #8	_____	_____

1. There is a new student in your class, and it is her first day.
2. Your friend made the school dance team.
3. A boy in your class fell at recess and got his pants wet.
4. You see a girl sitting by herself at recess.
5. Your friend studied really hard for the spelling test, but got a bad grade.
6. Your friend keeps trying, but can't figure out the right answer on the math homework.
7. Your friend lost her favorite sweatshirt.
8. Someone broke your friend's tablet.

- How does the person feel?**
- A. Disappointed
 - B. Sad
 - C. Embarrassed
 - D. Nervous
 - E. Mad
 - F. Proud
 - G. Frustrated
 - H. Lonely

- What can you do?**
1. Ask her to play soccer with you.
 2. Tell her that you are proud of her.
 3. Help her find it.
 4. Let him borrow yours until his gets fixed.
 5. Help him get the right answer.
 6. Help her study for the next test.
 7. Try to help him dry off his pants.
 8. Talk to her to make her comfortable.

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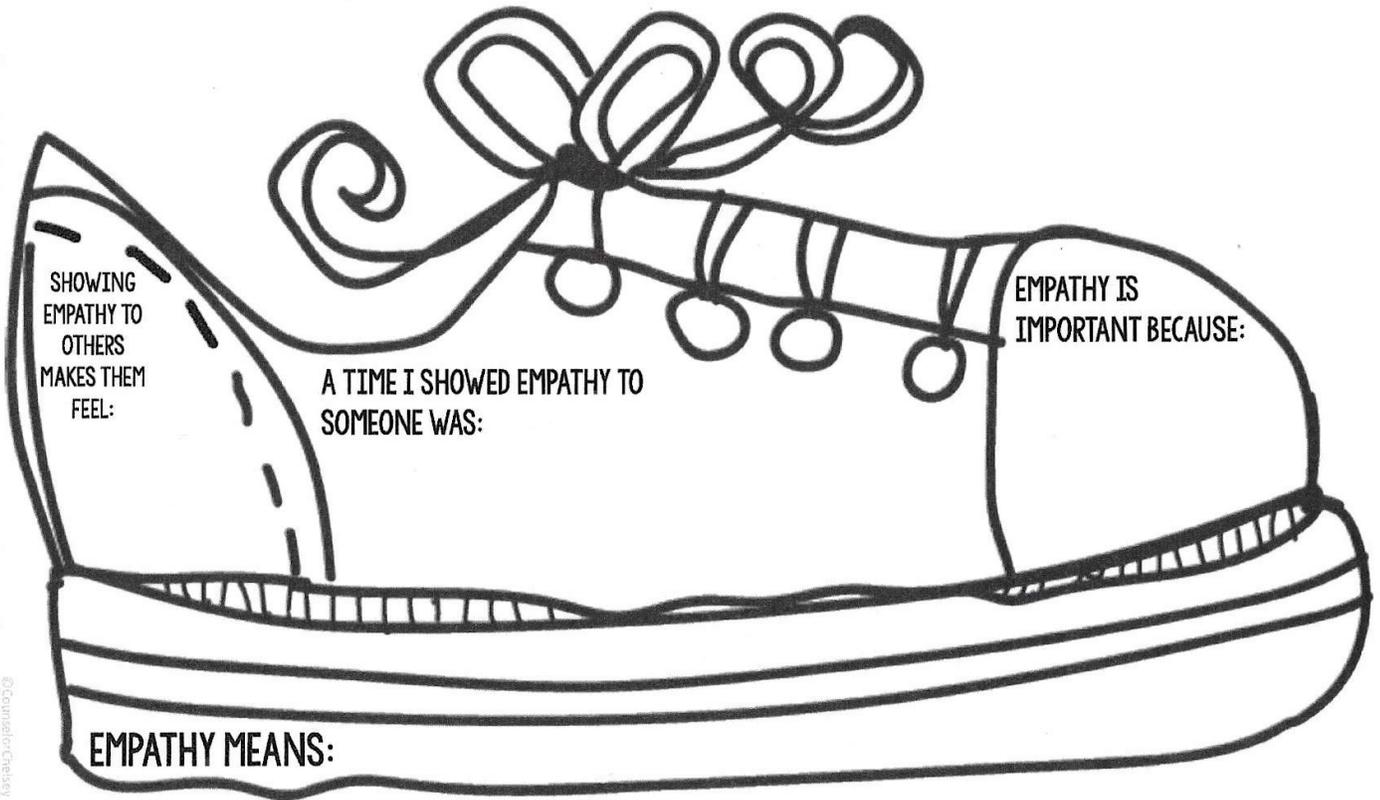


The Mindfulness Challenge

Name: _____

ALL ABOUT EMPATHY!

Empathy can be described as “walking in someone else’s shoes.”
Look at the shoe below, and complete the sentence about empathy!



www.teacherspayteachers.com/Store/Counselor-Chelsey



“Walking (or hiking) in someone else’s shoes” is a great way to practice empathy. Just imagine, a small act can be so important to others.



The Mindfulness Challenge



TAKE CARE OF YOURSELF SO YOU CAN TAKE CARE OF OTHERS.

Self-Care Does Not Mean "Me, First!"
It means "Me, Too!"



Unplug.

Social media allows us to be available to others 24/7, but our mental health benefits from taking time to step away. Social media provides a constant stream of information and news to consume, and this can be overwhelming for anyone. Give yourself opportunities to step away from the scrolling and social media feeds.



Saying NO is not selfish.

Boundaries are important and can help prevent burnout. We all have a limited amount of time and resources to give. You can't help everyone at all times. Be kind to yourself as you decide what you're able to handle and when you may need to step away or ask an adult for help.



Ask for help.

Just as you have a heart for helping others, there are people ready to help you, too. If you are struggling, ask an adult for help. Sometimes we need tools to help us handle our emotions or a trusted adult, friend, teacher, or coach to listen. It takes strength to tell someone that you need help.



Express yourself.

Writing and poetry are amazing outlets for an overflow of emotions. Other activities, like photography, hiking, and biking can provide an opportunity to get out into nature and slow down. Whatever your favorite activity may be, nurturing our hobbies nurtures our hearts and allows us to grow and process in our own way.

www.readpoetry.com/8-self-care-tips-for-empaths

WALK IN MY SHOES

Decorating your shoes to show your personality is the perfect way to express yourself. You can paint them, dye them, embroider them, and so much more!

SUPPLIES:

- Pair of white/light canvas shoes (new or old)
- No shoes? No problem! Just grab some paper and start designing!
- Sharpies/Fabric Markers
- Fabric Paint

SHARE YOUR SHOES!
#GUARDMYSHOES



Here are some more ideas: www.funlovingfamilies.com/diy-shoes-ways-to-decorate-embellish

Connect your creations with #GuardMyShoes



Place your card here

My SNOWMAN feels _____ because

My Snowman feels happy when in Nature. He is made from natural materials after-all. The sounds, smells, and sights are so peaceful.





The Mindfulness Challenge

"I" Statements

Sharing how you feel without blaming

Now that you have practiced getting to know your emotions using the snowman cards, try the next step!

Telling others how you feel can be hard- especially if you feel frustrated! It's easy to blame someone else, but it makes it harder for them to hear how you feel.

Use "I" statements to take responsibility for your feelings.

Source: <https://www.centervention.com/>

"I" Statements

Directions:

1. Think about something that made you feel a big emotion.
2. Under "I feel," write the word that describes that emotion.
3. Under "When you," write what another person did to cause that emotion.
4. Under "Because," try to explain why.
5. Under "and I want," write what you would like the other person to do differently.

I feel:

When you:

Because:

And I want:

"I" Statement Responses

Directions:

1. Listen carefully when someone tells you how they feel.
2. Under "You sound," write the emotion the other person feels.
3. Under "Because I," write what you did to cause that emotion.
4. Under "Next time I will" write what you would do differently the next time.

You sound:

Because I:

Next time I will:





Snowman Emotions

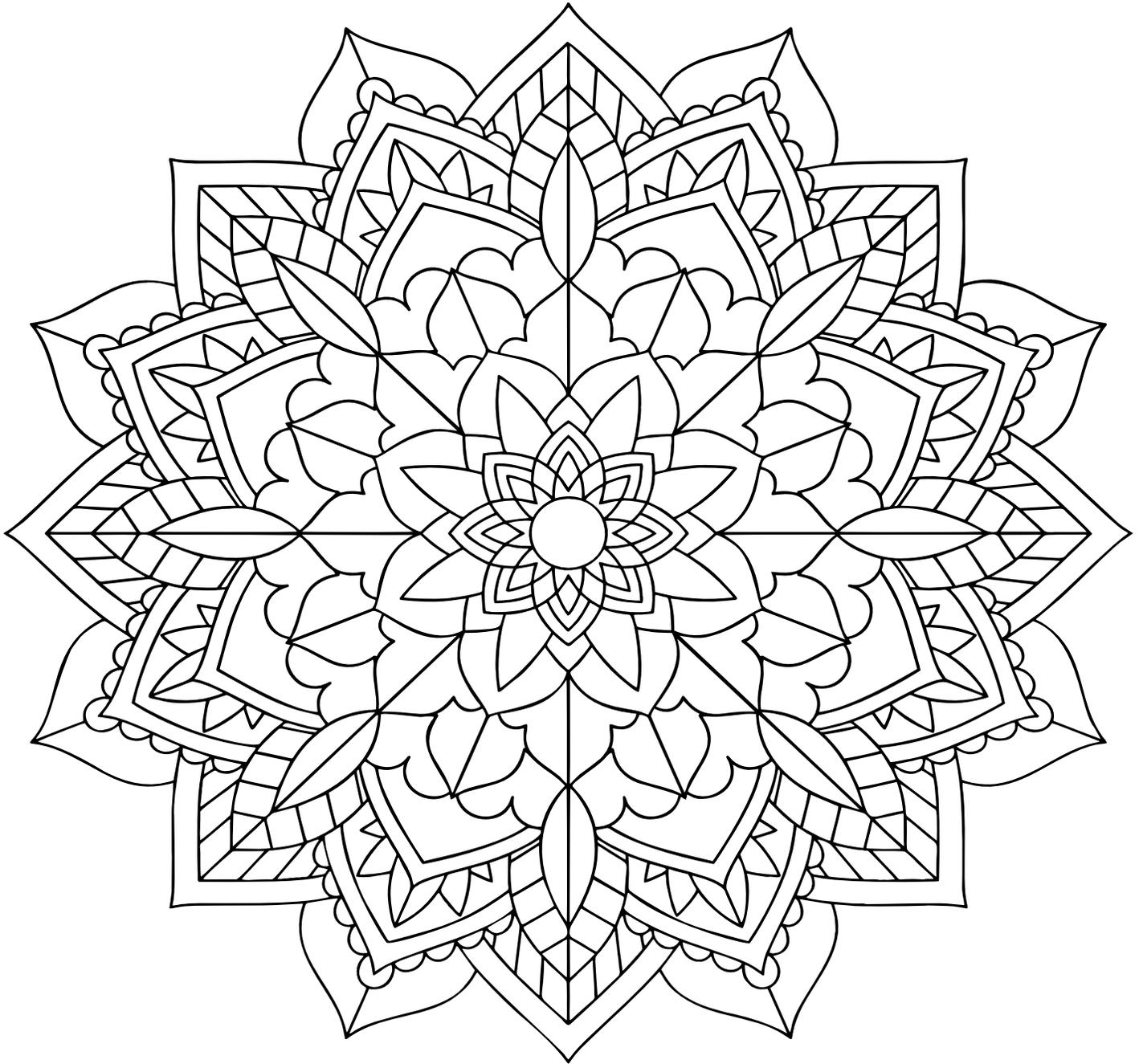


How to use your SNOWMAN Emotion cards -

1. Cut them out and place them face down
2. Pick one up and read the card
3. Describe a time when you felt one of the emotions on the card.
4. Pick one of the cards and place on the card holder spot on the story page.
5. Draw your own snowman and write a short story describing how your snowman felt.



The Mindfulness Challenge



MANDALAS

Coloring mandalas often brings a deep sense of calm and well-being. It can be remarkably soothing and nourishing, and easy to do. Mandalas focus your attention and allow you to express your creative side to expand your mindfulness.



YOUR MINDFULNESS MASTER JOURNEY

WHAT WAS YOUR FAVORITE PART OF EACH SECTION?
HOW DID THE ACTIVITY MAKE YOU FEEL?



MINDFUL MOVMENTS



SENSORY



SELF CARE AND GOALS



EMPATHY



EXPRESSING EMOTIONS

THE BEST
MINDFUL
MASTERS
TEACH OTHERS
BY BEING A
MINDFUL
MENTOR?

TAKE YOUR
FAVORITE SKILLS
AND TEACH THEM
TO A BUDDY.

WHO WILL YOU
MENTOR?

WHY DID YOU
CHOOSE THIS
PERSON?
