



Mindfulness Pocket Postcards Where Everyone's Mind, Matters

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Welcome to this unique set of 'Mindfulness Pocket Postcards' where you can find peaceful moments in your pocket.

**Build your
Pocket
Postcard
Library
from three
categories:**

Mindful School



Mindful Self



Mindful Home



Mindfulness Pocket Postcards produced by Nina Jackson and Kelly Hannaghan (Voices of Wellbeing) for 2Simple.



striver

Mindfulness Pocket Postcards Where Everyone's Mind, Matters

Introduction

Striver was created with one sole purpose: to improve primary aged pupils physical and mental wellbeing, in the short and long term. It contains over 400 PE lessons which are supported by 6 wellbeing units. One of those units focusses on Mindfulness.

Mindfulness helps our whole wellbeing. It can support us as human beings to foster more healthy living habits and understand our unique emotional and physical needs. Mindfulness improves mental health by alleviating stress, anxiety, sleep issues, blood pressure and the daily challenges that we face as individuals. Mindfulness can stream the thoughts and feelings we experience, and bring balance into our daily lives. Mindfulness is recommended by the National Institute for Health and Care Excellence (NICE) as a way to prevent depression and other types of mental health issues.

When we practice Mindfulness it helps us to become more aware of the present, the world around us, and understand ourselves better. When we become more aware of the present moment, we begin to experience fresh things that we take for granted. With the return of pupils to school, practising mindfulness can give more insight into emotions, boost attention and concentration, and improve relationships with self and others in the home and at school.

Included in this pack you will find a lesson that can be used to introduce mindfulness to your children as well as 6 Mindfulness Pocket Postcards, these 'Pocket Postcards' are for anyone. For school, for home, or for self. Created for different settings to be able to reach, read, use, and action. They are purposeful, practical, and easy to use for a variety of ages and environments. If you are a Striver Subscriber, 12 more pocket postcards will be added to your subscription to use with your children over the summer term.

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Cost of Striver

Whole school for 1 year – 2% of
1 year of Sport Premium budget*
(£350)

Whole school for 3 years – 5% of
1 year of Sport Premium budget*
(£900)

Whole school for 5 year – 8%
of 1 year of Sport Premium
budget*
(£1500)

*Figures based on 1 form entry Primary
school receiving £18,000 per year

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Lesson 1 Introduction

(This lesson is taken from the mindfulness unit in Year 3 but can be used for all year groups to introduce mindfulness.)

Lesson Overview

Learning Objectives:

To recap what mindfulness means and reacquaint themselves with some mindful techniques.

Success Criteria:

Pupils can maintain still, quietness for a short period of time.

Pupils explore moving their mind focus and attention to environmental aspects and then back to themselves.

Key Vocabulary:

Mindfulness, breathe, nose, mouth, visualise.

Equipment & Resources:

See Teaching Tips section for advice.

Introduction (5 minutes)

1 Ask children if they remember taking part in some mindfulness session last year?	TEACHER NOTES If they do, you could ask whether any of the children continued some of the techniques that they practised?
2 Before beginning, can children suggest how mindfulness is a useful thing to learn to do?	TEACHER NOTES You might need to give some Prompts: <ul style="list-style-type: none">• Emotional control.• Learning your own mind• Ability to change your• focus.• Attention.• Relaxation.• Getting you ready to learn.
3 Remind children that mindfulness is a way to understand how your mind reacts to things that happen and practice ways to settle your mind down. It includes exercises to help you develop your concentration, be aware of yourself and calm yourself.	

Main (7 minutes)

- 1 Can they remember what position they sat in when doing mindfulness sitting?
- 2
 - Can they get ready for mindfulness now?
 - Find a comfortable sitting position in a chair with your feet flat on the floor*.
 - Shut your eyes if you are comfortable to do so.
 - Some children will feel more focused if they shut their eyes, others will not feel comfortable doing this. If they do not feel comfortable with eyes shut, they should gaze gently towards the ground, not at other people.
 - Rest your hands gently on your legs.
 - Focus your awareness on the feeling of your feet touching the floor, the strong Earth is supporting you.
 - Try to straighten your back but don't strain upright. Imagine a string coming out of the top of your head with a floating balloon attached to it.
 - The balloon is stretching you gently upright.
 - Relax your shoulders. If they feel curved inwards, try to roll them back and relax the muscles.
 - Focus on your mouth and your tongue. Your tongue should be lying relaxed in your mouth, not pushing anywhere. Your mouth should not feel tight and tense, think about how you have your mouth when you are going to sleep; relaxed and not clenched tightly shut.
- 3 Breathe quietly through your nose, feel your lungs fill and empty. Sit quietly, just concentrating on your breathing for a while. Clean air coming in to your lungs, feel your lungs expanding like balloons and then silently let the air out again and feel your lungs contracting. Think about how your body feels when your lungs fill, do they pull your spine up straighter? Does the breath relax your muscles? Breathe silently for a few moments.
- 4 If your mind wanders and you start to think of other things, try to bring your mind back to just focusing on your breathing.
- 5 Now, imagine you are holding a mug of warm hot chocolate in your hands. Imagine the feel of the warm mug in your hands. The steam gently rising up and disappearing into the air. The mug is full right to the top.
- 6 You bring the hot chocolate up towards your mouth carefully and slowly. Use your nose to breathe in the smell deeply.
- 7 You want to cool the hot chocolate a little, so take a deep breath in to smell the chocolate, then blow out through your mouth to cool the chocolate.
- 8 Don't blow too hard or your will make the chocolate spill put. A deep breath in through your nose, smell the chocolate, then gently blowing through your mouth to cool it down.
- 9 Now take a quiet sip. Can you imagine the taste in your mouth?
- 10 Feel the chocolate in your mouth, feel the warmth of it. Swirl it in your mouth with your tongue. Taste the flavour.

TEACHER NOTES

See the next step for the guidance that children were given last year.

VARIATION

*As noted in the teacher's notes, make adaptations for children who cannot sit still in an upright position but encourage contact between the feet and the ground if possible.

VARIATION

If children have a blocked nose, they should breathe in whichever way is most comfortable. Breathing should be quiet.

VARIATION

Children can move their hands if they wish - if it helps the visualisation.

TEACHER NOTES

Repeat this for a few breaths.

<p>11 Imagine swallowing the hot chocolate, can you feel the warmth travel down your throat.</p> <p>12 Imagine the warmth spreading through your body with the taste still on your tongue.</p> <p>13 Now breathe in the aroma again through your nose. Take a deep breath in.</p> <p>14 Breathe out slowly and take another sip of the chocolate.</p> <p>15 Like before, feel it travel into your body.</p> <p>16 Place the mug down and imagine that the hot chocolate gradually fades and vanishes away.</p> <p>17 Place your hands gently on your tummy.</p> <p>18 Return the focus to your breathing again, feel your hands move as you fill your lungs with air and then feel them shrink as you exhale.</p> <p>19 Try to make your breathing deep into your lungs as I count to 3, then hold the breath for a moment and release slowly and with control as I count back down to 1.</p> <p>20 1,2,3.....2,1,0</p> <p>21 I am going to play a chime in a moment, listen to the sound until you can no longer hear it then gently open your eyes and bring your attention back to the room.</p>	<p>TEACHER NOTES Count slowly, pause for only a moment at 3, then count back down slowly. Repeat this a few times and then instruct children to count to themselves in their heads.</p>
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Conclusion (3 minutes)

<p>1 Ask children to reflect briefly upon how they feel now. Firstly, how does their body feel? Then how does their mind feel?</p> <p>2 Did they find it difficult to concentrate on their breathing? Did their mind wander to other things?</p> <p>3 Did it help to visualise the hot chocolate?</p> <p>4 Do they feel more calm or ready to concentrate on school work now than they usually do at this time?</p>	<p>TEACHER NOTES Reassure them that this is a normal part of mindfulness. The skill when you begin is to be able to bring your attention back to your breathing when your mind gets distracted.</p> <p>TEACHER NOTES You are likely to get a variety of positive and negative responses. The hope is that by encouraging children to reflect, they are also supporting peers in recognising and sharing their opinions and similarities. Giving those children who could not get into the experience, through self-consciousness or preoccupations, guidance and confidence in giving it a go another time.</p>
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Mindful Music



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A Mindful Welcome



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Mindful Music

This can be used in the classroom or assembly

1

Invite pupils to sit comfortably, and upright on a chair

2

Ask all pupils to close their eyes or to focus on a spot in front of them, before you play the music.

3

Remind pupils to focus on the shapes and sounds within the music so that they either have guided imagery from the journey and are aware of emotional changes.

4

For calming music, choose a piece which is instrumental and has 80-100 BPM (Beats Per Minute)
Examples such as: 'Gabriel's Oboe' from the Mission
'Adagio for Strings' - Barber
'Schindler's List' - Williams

5

When the music has ended, ask the pupils to take some slow deep breathes to keep their thoughts focused

6

Open up a discussion on how the music made them feel within their bodies and in their minds.

Mindful School #MindfulMusic



A Mindful Welcome

This can be used in the classroom or assembly

1

Have a check-in system as the pupils arrive. This could be a space or place where a child can let you know how they are feeling emotionally.

2

Have 5-minutes quiet time to support the transition from home to school.
This could be a simple body scan.

3

Now ask each pupil to choose their own special positive 'Welcome Word' or 'Welcome Acknowledgement' to share with others.

4

Ask the pupils to place the palms of their hands either flat on the desk or on their laps whilst continuing to be quiet, so they can scan the room to feel safe and secure in their environment.

5

Remind the pupils to take slow deep breathes in and out as they adjust to their surroundings.

6

The final stage is to welcome the class environment into their space by noting three things they can see, hear and touch.

Mindful School #AMindfulWelcome



Bear Hug Breathing



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Worry Eaters



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Bear Hug Breathing

Suitable for children aged 3 - 7

1

Find a Teddy or special Hug Toy that you can have with you when doing this mindful breathing activity.

2

Look for a safe space or place where you can sit, or lay comfortably.

3

Place your special Hug Toy or Teddy on your belly.

4

Start to take deep breathes in counting 1,2 and 3. Notice what happens to your special Hug Toy or Teddy.

5

Breathing out on 1, 2 and 3, notice once again what happens to your Hug Toy or Teddy. Repeat this many times.

6

When you have completed several 'inout' Bear Hug breathes, sit up slowly and give your special toy a huge hug.

Mindful Self #BearHugBreathing



Worry Eaters

Suitable for children aged 5 - 11

1

Notice any worries that you are carrying around with you.

2

Do you know what to do or how to get rid of these worries?

3

You have the power to create your own Worry Eater ,who will munch away your worries.

4

Create and draw a picture of your own unique Worry Eater and give it a name.

5

Stick your picture to a cardboard box and cut out a hole for the mouth of your Worry Eater.

6

When you're feeling worried, draw or write your worry, and post it through the Worry Eater's mouth. Munch, Crunch, Gobble, Gone!

Mindful Self #WorryEaters



Magical Mountain Journey



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A Listening Walk



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Magical Mountain Journey

One chosen member of the family need to guide this journey.

1

Invite your family to come together, close their eyes, be very still, and imagine there is the tallest of mountain in front of you.

2

Slowly, start to climb up your mountain step by step and notice how high the mountain is, as it touches the clouds.

3

You are doing really well, keep going and keep climbing until you reach the top, and take a deep breath when you arrive.

4

From the top of your special mountain you can see the entire world around you. It's so calm and so peaceful.

5

Take a few moments to enjoy the fresh air. Breathe in, and breathe out the clean mountain air.

6

You have the power to send rays of light to the world below, filled with love and peace. Stay here as long as you like.

7

As you walk back down your mountain, remember you are taking all of those positive, calm feelings with you, and you can return to the top of your special mountain any time that you choose.



Mindful Home #MagicalMountainJourney

A Listening Walk

You can do this as a family or just by yourself

1

Your Listening Walk can be taken at any time, any place. You can do this by yourself, with someone, or even as a whole family.

2

When setting out for your walk, take notice of your starting point and listen to all the sounds that are around you before you begin your journey.

3

Notice the contact that your feet have with the ground below you as you walk. Start to listen to the sounds that your feet create when they move.

4

Take gentle breathes as you walk and start to listen to the sounds of your breath.

5

Now start to notice the sounds that you can hear around you. Focus on how different they are.

6

Take a moment to stop and pause. You may want to close your eyes to take in all the sounds around you as you continue your mindful breathing.

7

As you return to your starting point, take notice of the quietest sounds and the loudest sounds that you can hear. Well done for taking your Listening Walk.



Mindful Home #AListeningWalk