

THEME: DEVELOPING RESILIENCE IN CHILDREN ~ WE CAN GET THROUGH THIS WITH MINDFULNESS!



Mindfulness practices can help children develop their resilience, support their ability to work through their thoughts and feelings, and help build empathy for those around them too. Little ones learn about the importance of taking a moment to stop, take a breath, and then carry on with a clearer mind.

Children can develop emotional or behavioural problems such as anger and anxiety if high levels of stress are left unattended, which can result in damaging their brain and causing the onset of emotional problems. We can practice breathing techniques and mindful moments, say healing mantras, do yoga and meditate to help. Let's begin by practicing this mantra together: "I am strong, I care about myself and others. My feelings are ok."

Now breathe in... And breathe out.
May you be safe. May you be healthy. May you be loved.

We are here for you, for them.



MANTRA

"I am strong.
I care about myself and others.
My feelings are ok."



ACTIVITY

Om Breathing



Sit down together, take a deep breath in through your nose, and as you breathe out, slowly make the sound 'ommmmm" together. Do this at least 3 times to help feel calm and connected with each other through sharing breath and song. End by bringing your hands together in prayer and tell yourself something you love about yourself.



ACTIVITY

What Is Mindfulness?



Get a piece of paper and write down the word 'mindfulness' in the middle. Then around it, write words and draw pictures and relating to the questions; What does mindfulness means to you? What things can you do to practice mindfulness every day? After this, choose one thing at the start of each day that you will do to be mindful.

