

HERE

MINDFULNESS TOOLBOX
DAILY PLANNER

"rest your mind time"

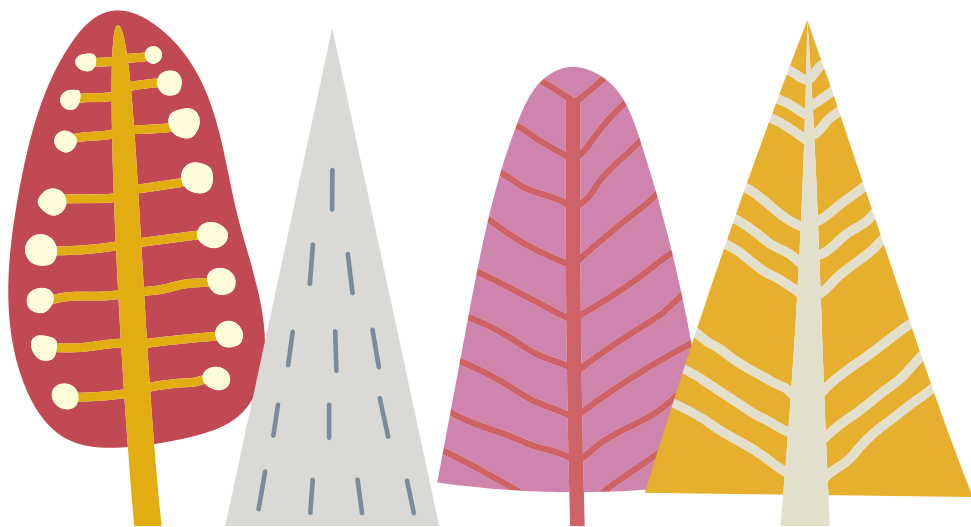


calm, connection, healing

We build strong brains and hearts through the magic of being here, by empowering schools, organizations and providers in the UK and US to bring calm, connection and healing to the children and families they support. These evidence-based mindfulness programs also boost resilience and self-confidence. With many themes centered around nature, such as "Blue Moons and Orcas," "Resilient Deer In Winter," and "Hedgehogs and Autumn Leaves," our activities include calming breathing exercises, restorative yoga poses and stretches, healing mantras, meditations and creative activities that connect children to the world around them too.

We are proud to provide mindfulness support to providers and educators, with themes and materials that can be used throughout the year.

Thank you for being here!





activities



VISUALISATION: “MY FAVOURITE PLACE”



DISCUSSION + CREATIVITY: “CALMING WORLDS”



“REST YOUR MIND” JAR



STORY TIME WITH THE CALMING CUTIES



“THE ONE MINUTE” CHALLENGE



visualisation

When you and/or the little ones you support are feeling a little worried, remember that your breath is always here for you and it's okay to take a break. One mindfulness activity you can do with children and teens is a visualisation. Read the following story slowly, allowing pauses for time to reflect.

“Think about your favourite place... Maybe it's a beach, a forest, or even snuggled up in pillows and blankets. Close your eyes and pretend you're there. How relaxing does it feel? What do you see around you? Can you hear any special sounds? Maybe birds singing or waves crashing? What about yummy scents like flowers or freshly baked cookies? Take a big breath in—fill up your belly like a balloon—and let it out slowly. Let's take two more healing breaths just like that... Breathe in ~ Slowly breathe out. Deep breath in... Exhale it all out and let it go.”

(Then can open the space up for discussion on how everyone feels.)



discussion + creativity

“CALMING WORLDS”

“What sort of calming world do you think of when visualising a comforting, safe space?”

(This can also be used as a creative activity, drawing and colouring calming worlds.)





"rest your mind jar"

Find an old jar and have fun decorating it with stickers! Add some water almost to the top, then add glitter, gems or sequin, and even some food colouring. Close the lid tight! Explain to your little ones that when you shake the jar, the glitter moving about inside represents your mind feeling busy. As the glitter settles, explain that this is your mind calming down. Practice breathing deeply and slowly while the contents of the jar settle.





yoga story with the calming cuties

In a world that's fast and loud,
Where noise can form a heavy cloud,
Meet the Cuties, calm and sweet,
Who make each minute quite complete.

"Let's take a pause," they softly say,
"To make the most of our today."
Find a spot where you can sit,
Close your eyes if you wish for a bit.
Take a deep breath and then let it out,
That's what this challenge is about.

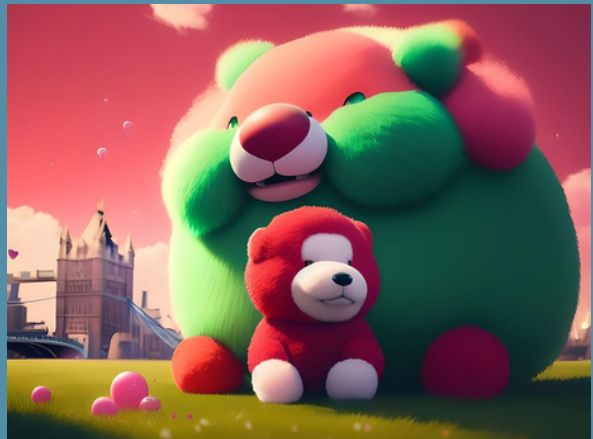
Just one minute is all you need,
To plant a tiny, peaceful seed.

So whenever you're in need of a
peaceful rest,
Get nice and cosy in your little nest.
Practice the "One Minute Challenge"
and you'll be sure to find,
A peaceful pause to still your mind.



"the one minute challenge"

Close your eyes if you wish, and sit in stillness for one minute. Simply observe and feel the breath coming into the body and going out again. After the challenge, you can talk about this together to see how it felt and to share your thoughts.



bonus content

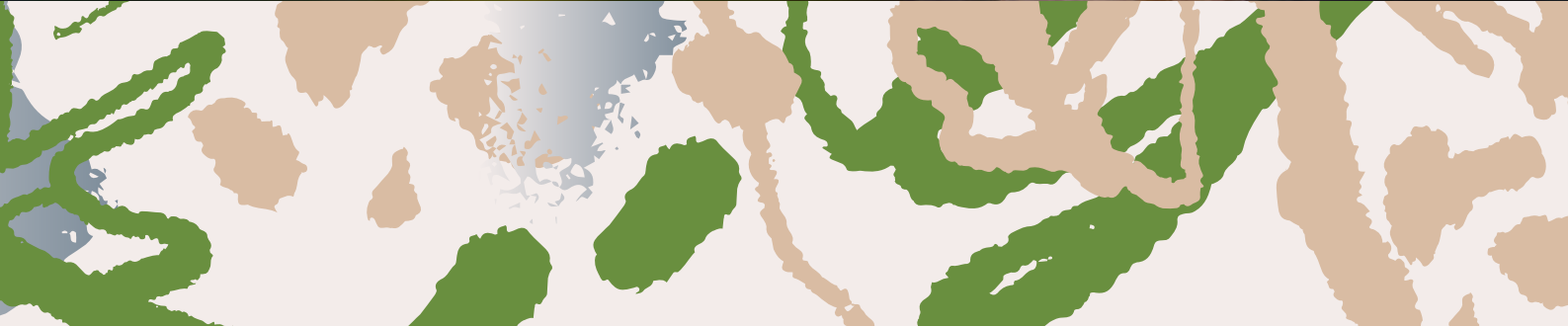


Show and/or project on a Smart Board the "Calming Cuties" and "Calming Worlds" on the following pages to aid in calming activities and open up discussions about feelings!











about the here founders

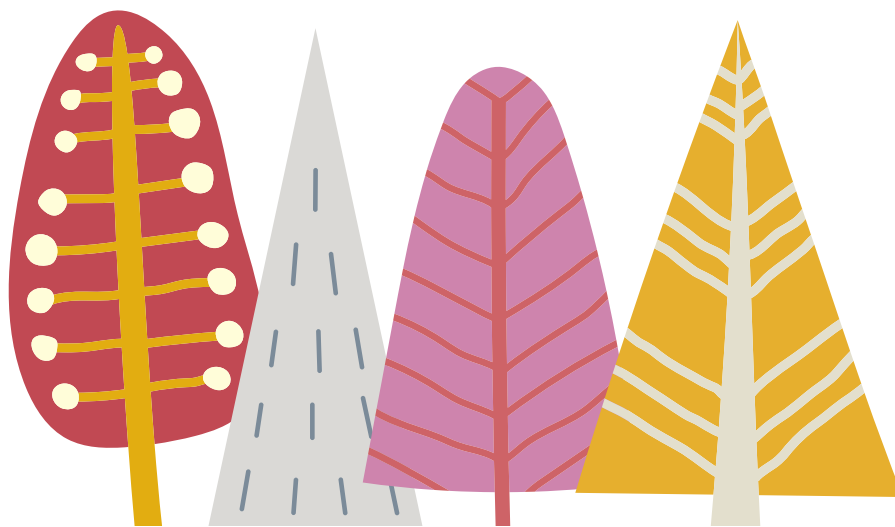
JEN ARMSTRONG, MSc

- Master of Science, Developmental and Educational Psychology (October, 2013)
- Bachelor of Science, Psychology with Sociology (July, 2012)
- Parent and Baby Yoga Teacher Diploma
- 95-hour RCYT Children's Yoga Teacher Training
- 200-hour RYT Ashtanga Vinyasa Flow Yoga Teacher Training
- 8-week MBSR (Mindfulness Based Stress Reduction) course with beingmindful.co.uk
- Trained facilitator in Roots of Empathy, The Parent Nurture Program, Teen Talk Parenting Program, Restorative Approaches, Motivational Interviewing and Solutions Focused Therapy.
- 7 years experience of Family Support Work / Parenting Support Work
- 6 years experience of mentoring and supporting young people.
- Nutritional advisory course
- Mindfulness Curriculum Developer

DANA OLSON

- UK Government/Tech Nation Exceptional Talent Visa in Digital Technology (one of 200 recipients worldwide 2016)
- Techstars/Microsoft Alumni (Seattle)
- Seattle "Female Founder to Watch." (Women 2.0)
- Fanzo Co-Founder (Seattle, Angel-funded)
- Founder of BoastHouse (creative development, marketing and communications consulting)
- Other career chapters... Omaha WOWT/Channel 6 Broadcast News Reporter + Corporate and Non-profit Public Relations, Marketing and Communications
- Current and Past Philanthropy: Brackenbury Village Residents Association, The Nebraska Medical Center Auxiliary Board, American Cancer Society, Volunteer Co-Founder of the Midlands Humane Society, The David Spence Cancer Foundation
- Mentor to startup founders and young professionals

We are grateful to have been speakers for the following organizations: The Buffett Early Childhood Institute PD For All, "Brain Building Techniques For Parents and Children: Integrating Mindfulness, Meditation and Yoga," Nebraska Early Childhood Collaborative "Elevate22," City of Westminster/London, "Reducing Parental Conflict," London Borough of Hammersmith & Fulham "Morning Market" for early childhood care providers, Omaha Raise Me To Read, the London Mindful Living Show and more.



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