Mindfulness

Below are some activities which can be completed at home together to promote mindful practice. Developed by Educational Psychologist, Paula Williams to help children understand their bodies reaction to feelings and how to manage them.

It is recommended that these activities are completed in a calm environment away from distractions. This is a perfect opportunity to bond with your child whist building coping strategies for anxiety and stress.

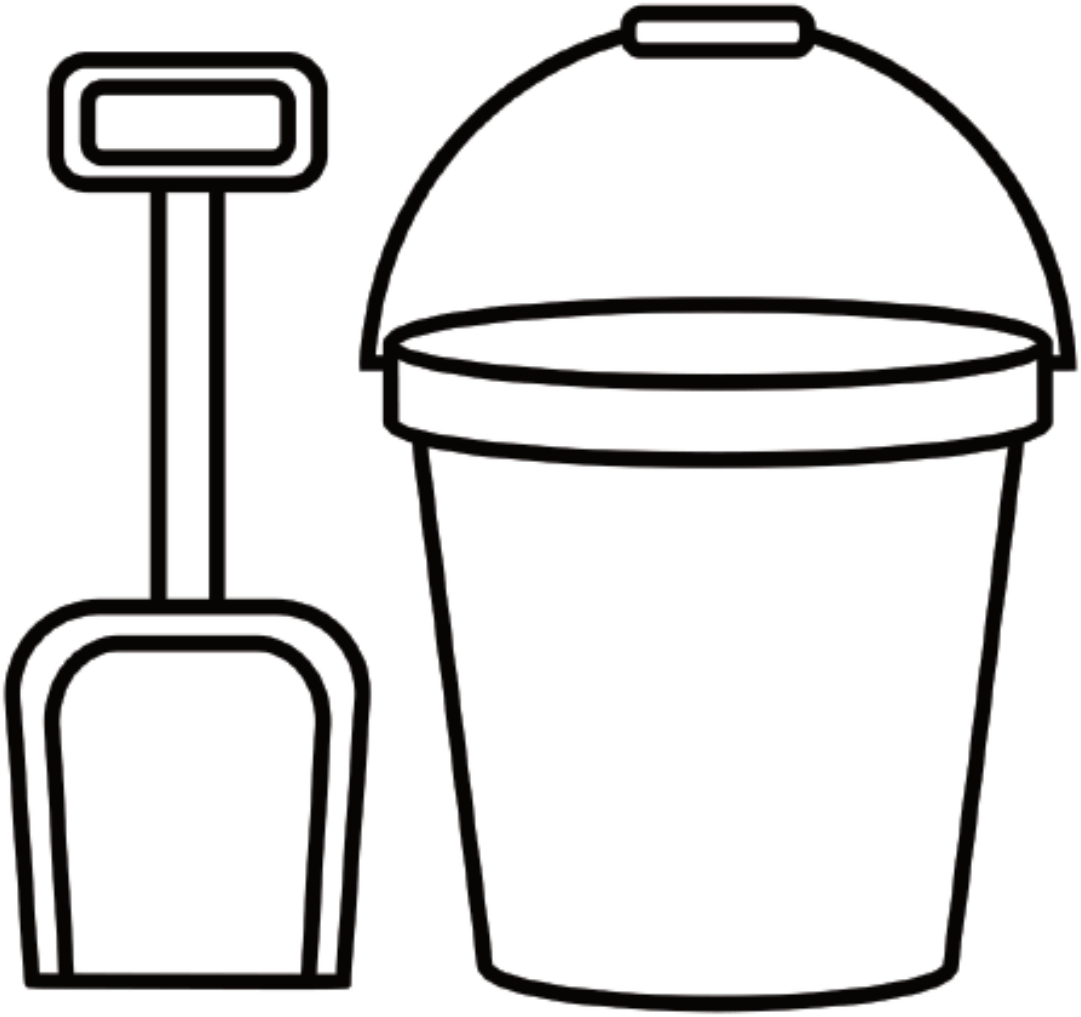
The coach cards are for the adult and the child cards are for the children.

Understanding 3 Child

Bucket analogy – Part 1

- Imagine your body is a bucket.
- When we get anxious or upset our stress hormones pour in and can spill over.
- If this happens we might cry or get angry.
- We need to think of the things that start to make us feel upset much earlier.
- Little things might add up or a few bigger things might fill your bucket.
- Think of worries that upset you, draw them in your bucket as water levels or pebbles. What fills up your bucket/body?

Understanding 4 Child

Bucket analogy – Part 2

- Look at your bucket and the things that worry you.
- Your Calming Cat coach will help you to think about different activities which might help you to let go of some of those tensions.
- Let it go
- Let it go