

WELLBEING IDEAS – HELPING KIDS THROUGH THE HOLIDAYS

These mindfulness break cards contain a collection of activities for children to complete when they need a mindfulness break. Activities on these cards allow students to take a break, gather their emotions, and reset themselves.

Right now, what are three things you can hear?

Right now, what are five things you can see around you?

Have a 'mindful' snack, recognising the smell, texture and taste of the food.

Take a look outside and observe three things you didn't notice at first glance.

What are three things you are grateful for?

Find something close to you and take time to notice every feature close up.

Take a moment to lie down and observe the clouds. Can you see any shapes?

Draw the emotions you feel right now. Either how they are portrayed physically or from an abstract perspective.

Think of three things you can do today to help someone else.

Take three big belly breaths, taking the time to feel your stomach grow and deflate.

Recognise an emotion you are feeling and think about where you feel it in your body.

Listen to some music and count how many different instruments you can hear.

Monitor your heartbeat right now. Complete some short exercise and check your heartbeat again. What do you notice?

Pick a muscle to tense and then relax it. Recognise what it feels like and what other muscles are impacted.

Practise some mindful colouring.

Start or add to a wellbeing journal. You can write your feelings, worries and/or things you are grateful for.

