

# Mindfulness calendar: daily five-minute activities

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This is a **two-week calendar** with **daily mindfulness** activity suggestions. You can run these activities whenever you like, for example at the **start of lessons**, or **after playtime**, to help ground and relax the children.

The activities within the calendar will take approximately **five minutes** and can be done **at home or in school**, with **individuals, small groups or whole classes**. You can display this poster in your classroom or staff room, and use the accompany guidance for instructions on how to deliver the activities.

# MINDFULNESS CALENDAR

**MON**

COUNTING  
BREATHS

1-2-3

**TUES**



ATTITUDE OF  
GRATITUDE

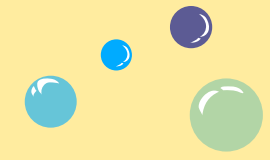
**WED**



USING  
THE  
SENSES

**THURS**

COLOUR  
BREATHING



**FRI**



BIRTHDAY  
CAKE  
BREATHING

**MON**

FEATHER  
BREATHING



**TUES**



FINGER  
COUNTING

**WED**



SLIMY  
HANDS

**THURS**



RISE  
AND  
FALL

**FRI**



RELAXING  
MUSCLES

## Counting breaths

1-2-3

- Encourage the children to focus on their breathing by counting the number of 'in' breaths and 'out' breaths.
- "I am breathing in 1, I am breathing out 1, I am breathing in 2, I am breathing out 2...". Encourage them to continue do this until they reach number 10.

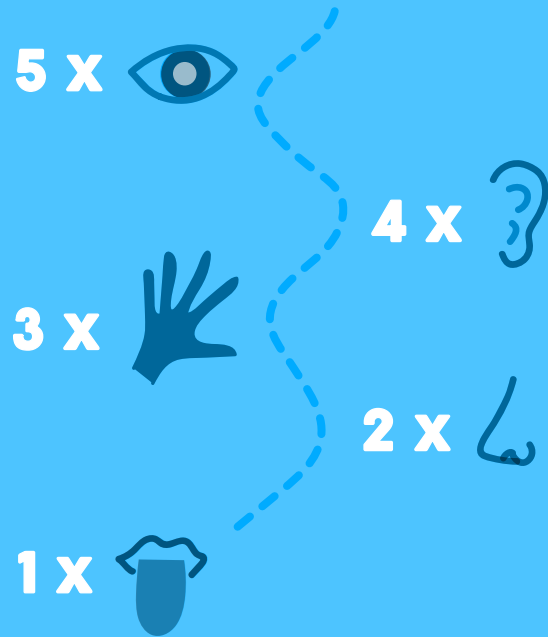
## Attitude of gratitude



- Ask the children to focus on their breathing. If they want to, they can close their eyes.
- Encourage them to think of one thing that they are grateful for and encourage them to keep this image in their mind.
- Ask them to notice any feelings or sensations that arise.
- Continue this for a few minutes.
- You could also run this as a writing activity, using the following sentence starters:
  - Something I am grateful for today is...
  - The best thing that happened today was...
  - Something I did well today was...
  - I'll make the rest of the day great by...

## Using the senses

- Remind the children of the five senses (seeing, hearing, smelling, touching and tasting).
- In this order, ask children to focus on one sense at a time, noticing:
  - Five things they see
  - Four things they hear
  - Three things they smell
  - Two things they can touch
  - One thing they can taste



- By focusing on one sense at a time, children will be able to reduce their anxiety.

## Colour breathing

- Ask the children to sit or stand in a comfortable position. They can close their eyes if they wish.

Ask the children to imagine their favourite colour, or a colour which helps them to feel calm.

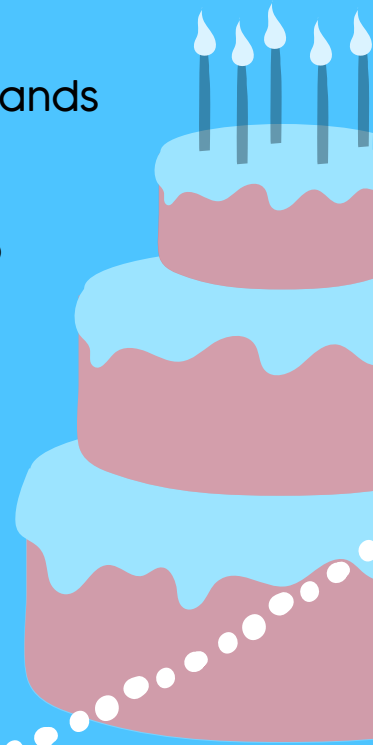
- They are now going to take a breath in and imagine that they are breathing in this colour.

- As they breathe out, they are going to imagine blowing a bubble made of this colour.

You can repeat this process for a few minutes and encourage the children to see if they can take longer, slower, deeper breaths (both in and out) and blow larger imaginary bubbles.

## Birthday cake breathing

- Ask the children to sit in a chair and place their hands on their bellies.
- Ask them to make their left hand into a fist and to imagine that this is a cake.
- Ask them to inhale, pretending to smell the cake.
- Ask them to exhale, pretending to blow out the candle.
- Continue this for a few minutes.



## Feather breathing



- If you can provide real feathers or cotton wool for this activity, that would be great. Otherwise, children can use their imagination.
- Ask the children to sit comfortably on a chair and imagine that there is a feather or ball of cotton wool in front of them. If they have a feather or cotton wool they can place this in one of their hands and hold their hand out in front of them.
- Then ask them to breathe in through their nose and breathe out slowly through their mouth, in order to make the object float.
- Repeat this a few times.

## Finger counting




- Ask the children to sit or stand in a comfortable position and to hold one of their hands out.
- Explain that as they breathe in for five counts, they will place each finger into the palm of their hand, until their hand makes a fist.
- As they breathe out for five counts, they will uncurl each of their fingers.
- Keep counting aloud for the children and repeat this activity for a few minutes.

## Slimy hands

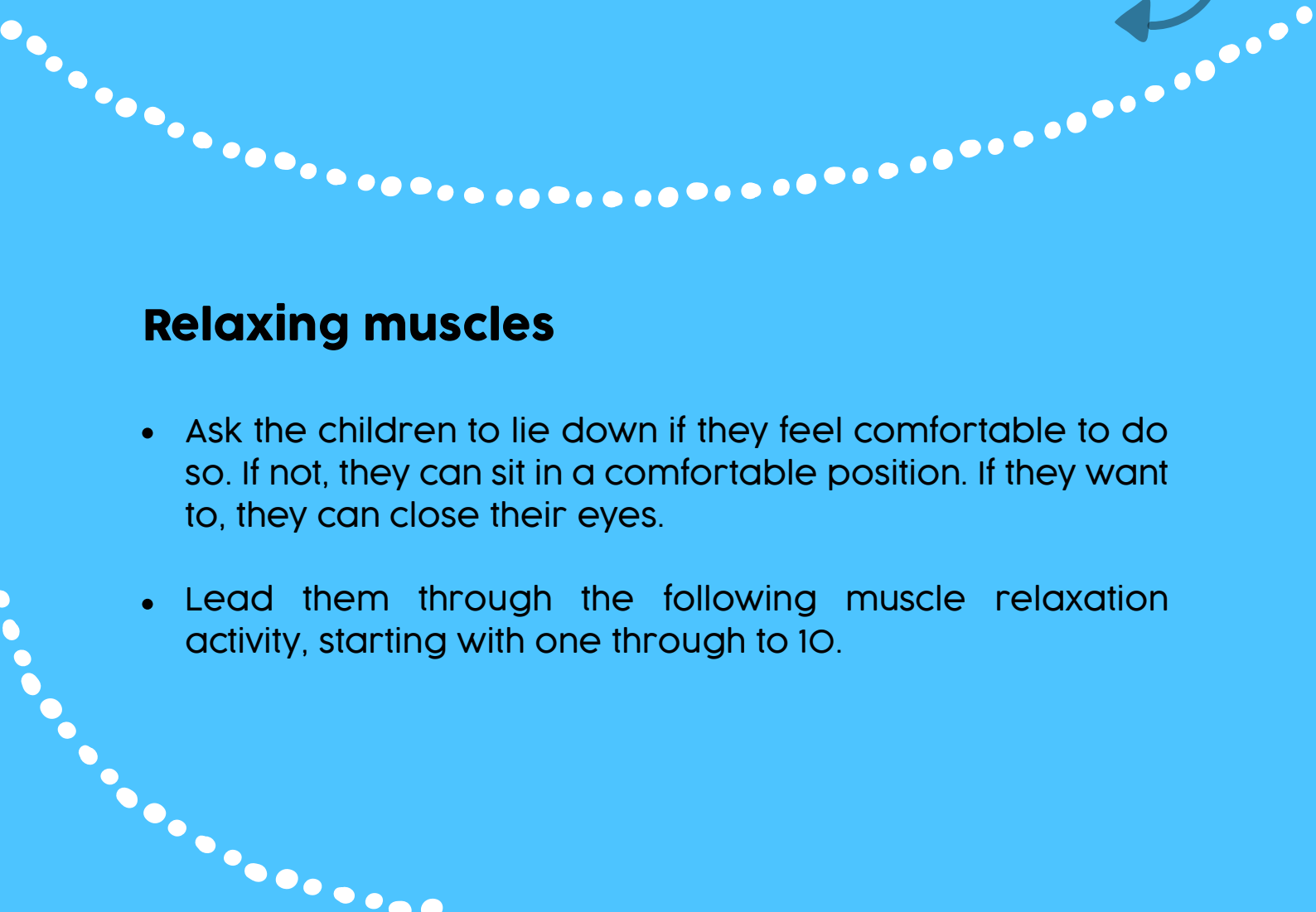
- Ask the children to imagine that they have a ball of slime in the palm of each hand.
- They are going to squeeze the slime as hard as they can as they breathe in.
- They then breathe out and open their hands, imagining that the slime has spread across their hands.
- Repeat this a few times.

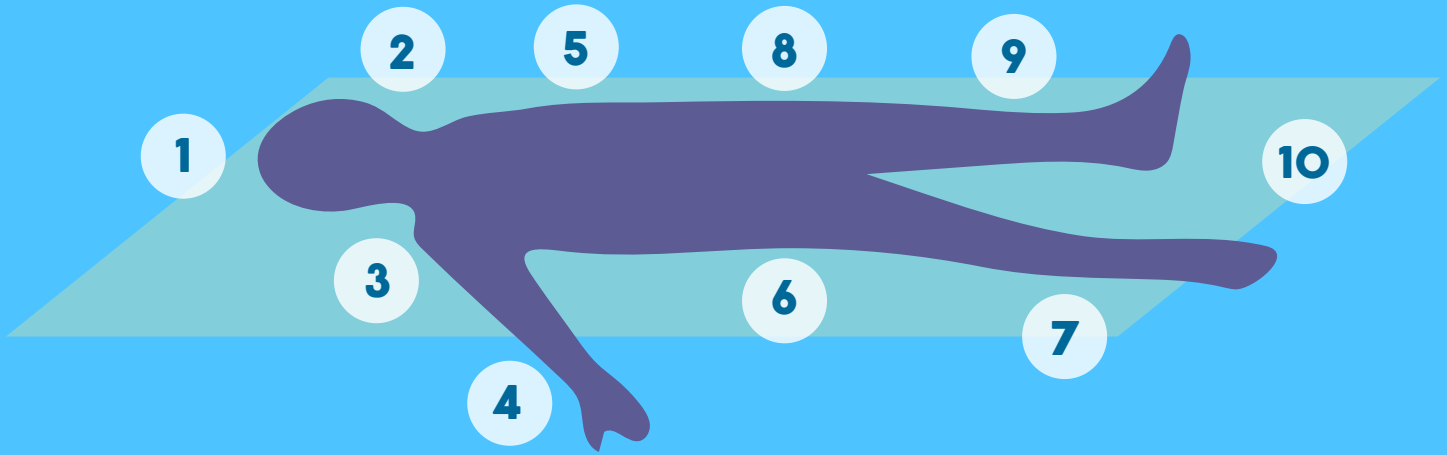


## Rise and fall

- Ask the children to sit in a comfortable position, preferably with their backs straight.
  - Ask them to imagine that they are rising and falling with their breath.
  - As they breathe in for four counts, they are slowly going to come to a standing position and stretch their arms into the sky.
  - As they breathe out for four counts, they are slowly going to come to a seated position with their arms relaxed by their side.
  - Remind them to coordinate their breathing with their rise and fall and continue this for a few minutes
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## Relaxing muscles

- Ask the children to lie down if they feel comfortable to do so. If not, they can sit in a comfortable position. If they want to, they can close their eyes.
  - Lead them through the following muscle relaxation activity, starting with one through to 10.
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- 1** Tense face muscles including forehead, cheeks, mouth, upper neck. Release.
- 2** Gently roll head from side to side, with awareness of the tightening muscles. Release.
- 3** Tighten shoulders. Release.
- 4** Tense right arm, from shoulders to fingers without making a fist or lifting arm off of floor. Tense left arm. Release.
- 5** Gently tense chest muscles and abdomen, without holding the breath. Release.
- 6** Tense right hip and buttock. Release.
- 7** Tense right leg down through feet and toes. Release.
- 8** Tense left hip and buttock. Release.
- 9** Tense left leg down through feet and toes. Release.
- 10** While no longer tensing any muscles, allow attention to drift back up through legs, abdomen, chest, arms and back to the face.