

5-10 Minute Mindfulness Activities



Pinwheel Breathing

- Providing students with an object to focus on is a great way to encourage concentration during mindfulness lessons.
- Use pinwheels in conjunction with the mindful breathing exercise, making the pinwheel spin with every exhale.



Mindful Breathing

- Students can sit or stand for this activity.
- Ask students to put both hands on their belly.
- Students should close their eyes, or look down to their hands.
- Guide students in taking three slow deep breaths in and out to see if they can feel their hands being moved.
- You may like to count "1, 2, 3" for each breath in and "1, 2, 3" for each breath out, pausing slightly at the end of each exhale.

Belly Buddies

- Ask students to bring in a small stuffed toy, or provide a class set of small, light-weight objects such as small bean bags or wooden blocks.
- Students lay on their backs and place the toy or object on top of their belly buttons.
- Take students through the guided breathing activity above, asking them to watch the object as it moves up and down with their breath.

Shark Fin

- Place the side of your hand on your forehead, with your palm facing out to the side.
- Close your eyes. Slide your hand down your face, in front of your nose.
- Say "shhh" as you slide your hand down your face
- If you are sitting down, you do the 5 Ss while you move your hand: Sit up straight, sit still, sit silently, soft breathing, shut eyes.
- If you are standing do the same but you are standing straight, still, silently, using soft breathing and shut eyes while you move your hand down your face.

Breathing Colours

- Ask students to think of a relaxing colour. It can be any colour they like, as long as it is one that makes them think of relaxation.
- Ask students to think of a colour that represents stress, sadness or anger. Whichever of those emotions is most relevant or suitable for your class group to explore.
- Students imagine breathing in the relaxing colour and visualise it filling their lungs.
- Students then imagine breathing out the stress, sadness or anger colour.

Breathing Hands

- Spread one hand out like a star.
- Use the index finger on your other hand to trace the outline of your star hand.
- Take a deep breath in as you move to the top of your thumb. Breathe out as you move down between your thumb and first finger.
- Take another breath in as you move to the top of your first finger.
- Breathe out as you move down between your first and second finger.
- Repeat until you have taken five slow, deep breaths.

Back-to-Back Breathing

- Students need to work in pairs.
- Sitting tall, with their back resting against their partner's back, begin the mindful breathing from activity one.
- After a little while, students may find that their breath falls into sync with their partner.



Body Scan

- Students lay on the floor, with their eyes closed if they are comfortable (or they may prefer to look at the ceiling).
- Question how each part of the body feels to bring students' awareness to their body in the moment.
- If there is tightness or stress, imagine breathing the stress out of that part of the body with each exhale.

Mindful Steps

- This activity is best completed outdoors and if suitable, students may like to walk barefoot.
- Give students a clear boundary for where they can walk during this activity.
- Each student selects a small area where they can walk in a line for about 5 or 6 steps and back then back to where they started without getting into another person's way.
- Begin this practice with three deep breaths, or the Shark Fin activity (#4 above).
- Take 5 or 6 steps in one direction, turn slowly and then take 5 or 6 steps back to where you started.

Mindful Sounds

- For this mindfulness activity, you will need something that makes a bell sound.
- Begin this practice with three deep breaths, or the Shark Fin activity (#4 above).
- Give the following instructions before ringing the bell:
 1. When I ring the bell concentrate on the sound that you hear.
 2. Keep your eyes closed until the sound is completely gone.
 3. After you open your eyes, remain silent until you hear my voice again.

Spidey Senses

- Ask students to switch their senses up to a superpower level, just like Spiderman.
- In this moment:
 - What can they hear?
 - What can they see?
 - What can they taste?
 - What can they smell?
 - What can they feel?



Glitter Bottle

Preparation:

- Fill a bottle or jar with water, leaving 2-3 cm of space at the top.
- Add a generous amount of glitter glue to the bottle (or a combination of PVC glue and regular glitter).
- Directions:
- Shake the bottle well to mix the glitter, water and glue.
- Get the children to shake the bottle and explain that it is similar to our thoughts as the glitter is hard to see. Explain it is similar when you're stressed as you are not thinking clearly but it happens to all of us.

Mindful Safari

- Instruct students to remain quiet, calm their thoughts and move slowly while on safari.
- Ask students to turn their sense of sight, touch and sound onto high.
- Search for beautiful natural objects to explore.
 - What does it look like?
 - What colour is it?
 - What does it smell like?
 - Can I touch it?
 - What does it feel like?



Sense Countdown

Think of:

- 5 things you can see
- 4 things you can touch
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste

