



PSHE and Citizenship

Health and Wellbeing | Think Positive

Keep Calm and Relax



twinkl



Aim

- I can use mindfulness techniques to keep calm.

Success Criteria

- I can recognise and talk about different emotions.
- I understand why it is important to relax and be calm.
- I know some ways to be mindful.

The Big Questions



What is mindfulness and how can it help?

How can we be mindful?

Reconnecting

What Do You Already Know?



Let's collect words and phrases that occur to you when you think of mindfulness. Talk to your partner then we'll share our ideas.

Mindfulness

Exploring

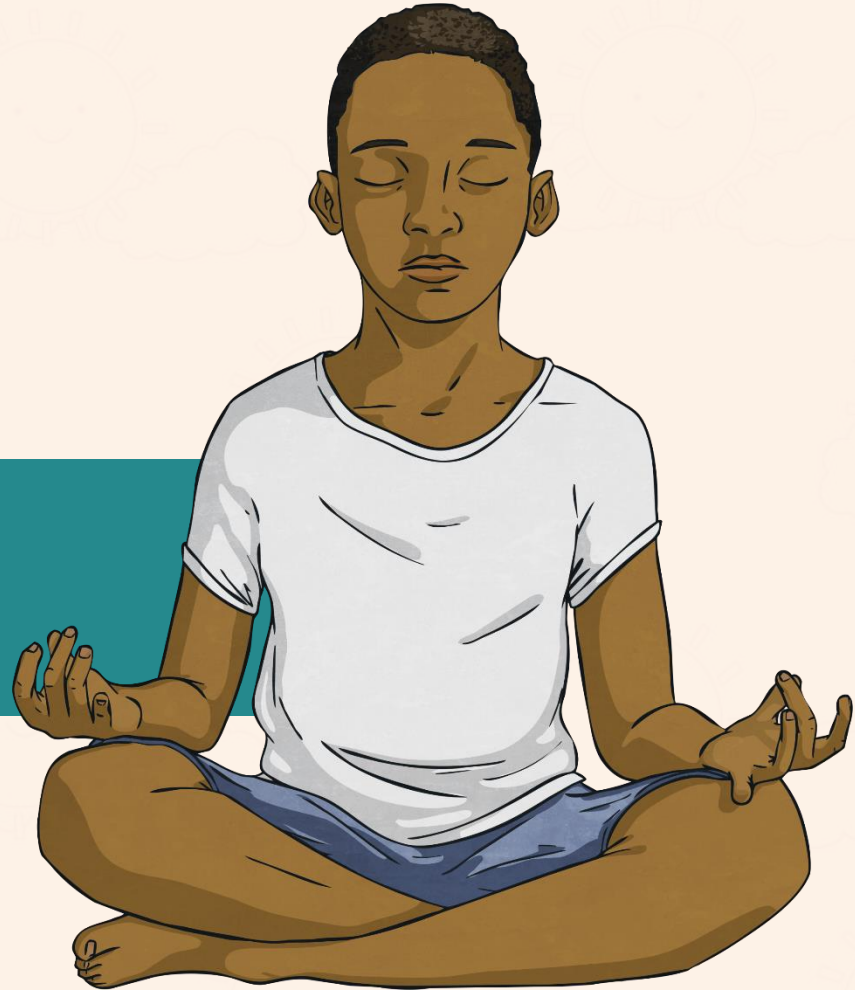
What is Mindfulness?



Mindfulness is noticing what is happening right now.

It is focusing on our senses, so what we can hear, see, feel, smell and taste right now.

It is also about noticing what your mind is doing and how you are feeling.



Why Should We Be Mindful?



Lots of research has been done to find out how being mindful can help us. It would appear that mindfulness can help us in lots of ways:

- Mindfulness can help us get better at focusing and paying attention.
- It can also be used to help us calm down when we are angry or upset.
- Some research has also found that when we are calm, we make better decisions.
- Mindfulness can actually help us be happier in life.



How Can We Be Mindful?



There are lots of ways we can be mindful.

It isn't hard to learn and it doesn't have to take a long time.

There are some techniques that you can use every day.

Let's look at some suggestions.
See which ideas you would like to try.



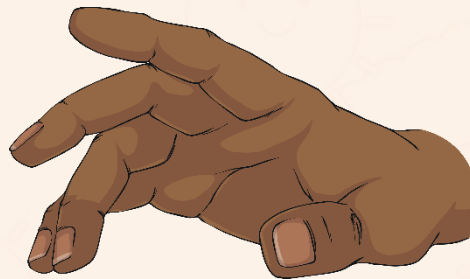
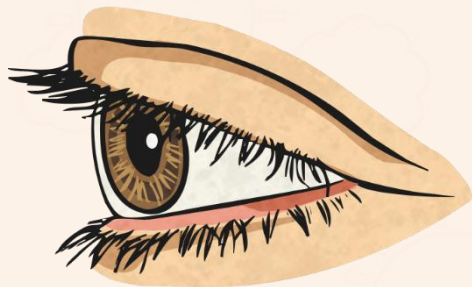
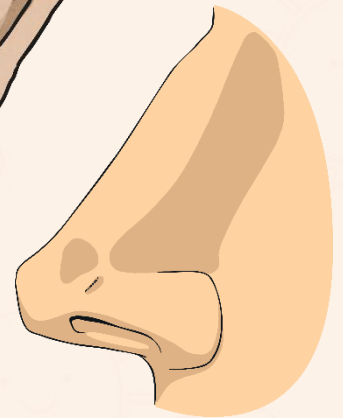
Focus on Your Senses



Our five senses are what help us make sense of the world around us. We often take them for granted and stop noticing things around us, such as certain sounds or smells.

Take time to stop sometimes and concentrate your mind on what you can see, hear, smell, taste or feel.

Going on a senses walk is a great way to distract yourself from negative thoughts, doubts or worries.



Focus on Your Eating



Mindful eating! This sounds like a joke, but it is something that we can all do.

When we eat, we are often focused on something else, rather than the food itself.

When you are eating, take time to really concentrate on the food.

What does it look like close up?

How does it smell?

How does it feel on your tongue?

What is the taste like?

What temperature is it and does the temperature change in your mouth?



Focus on Your Breathing



Breathing is something we are doing all the time, without thinking about it. But what if you stopped and took the time to really concentrate on your breathing?

Many people calm themselves down (maybe before something they are nervous about, or maybe to gain control after they have had an angry outburst) by focusing on their breathing.

Try breathing in through your nose for the count of four, then out through your mouth for the count of three.

Notice how your chest expands as you breathe in and imagine the oxygen reaching other parts of your body, such as down your arms to your hands and through your legs all the way to your feet.



Focus on an Activity

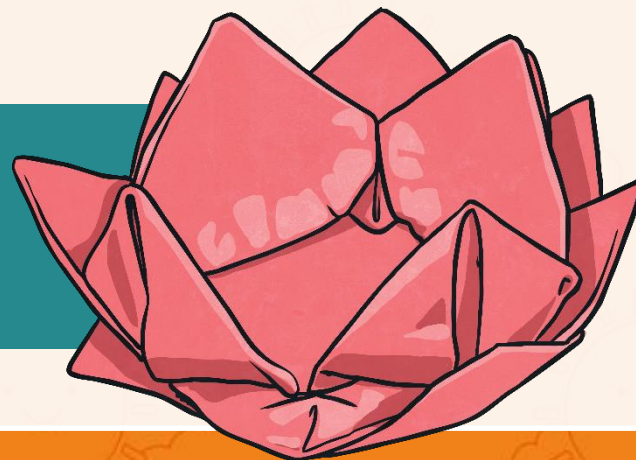


Hands up if you have ever done mindfulness colouring!
Children are naturally very good at focusing on an activity – better than adults!



Calmly concentrating on one activity, such as colouring, drawing, origami, sewing, a jigsaw puzzle, a word search, building a model, dot-to-dots, playing a musical instrument, number puzzles, can help to really quieten your mind.

By occupying your mind with an activity, you leave less room for unhelpful thoughts to pop in.



Notice Nature



Take time to notice the beauty and wonder of the natural world around us.



Keep Calm and Relax!



Consolidating

Reflecting

Consolidating

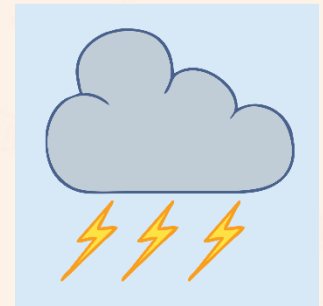
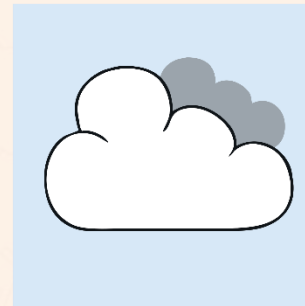
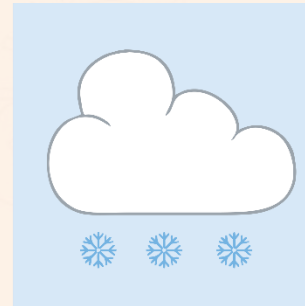
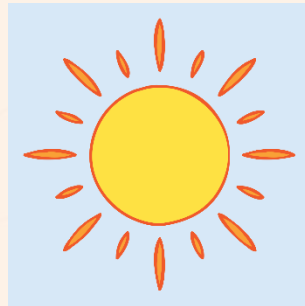
A Personal Weather Report



An excellent way of getting our minds to calm down and focus on how we feel is to think of our emotions as being like the weather. It can help us get in control of our emotions and understand them better.

Choose four emotions that you often feel, then think about what triggers those emotions.

Next, think about which type of weather would represent these emotions. Look at an example weather report on the next slide.



A Personal Weather Report

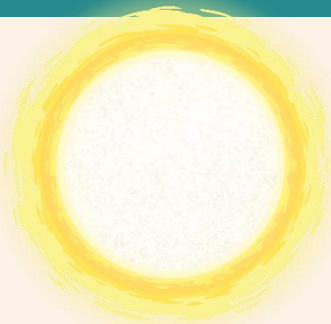


This is Rayhan's weather report.

He has chosen four emotions, thought about what triggers those emotions for him and thought about the type of weather that best fits each emotion.

There is no right or wrong, as it is your own personal weather report and we are all different.

Joy – when I am playing with my dog



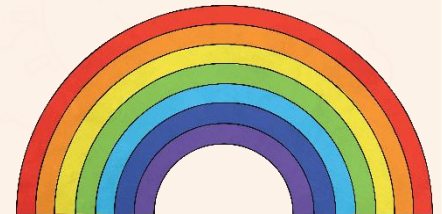
Jealousy – when my little sister gets something new



Nervous – when I have to speak in front of the class



Excited – the night before my birthday



Reflecting

Listen to the Bell



This technique we are going to try today is one that a lot of people use to help them be mindful, keep calm and relax. It is called the mindfulness bell.

Focusing on just the sound of a bell chime, that gradually gets quieter and fainter, is a way of allowing our minds to be calm, still and quiet. If we are concentrating wholly on the bell, there is no room in our minds for worries, fears or doubts and the brain gets a rest for a short while.

As we now know, this is really important for our mental health.

You can watch the waves of sound on the video, or close your eyes if you wish. However you do it, you need to focus on the sound of the bell and nothing else.

[Mindfulness Bell](#)



The Big Questions



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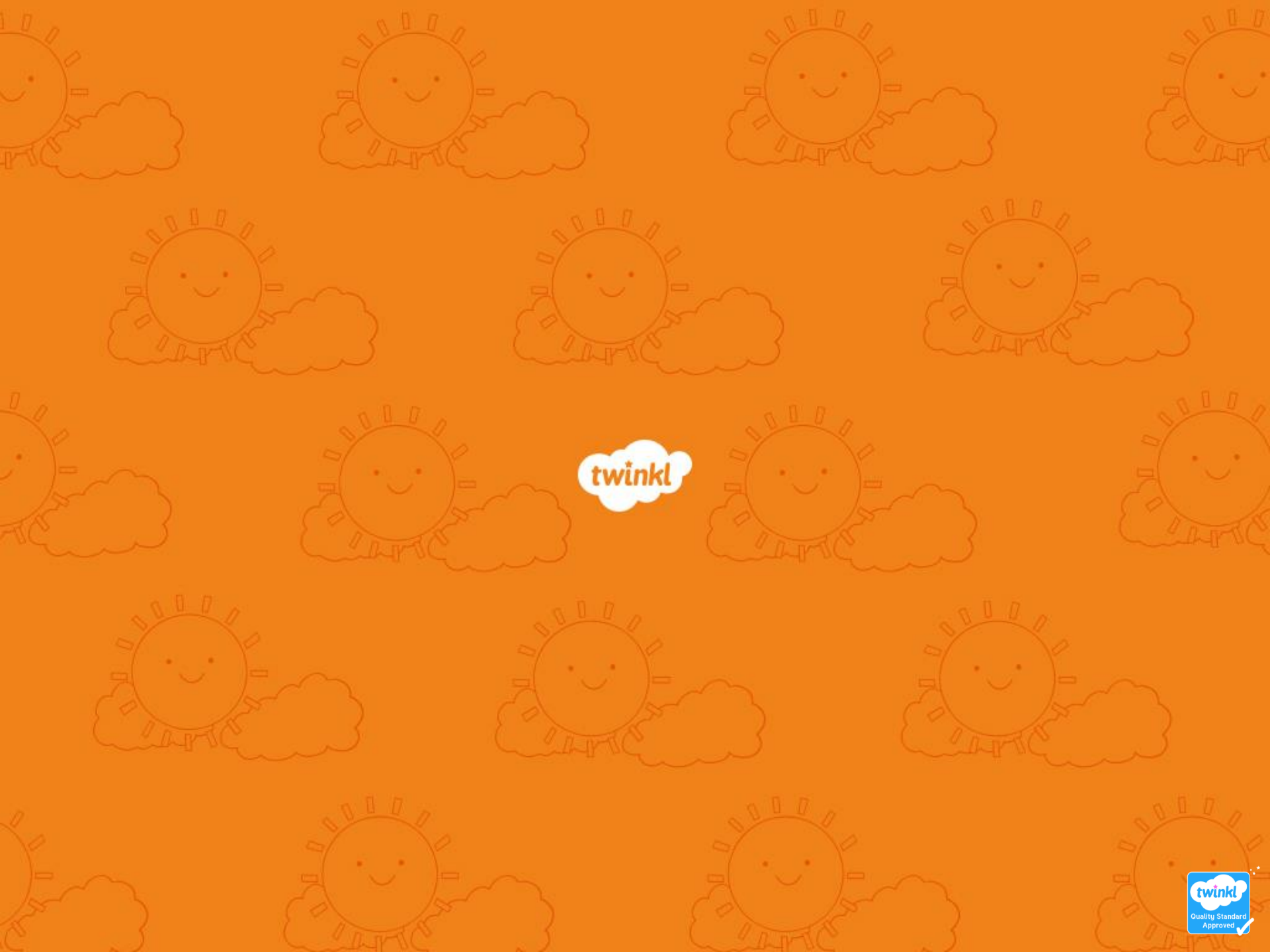


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