



# MINDFULNESS

## Citizenship

### Related FlashAcademy lessons:

Beginner > Home, Time & Leisure > Saying How You Feel

Beginner > Shopping, Numbers & Colours > Asking for Help

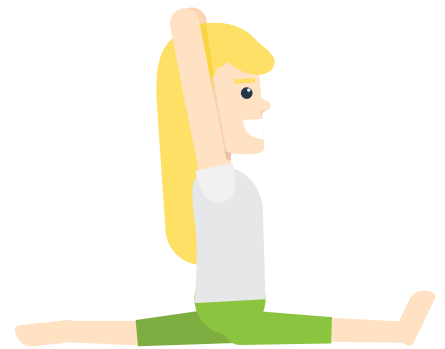
Beginner > Health & Body > Arms & Hands, Feeling Unwell

Intermediate > Food & Drink > Time for a Snack

Intermediate > Health & Body > Arms, Legs & Toes

Intermediate > Family & Relationships > Your Personality, Exploring Feelings, More About Personality

It can be hard to understand our emotions sometimes, and if we are **worried** it can make everything seem more **difficult**. You might get **upset**, argue with your friends, or **stop** concentrating at school. You might find it difficult to breathe, get a stomachache, headache, or feel a pain in your chest. If you **start** to feel like this, you can try to use something called 'mindfulness' to help you **calm** down and take control of your feelings. Here are a few ideas of mindfulness activities you can do:



1. Lie down and focus on your toes. Squeeze them for five seconds, then relax. Move up your body concentrating on every different part, remembering to squeeze and relax all the way up to your head. This might help you relax before you go to sleep.
2. Hold out one hand and use your other hand to draw around the shape of it as **slowly** as you can. Watch your hands carefully and focus on how it feels. Breathe in as you draw up the fingers, and out as you draw down. You can easily do this in lessons.
3. If you're feeling stressed at lunchtime, have a mindful snack! When you're eating something, eat slowly and focus on the feeling of the food in your mouth. Is it **crunchy** or **soft**? Hot or cold? What does it taste like? How does your face feel?

### Match the words with an antonym:

worried	•	•	quickly
upset	•	•	calm
easy	•	•	soft
slowly	•	•	difficult
stop	•	•	happy
crunchy	•	•	start

A line connects the word 'slowly' in the left column to the word 'quickly' in the right column.

## Read the text again and answer the questions:

- 1** If you are worried, it can make everything seem:
- 2** What can you do to help you relax if you feel worried?
- 3** When is a good time to try the first mindfulness activity?
- 4** When you're eating a mindful snack, what can you concentrate on?
- 5** If you're in a lesson and you feel worried, which mindfulness activity can you try?
- 6** What can happen to your body if you feel worried?



### Discuss with a friend, teacher, or your class

How do you know when you feel worried or upset?

What makes you feel better again?

Who can you talk to if you feel worried or have a problem?



### Challenge!

Look up 'mindfulness colouring' online and print out something you want to colour. Colour slowly and focus on the feeling of the pen on the paper.

