

### Mindfulness Worksheet

The mindfulness skills taught to your child are designed to be practised on a regular basis so they become helpful habits that can be used in stressful situations.

If you are interested in helping your child turn their newly-learnt mindfulness skills into helpful habits, you may want to try the techniques yourself and follow the three 'P's below:

**Practice** helps embed a habit. Practising at regular times each day is helpful. You may like to practise with your child using the technique below or you can make use of a range of free apps e.g. **Headspace and Mindful Gnats.**

**Planning** with your child about when they might use the skill to cope with particular situations or feelings, e.g. when they are nervous about something; planning ahead when they will use the skill.

**Predicting** what might prevent your child using their new skill and planning around this, e.g. finding the right time to practise mindfulness. It can be hard to remember to do mindful breathing when you are already stressed, so trying to do it before a stressful event can be helpful.

### Mindful breathing exercise

Here is an example of a mindful breathing exercise that you may wish to try:

Sit in a comfortable position, keeping your back straight so that it is not touching the back of your chair. It may be helpful to move to the front of your seat so that you can feel your sitting bones.



- 1) Close your eyes or soften your gaze and look at the floor.
- 2) Scan your body and allow any tension you find to slip away.
- 3) Notice the sensations of each breath as it happens – don't try to control the breath, just notice it.
  - \* Focus on the breathing going in through your nostrils and out through your mouth.
  - \* Pay attention to the rise and fall of your chest.
  - \* Notice the rise and fall of your belly as you breathe.
- 4) Notice any thoughts flowing through your mind and place them onto imaginary clouds and watch them float away. Bring your attention back to your breathing.

5) After about 5 mins, take one more breath and feel your feet firmly on the ground. Notice the noises around you and return to the present moment. When you're ready, gently open your eyes.