

Mindfulness daily activities

Week beginning 11th January

Mindfulness weekly activities

Like your mindfulness lessons in school, you will be following a sequence of structured activities to learn and practise methods of relaxation, focus and self awareness. The difference is, for now, you will get to do this every week day 😊

Each day you will spend time on 3-4 different activities;

1. Here and now journal entry
2. Breathing and meditation activity
3. Yoga – x2 poses

The here and now journal

Day 1 – Positive mind - Notice the positive thoughts that you have had today.
Now write down 2 and reflect on them.

Day 2 - Gratitude – Take time to reflect on what is good in your life right now.
Write down 3 things you are grateful for.

Day 3 – Noticing – Close your eyes. What can you hear/smell/feel/sense?
Note down your findings.

Day 4 – Focus – What 3 main thoughts are on your mind? Write them down.
Which is the most important and why?

Day 5 – Happiness – How does it feel to be happy?
Write down 3 words that describe the way it makes you feel.

here
&
now

Breathing and meditation activity

Close the blinds/curtains

Turn off the lights

Get yourself into a comfortable position – laying or sitting, rest head on hands

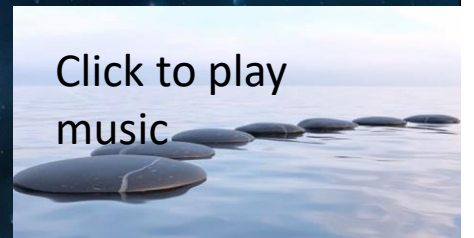
Close your eyes and listen only to the music

(NEXT SLIDE FOR THE MUSIC)

bliss LOVE healing guidance PEACE
JOY HOPE divine spirit abundance thank you
gratitude PURPOSE NOW
faith mindfulness blessings TRUTH
family SOUL oneness zen kindness
connect intention
forgive ACCEPT



Click to play
music



Yoga

Complete 2 different yoga poses. Link to activity on the next slide.

Day 1 – Downward dog and plank

Day 2 – Upward plank and The tree

Day 3 – Warrior 1 (and Warrior 2

Day 4 - Extended side angle and Seated forward bend

Day 5 – Bridge and child's pose



Yoga



Play music
here