

Mindful Monday Wellbeing Menu

Senior Classes

Mindful Monday

Daily mindful moments and activities help us to practice taking time to breathe, relax and be more present.

Breathing strategies help us to take time to check in before reacting when strong emotions occur. We then create the power to choose our responses.

Remember that if you want these strategies to work when you need them, then you need to practice them regularly.

Ms. McCann has recorded a wonderful mindful activity for you. Check out the website to find out!

Wellbeing Choice Menu

Breathing Strategies

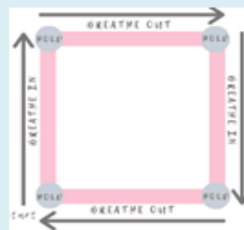
Anchor Breathing



Take a comfortable sitting position, with your spine straight. Place your hand on your stomach, chest or at your nose where the breath goes in and out. These are your anchor spots. Placing your hand on these places will help you to focus your attention for longer. You could use anchor words to further focus you, such as: 'In, Out' 'Inhale, Exhale' Try this for 30 seconds.

Shape Breathing

Use your finger in the air to trace these shapes in front of you. Try it slowly, then speed up. See what feels good for you.



Sense Activity

Mindful Eating

Take a piece of your favourite fruit and use all your senses to take in every detail of it before you eat it.

Explore it for at least 60 seconds in your hand before eating it.

Smell it, touch it, study it with your eyes and think about where it has come from and how it has come to be in your hand. You will need to be determined as your mind may be impatient and want you to eat it quickly.

Reconnect with Nature

Stargazing: try to name and find a star constellation in the night's sky. It might be even more fun to make up your own names for the shapes that you find!

Walk Barefoot

'Shoes are like blindfolds for the feet'
Discuss what you think this means.