

Mindfulness Activities

Activities to conduct
before and after a
K-Kids community service project
or event.

Resources provided by:

www.projecthappiness.org

www.mindfulschools.org

The resources provided by these organizations are based on Neuroscience, Positive Psychology and Mindful Awareness.

Before for the event

Conduct these activities before a K-Kids event to open club members to a Mindful, meaningful experience.

Introduction: Why Mindfulness

Guide: Why Mindfulness discussion sheet

Activity 1: Explaining mindful bodies

Guide: Mindful body description

Worksheet: Mindful body – *Mindful Schools*

Activity 2: Self check-in

Guide: Conducting a self check-in

Worksheet: Emotions – *Mindful Schools*

Activity: Mindful breathing

Guide: Mindful breathing script- *Project Happiness*

Worksheet: Anchor words and breathing– *Mindful Schools*

Activity: Mindful listening

Guide: Mindful listening - *Project Happiness*

Worksheet: Mindful listening - *Mindful Schools*

After the event

Help K-Kids members process the emotions they experienced after the event by doing these activities.

Activity: Body scan

Guide: Body scan – *Project Happiness*

Worksheet: Body awareness – *Mindful Schools*

Activity: Reflection

Guide/Worksheet: K-Kids reflection questions – *Kiwanis K-Kids*

Activity: Sending kind thoughts

Guide: Sending kind thoughts

Worksheet: Sending kind thoughts to others- *Mindful Schools*

Activity: Encouraging mindfulness in all you do

Guide: Encouraging Mindfulness in all you do – *Kiwanis K-Kids*

Handout: What K-Kids do – *Kiwanis K-Kids*

Conduct
these
activities
before the
event.

Why Mindfulness?

Introducing the concept of Mindfulness to kids can be challenging, but here's a fun way to help K-Kids see how being Mindful can make a difference. Ask members to raise their hands if they have ever experienced any of the following.

- Said something you wish you could take back?
- Done something that you later regretted?
- Felt angry and out of control?
- Felt nervous or anxious about something?
- Been in a bad mood but not sure why?
- Felt like you need a break and want everyone to leave you alone?
- Had trouble falling asleep because your mind won't be quiet?
- Been accidentally spacing out when a teacher calls on you in class?

Read this explanation of Mindfulness to the group:

Being Mindful can help with all these things. Mindfulness is paying attention to our experience in a way that allows us to respond rather than react. All the examples above are things that happen when we react instead of pausing, taking a breath and responding. Learning Mindfulness will provide us with a quality of inner-stillness that is always available, even when our life or circumstances feel out of control and chaotic. It is possible to be aware and pay attention to everything in our experience including what we experience through our five senses (sight, hearing, taste, touch, smell) as well as our thoughts and emotions.

The skills we develop when practicing Mindfulness include:

Concentration

Noticing the activity of the mind and how the mind wanders, then bringing the mind back to the current moment when noticing that it's wandering.

Sense experience

The ability to reference emotion within our felt sense experience. (sight, hearing, taste, touch, smell)

Example: My heart is pounding, my breathing is speeding up, my stomach feels queasy, this is what fear feels like. I'm scared. I'll take deep breaths to calm myself.

Equanimity

The ability to be with the experience without over identifying with it, or pushing it away. Existing with our experience and finding balance and neutrality.

Let's try this.

Mindful body description

Seated in a chair

Legs shoulder width apart and feet resting on the ground. (Legs should not be crossed.)

Shoulders are relaxed

Straight spine as if sitting with dignity

Shoulders are relaxed and the stomach and abdomen are soft

Head is slightly tilted forward with a downward glance

Eyes can be opened and focused on a spot five feet away or eyes can be closed

Mouth relaxed and slightly open

Hands rest palms down on the thighs

Breathe in and out through the nose

Seated on the ground

Seated on a cushion

The spine is straight as if sitting with dignity

Shoulders are relaxed

Legs crossed in front of you

Shoulders are relaxed and the stomach and abdomen are soft

Head is slightly tilted forward with a downward glance

Eyes can be opened and focused on a spot five feet away or eyes can be closed

Mouth is relaxed and slightly open

Hands rest palms down on the thighs

Breathe in and out through the nose

Standing

Stand with feet shoulder width apart

Straight spine and relaxed shoulders

Arms and hands rest at the sides

Head is slightly tilted forward with a downward glance

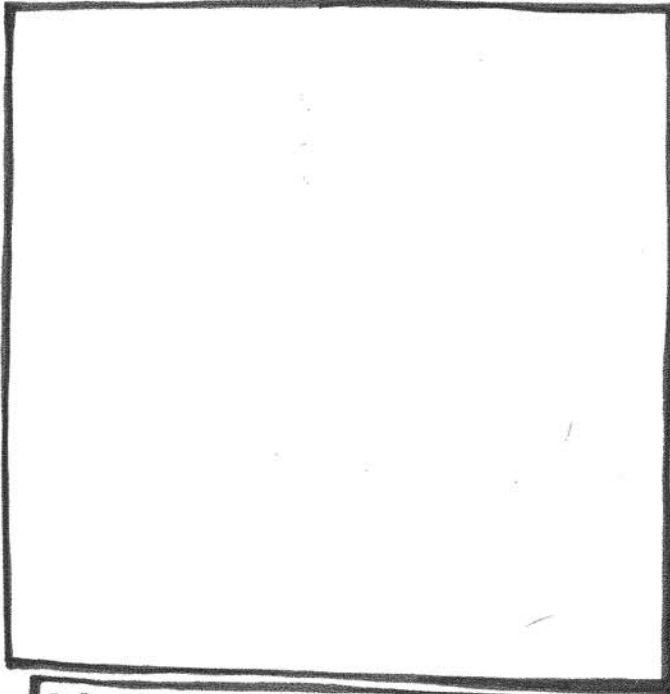
Eyes can be opened and focused on a spot five feet away or eyes can be closed

Mouth relaxed and slightly open

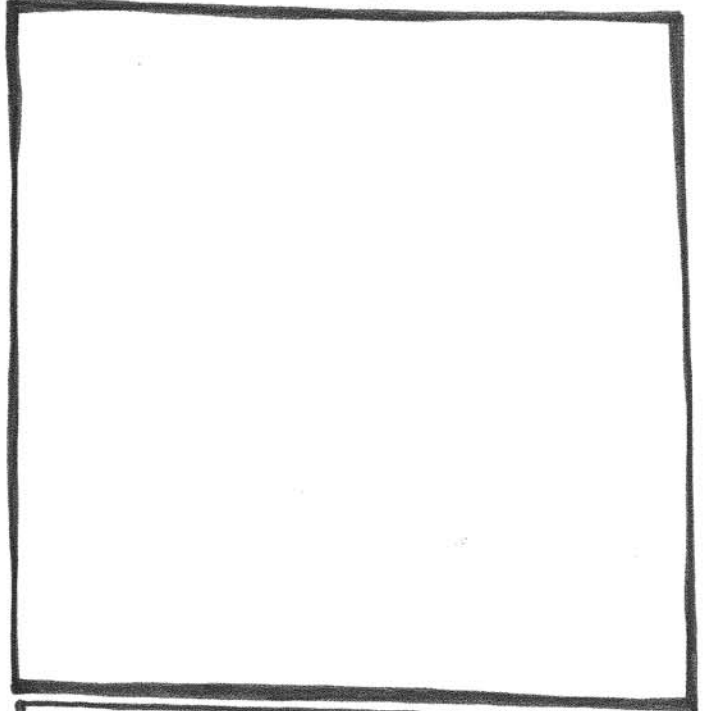
Breathe in and out through the nose

Mindful Bodies

Draw a picture of:



NOT mindful body



Mindful Body

How do we sit when we are in our Mindful Bodies?

① _____

④ _____

② _____

⑤ _____

③ _____

⑥ _____



Challenge:

If you get sleepy in class, try getting into your mindful body.

Notice if this gives you more energy.

Conducting a self check-in

This practice can be done seated or standing.

Take your Mindful bodies.

Take 3 deep breaths.

Notice how you are feeling inside. What are you experiencing at this moment? Are you tense, anxious, angry, hopeful, happy, worried? Whatever emotion you're experiencing is what you're experiencing and that is fine. There is no right or wrong emotion; it's simply your experience at this time.

Let's welcome this emotion. Welcome _____. Now let's set the emotion free. Pretend you're releasing a feather in the wind.

When you name an emotion out loud, you're acknowledging and accepting what you're feeling, this stops the emotion from becoming stronger and overwhelming you.

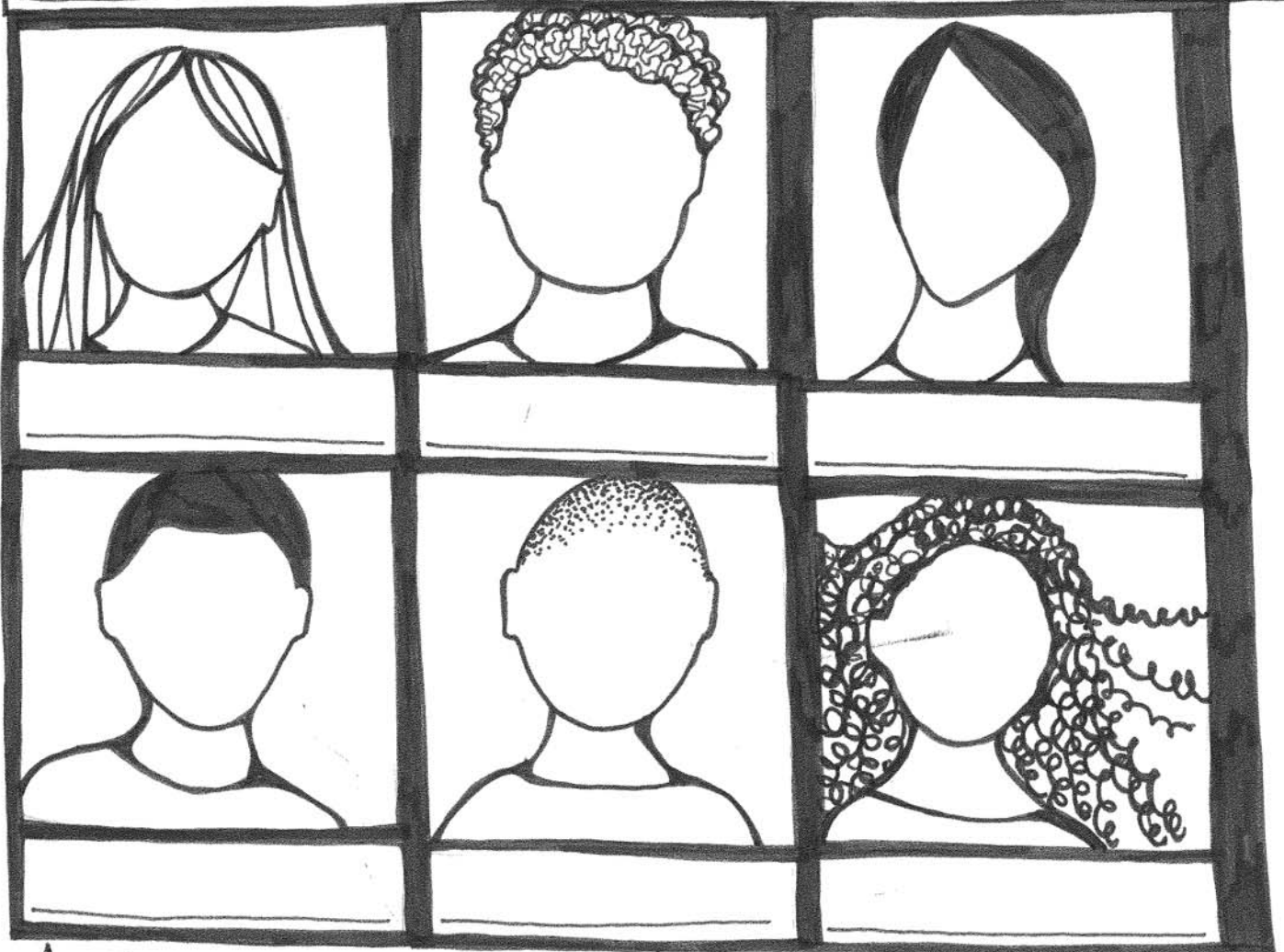
Now we're going to release the emotion and welcoming calm and ease.

Take three deep breaths. Now breathe regularly through the nose just as you always do. Follow the in breath and the out breath at the point where it is most noticeable for you. This might be the stomach, the chest or the nose. Repeat these words silently with each in and out breath.

Example: Breathe in ease, breath out fear – or whatever the emotion may be. Let's do this for 1 minute.

Emotions

Think of 6 different emotions or feelings you have.
WRITE the emotion on the blank space in the word box.
DRAW the emotion on the blank face.



★ MINDFUL EMOTION CHALLENGE:

Next time you are **ANGRY** this week, stop and take

3 mindful breaths. Notice what happens.

Be ready to share with the class: ① what made you upset.

② what did it feel like to be angry. ③ what you did after taking 3 breaths.



MINDFUL MOMENT # 1

Mindful Breathing

The breath is the best anchor to the body. Lead this “balloon breath” exercise as a foundation for starting a mindfulness practice.

Instructions and script:

1. Read the script below aloud in a slow, gentle voice at a rhythmic pace with many pauses.
2. Have people sit or lie on the floor.
3. **“Please get into your ‘mindful bodies’ – being as still as possible...as quiet as possible...spines straight, with your eyes gently closed.”**
4. **“Inhale slowly as if blowing up a balloon in your tummy.”**
5. **“Exhale slowly and notice the balloon fall.”**
6. **“Inhale, noticing how your tummy moves out, away from the body. Exhale, noticing how your tummy moves closer to the body.”**
7. **“Repeat this balloon breath 5-10 times. Observe how you feel as you inhale and as you exhale.”**
8. Invite feedback from the group about their mindful experience.

Explain to them that since breathing is something we all do all the time that we can regulate, it is one of the best tools they have to calm themselves down. No matter what situation they are in, they can always place their attention on breathing in and out - use the breath as an anchor!

ANCHOR WORDS

"Breathing
In,
Breathing
Out..."



"...in...
...out...
...in...
out..."

Was it difficult or easy to stay focused on your breath today?

How did it feel to focus on your breath while using the **Anchor Words** "Breathing In, Breathing out?"



In the lunch room, see if you can practice **30** seconds of mindful breathing. Use your anchor words "In and Out" to focus on your breath in the noisy room.



MINDFUL MOMENT # 2

Mindful Listening

Lead this “Listening to the bell” exercise to encourage mindful listening. This is a simple practice and can be repeated daily, perhaps increasing the class’ practice for longer periods over time. You will need a “mindfulness bell,” which has a sustained sound or a rainstick could be used. If you don’t have access to any of these, you can use an online recording, such as <http://www.onlinemeditationtimer.com>.

Instructions and script:

1. Read the script below aloud in a slow, gentle voice at a rhythmic pace with many pauses.
2. **“Today’s mindful moment is a practice in listening mindfully.”**
3. **“Please get into your ‘mindful bodies’-- last time we discussed that this means being still and quiet, sitting upright, with your eyes gently closed.”**
4. **“Now place all your attention on the sound you are about to hear. Listen until the sound is completely gone.”**
5. Ring the bell. As it begins to ring say, **“Please raise your hand when you can no longer hear the sound.”**
6. When most or all have raised their hands, you can say, **“Now slowly move your hand to your stomach or chest, and just feel your breathing, remembering the balloon exercise we did last week.”**
7. You can help students stay focused during the breathing with reminders like, **“Just breathing in...just breathing out ...”**
8. Ring the bell again to end.
9. Invite feedback from the group about their mindful experience.

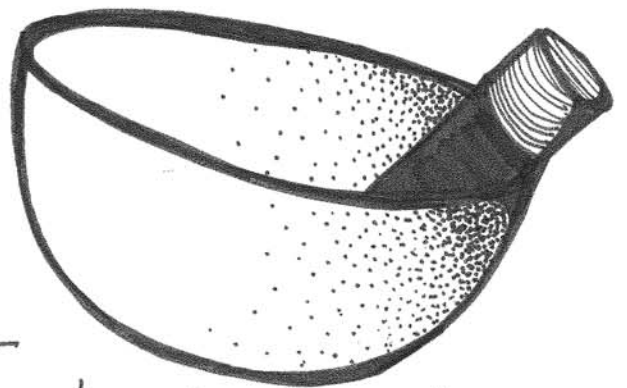
mindful LISTENING

Make a list of sounds you heard in the classroom while doing mindful listening.

- | | |
|---------|---------|
| ① _____ | ⑦ _____ |
| ② _____ | ⑧ _____ |
| ③ _____ | ⑨ _____ |
| ④ _____ | ⑩ _____ |
| ⑤ _____ | ⑪ _____ |
| ⑥ _____ | ⑫ _____ |

MINDFUL LISTENING Challenge:

Choose a place in your neighborhood, home, or school to sit quietly and listen for sounds you don't normally notice.



Conduct
these
activities
after the
event.



MINDFUL MOMENT # 3

Mindful Body Awareness

Lead this “Body Scan” exercise to encourage being fully present in their body, which is sometimes referred to as a feeling of “bodyfullness.”

Instructions and script:

1. **“Today’s mindful moment is called a body scan. You remember you learned how to do mindful breathing, how that can relax you and make you more calm. Now we’re going to scan around the whole body, and go through it like a spotlight, section by section, so you will know how to be mindful in your whole body.”**
2. Read the script below aloud in a slow, gentle voice at a rhythmic pace with many pauses. Have people sit in chairs for this exercise.
3. **“Please get into your ‘mindful bodies.’”**
4. **“First feel yourself on your chair, feel your feet on the floor, your toes, your heels. Are they heavy or light? Feel your seat on the chair, your back leaning on the back of the chair, or if you’re lying down feel your body melt onto where you are lying.”**
5. **“Where your body is touching the chair or floor, is it soft or hard?”**
6. **“Bring your hands together, and rest them in your lap. Notice how your hands feel. Are they heavy or light, warm or cool?”**
7. **“Notice these things about every part of the body we put our flashlight of attention on, starting with your feet.”**
8. **“What about your knees, your legs.”**
9. **“Put your attention on your belly. Breathe in and feel it fill up with air, then breath out the air.”**
10. **“With your hands clasped in your lap, put your spotlight of attention on your fingertips.”**
11. **“Then your elbows.”**
12. **“Your shoulders.”**
13. **“Your back.”**
14. **“Your neck.”**
15. **“Put your spotlight of attention on your face, your mouth, your eyes, your ears, the top of your head.”**
16. Allow them to breath silently for a few moments.
17. **“And when you’re ready open your eyes.”**
18. Invite feedback from the group about their mindful experience.
Questions to ask: What is one thing that you noticed? Is there one part of your body that you wanted your flashlight of attention to stay on for longer? Did it make you feel more relaxed?

Tell them that the body scan is a good mindful exercise to do before they go to sleep, before class or sports. Being mindful of your body is like telling your body that it is important to you and that you see it and care about it.

BODY Awareness

Next to each picture, Write what feelings you felt in that area of your body.



Shoulders



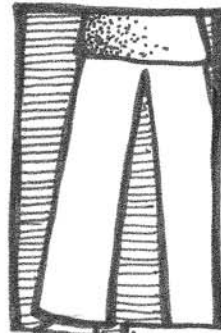
Hands



Feet



Head



Legs



Arms



Belly

Where in your body did you notice the most sensation?

BODY Awareness Challenge:

This week, when you are waiting in line: for a drink, lunch, library, recess, or the grocery store, do a quick body scan with your eyes open.
See if you can notice ③ different body feelings.

Mirror, mirror

It's important to *reflect*. That's when you think about things you've learned. After every community service project, take time as group to reflect. Think about your project and what you were able to do.

On the mirror below, draw a picture of your favorite part of your most recent service project. Talk about it with your K-Kid friends.



Here are some questions to think about after every service project:

1. What did I learn from this experience?
2. How did this experience make me feel?
3. How did the project help others?
4. What will I do differently because of this project?

Sending Kind Thoughts - Heartfulness

K-Kids can conduct this practice and send kind thoughts to the group of individuals they just helped. They can also use this technique to send comforting thoughts to self, or a friend or family member they feel is hurting.

Script for the advisor

Sometimes it's difficult seeing others struggling. We can do things to help as a K-Kids service club, but often we want to do more. One thing we can do is send kind thoughts to others. Let's try it.

Sit in your Mindful body posture.

Focus on your breath, the in breath and the out breath.

As you breathe in and out repeat these words silently.

Picture the person you want to send kind thoughts to as you say these words.

May you be safe

May you be healthy

May you be peaceful

May you be happy

May you be calm

Kind thoughts can also be sent to self. So when you feel sad, or you're having a difficult day, take time to sit in your Mindful body posture and say these words to self. Let's try this now.

Focus on your breath, the in breath and the out breath.

As you breathe in and out repeat these words silently.

May I be safe

May I be healthy

May I be peaceful

May I be happy

May I be calm

Heartfulness

SENDING KIND THOUGHTS



May you be Safe

May you be Healthy

May you be Peaceful

May you be Happy



May you be Calm

Who did you send Kind thoughts to?

How did it make you feel to send kind thoughts

HEARTFULNESS Challenge:

Go to a place with many people nearby. Send kind thoughts silently in your mind to some of the people. If you are upset about something this week, try sending kind thoughts to yourself. Notice how you feel.

Encouraging Mindfulness in all you do

K-Kids can learn to be mindful of everything happening around them. Sharing the What K-Kids do handout with club members will help remind them of how they can be present and pay attention with their bodies and senses. When fully present a K-Kid will experience more joyful moments during the day, and he/she will be more aware of situations needing extra care. Ask club members to make a note of the needs they see in the community and school. Encourage them to share their observations with the club so that club members can discuss and plan community service projects to help.

What K-kids do

Brain

Focused and ready to help!

Nose

Stop to smell the flowers and appreciate the little things.

Eyes

Always look for ways to make things better.

Ears

Listen to what others truly need.

Mouth

Smile and brighten somebody's day.

Arms

Reach out and greet others with acceptance.

Hands

Clap and encourage change.

Heart

Care about making the world a better place.

Feet

Walk in the footsteps of others and continue to do good work.

From your head to your toes, you have what it takes to do amazing things. Use your compassion and goodwill every day to help your family, your friends and your community. Get out there and change the world!

