

## Mindfulness Planner

<p>Give a gold star: Have cut out stars for pupils to write on and give to the person on their left. Have some examples such as – “I give you a gold star for always making me smile.” TOGETHER: Ask each pupil to read their gold star aloud and hand them out.</p>	<p>Quiet time: Play some calming music and ask everyone to close their eyes and listen, focusing on their breathing. Play music from festive films like Polar Express, Love Actually, Home Alone. Tip: Try doing some yoga exercises from P.E with the music.</p>	<p>The Giant Doodle: Have a large piece of paper rolled out across each table, where your class can gather round and do some doodling. Tip: Start the doodle with circles, swirls, triangles and repetitive patterns.</p>	<p>Have a giggle: Ask each pupil to share their favourite jokes to get everyone laughing. SOLO: Pupils take it in turn to share their favourite joke.</p>	<p>Three Good Things: Write down ‘three good things’ that have happened this week at school. For each thing, think about how it made you feel at the time and why.</p>
<p>Start with a stretch: Kick off your week with some stretching. Starting from the head, go down the body stretching out each part. Roll your neck, wiggle your fingers and rotate your arms...</p>	<p>Saying thank you: Write a list of people to say thank you to. If they are in the class, try and say thank you by the end of the day. SOLO: Pupils write down who they would say thank you to and why. TOGETHER: Pupils share thank yous with the class.</p>	<p>And breathe... Have a go at focusing on your breathing. Ask your class to close their eyes and listen to their breath as they inhale for four and exhale for four.</p>	<p>Get your body moving! Play a song for a few minutes, to shake off the tension and have a dance. SOLO: Put music on and let the class dance as they come in from lunch or break. TOGETHER: Go around and let each pupil lead the class in a dance move.</p>	<p>Storytime: Write a funny story together as a whole class. Go around the class and each person has to say one line as you make a story together.</p>
<p>I am grateful: Write, or draw three things you are grateful for. You could extend this by creating a ‘gratitude tree’. Draw a tree outline on a large piece of paper and ask pupils to write on tags what they are grateful for and stick them up.</p>	<p>Tell the person next to you one thing you admire about them. SOLO: Pupils write down on a post it note for the person next to them. TOGETHER: Pupils write down and you go around and share what everyone said</p>	<p>Have a go at focusing on your breathing. Ask your class to close their eyes, and listen to their breath as they inhale for four, and exhale for four.</p>	<p>Write down ‘three good things’ that have happened this year at school. For each thing, think about how it made you feel at the time and why.</p>	<p>Use the ‘Star Qualities’ activity sheet to identify positive qualities children have.</p>
<p>Use the sheet ‘How many positives?’ to allow the children to identify and explore all the positive things they can do.</p>	<p>Complete ‘finding your balance’ activity to allow children to breathe, relax, wobble and possibly giggle.</p>	<p>Play some music and give the children an A5 piece of paper. Ask them to express how the music makes them feel. You could try this with different genres of music.</p>	<p>Yoga: you could use any appropriate YouTube videos to allow the children to participate in Yoga. Try Cosmic Kids Yoga clips.</p>	<p>Paying each other compliments: cut out a face shape hole in an A4 piece of paper with names at the top of the sheet. Allow the children to go around the room and write compliments on each other’s piece of paper.</p>