



MINDFULNESS

Activity Booklet
Merrymount



Introduction

Mindfulness is about bringing your attention to the present moment.

You can do this by noticing how your body feels, what you're thinking and what you're feeling in real time without judgement.

This booklet is all about helping you learn more about mindfulness through fun art activities!

word search

Can you find all the words in the word search below?

A C Z Z S O M V G N O W D P C A Z A
X O C U Z Y E A M P D Y N S O J G C
G N O N J U D G M E N T A L M M H C
S N Q D C P I Y Q A S B J O P I E E
P E S N A G T P I C E L K W A N R P
R C B A L F A Y S E N T D L S D E T
E T R C M Z T I F F S Z H Y S F Y A
S I E A W M I M Q U E J J H I U O N
E O A Y N V O A E L S O P M O L G C
N N T L L O N O B S E R V E N P A E
T E H E T S T I L L N E S S Z F Y C
G E M P A T H Y L K I N D N E S S J

- ACCEPTANCE
- BREATH
- CALM
- COMPASSION
- CONNECTION
- EMPATHY
- KINDNESS
- MEDITATION
- MINDFUL
- NONJUDGMENTAL
- NOW
- OBSERVE
- PEACEFUL
- PRESENT
- SENSES
- SLOWLY
- STILLNESS
- YOGA



**MUDDY
WATER,
LET STAND,
BECOMES
CLEAR.**

LAOZI (600 BC)

mind FULL or mindful?

Our brains are powerful thinking and problem solving machines. Sometimes too much thinking might make us feel like our mind is too FULL, leaving us feeling overwhelmed and stressed. Mindfulness is the practice of being present and bringing our attention to the here and now rather than what happened in the past or what might happen in the future.



**being mindful
can help calm
those busy
thoughts that
lead to stress
and big
feelings.**



match it

For each situation circle if this is a Mind Full moment or a Mindful moment.

Mindful or Mind Full

As he walks home, Juan is thinking about his homework, what snack he will eat and what chores he has to do.

Mindful or Mind Full

Lena is eating a cookie, and thinking about how it tastes.

Mindful or Mind Full

Tommy is walking his dog, he keeps making a list in his head of all the things he will pack for camp next week.

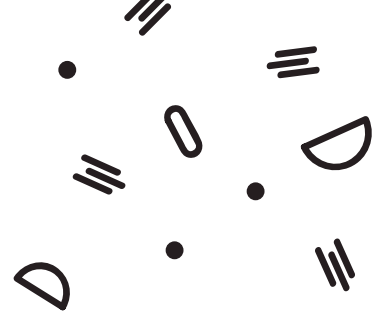
Mindful or Mind Full

Amaya is going to sleep, as she tries to sleep she is thinking about what happened at school that day and all the things that might happen tomorrow.

Mindful or Mind Full

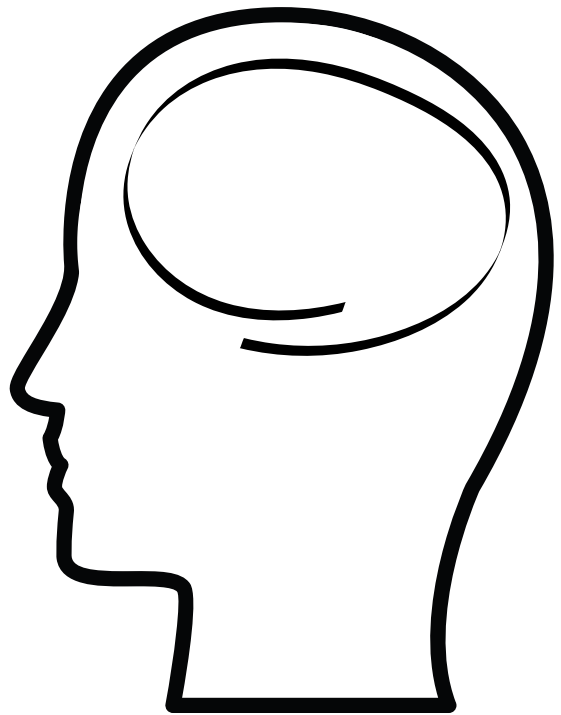
Monica was feeling stressed so she decided to stop what she was doing and took 5 deep breaths.

my mind

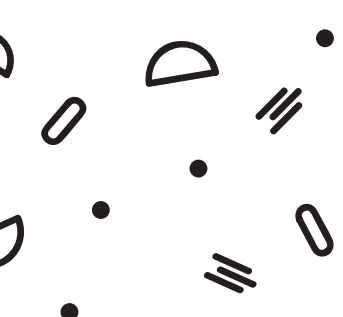
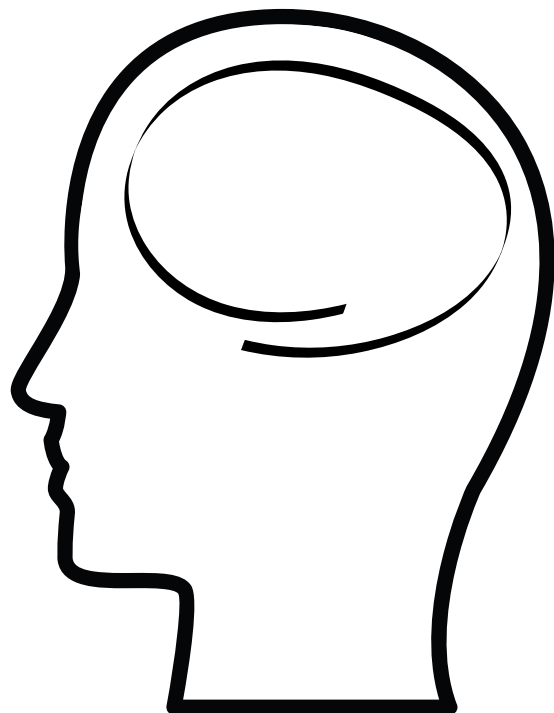
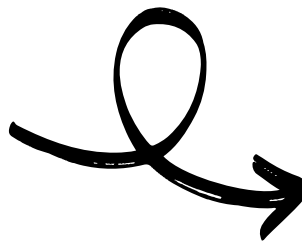


What does your mind look like when you are being mindful or when your mind is too FULL. Draw an image of your mind below for each situation.

This is what my mind looks like when I am being mindful.



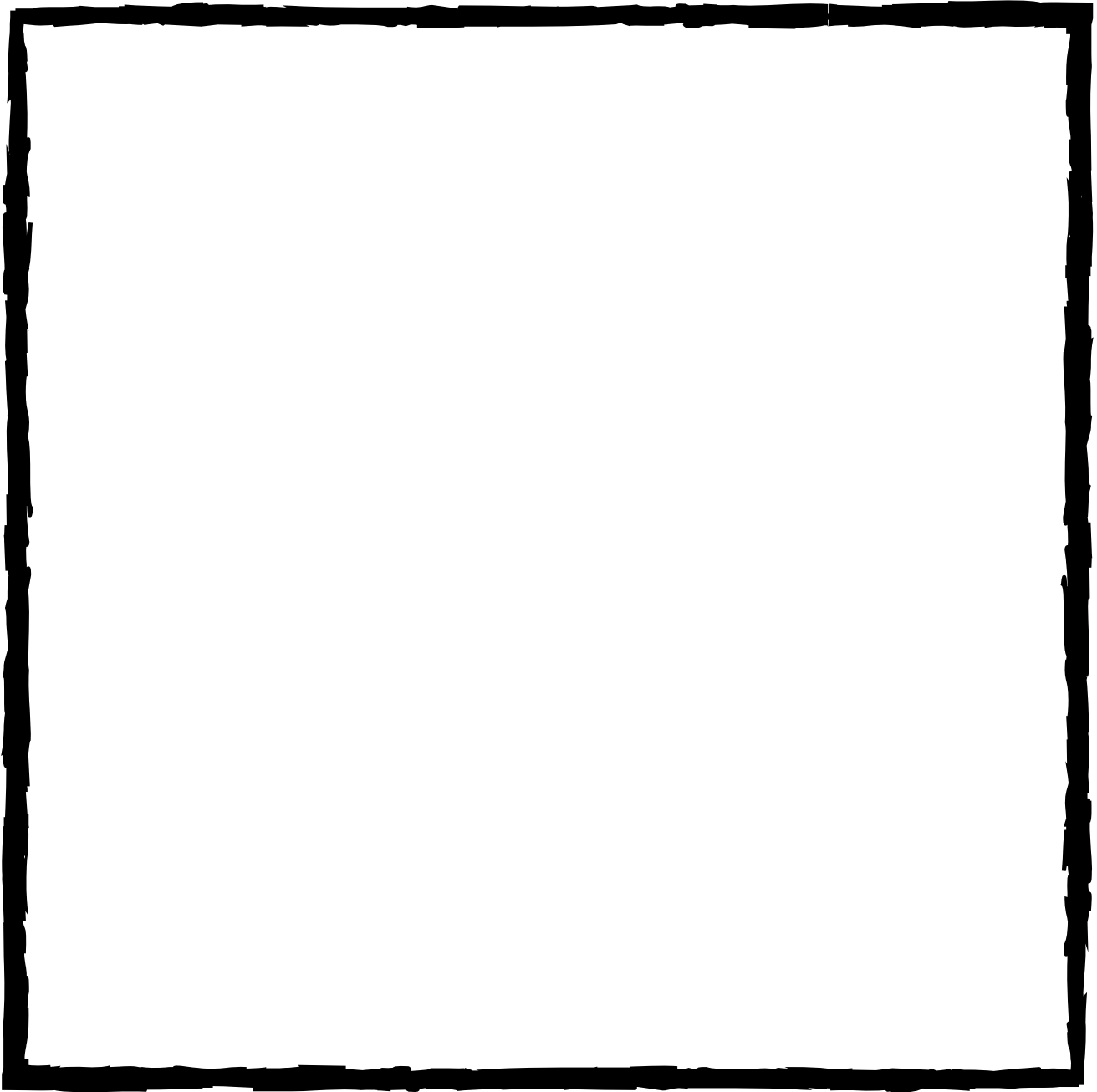
This is what my mind looks like when my mind is FULL!



one thing at a time

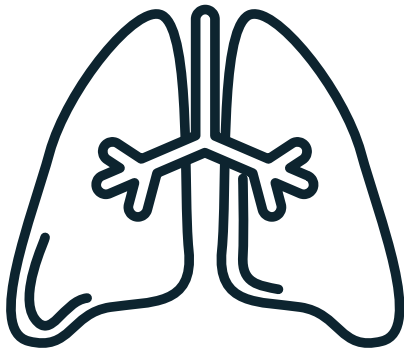
Draw a small shape in the square below. Repeat your shape over and over, until the square is full!

What does it feel like to focus your attention on one thing?



just breathe

Focusing on your breath is a great way to be mindful. Can you focus on your breath for 5 full breaths? How did that feel?



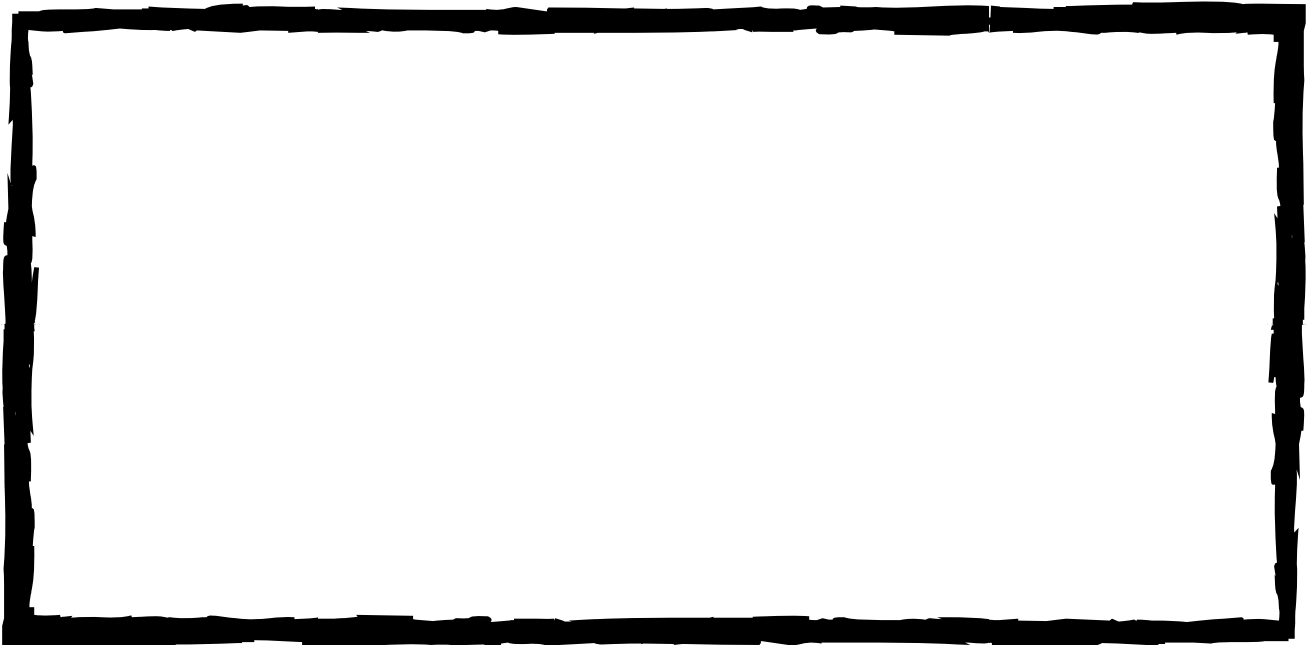
Did you know...

- When you breathe in it energizes your body and when you breathe out it relaxes your body.

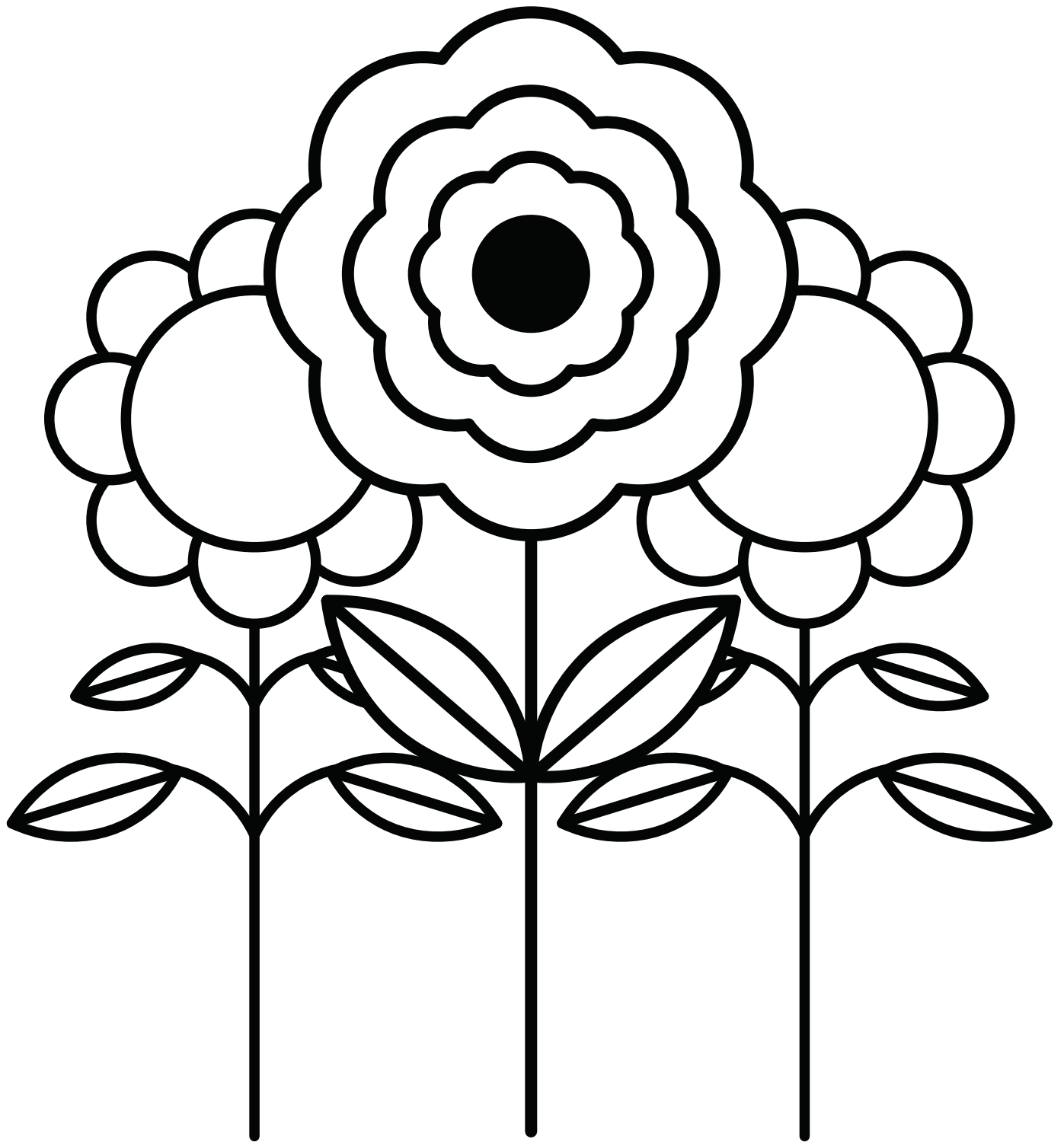
Draw your breath in the box below:

As you breathe in trace the length of your breath using one colour.

As you breathe out trace your breath using a different colour.



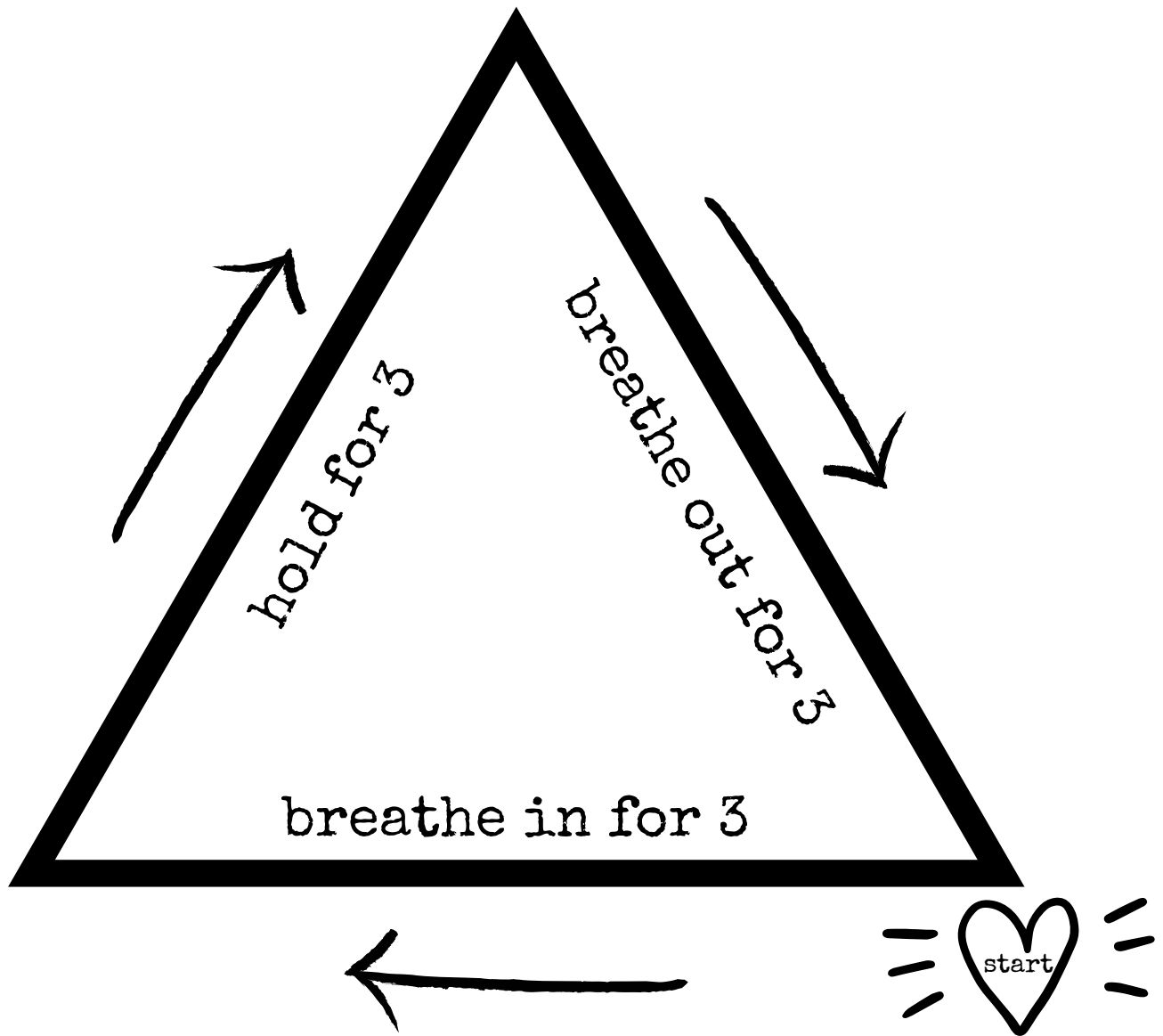
**Take a look at your image. What do you notice?
Is there a difference between your in breath and out breath?**



FILL IN THE IMAGE USING
CALMING COLOURS

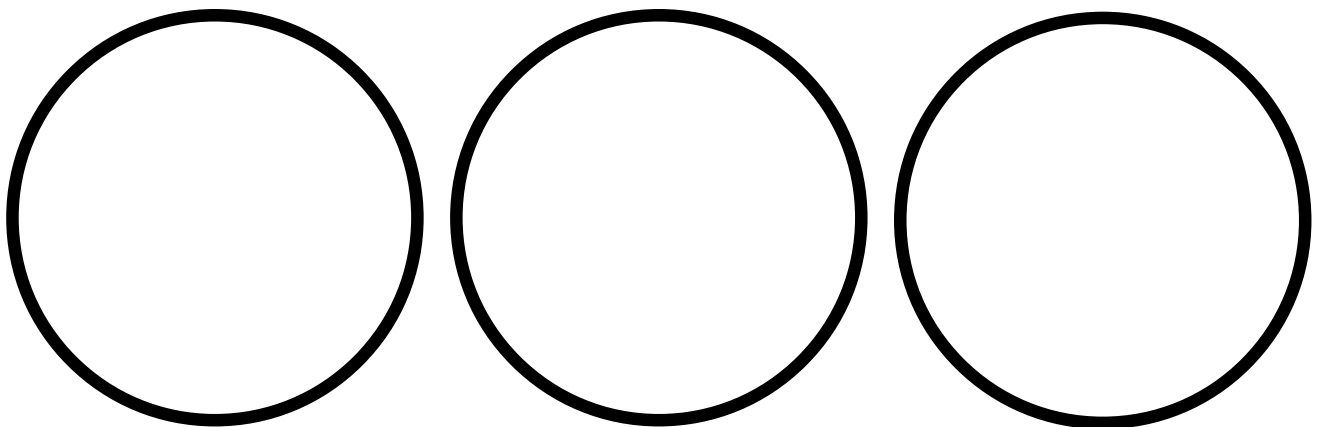
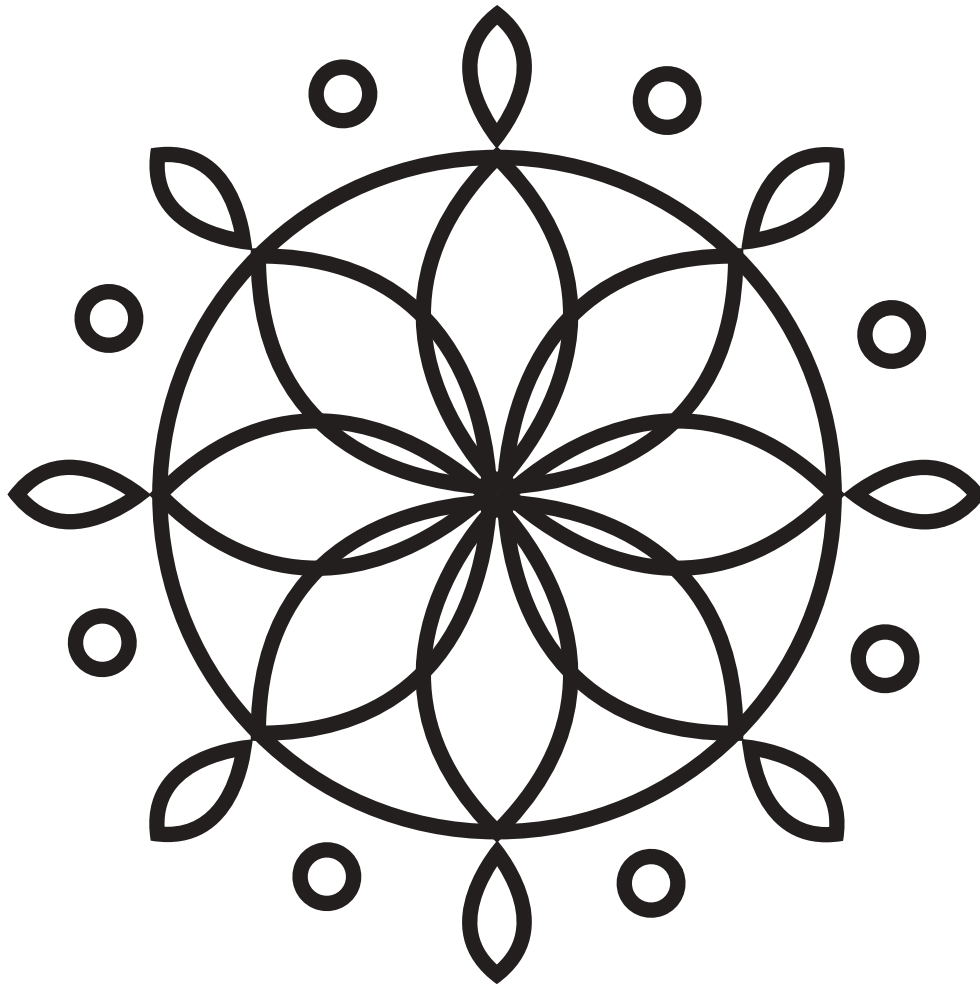
breathe

triangle breathing



mandala

Colour in the mandala below, then design your own.





my five senses

Did you know one great way to be present is to bring your attention to your 5 senses?

Next time you need to quiet your thoughts try this.

List 5 things you can see

List 4 things you can hear

List 3 things you can feel

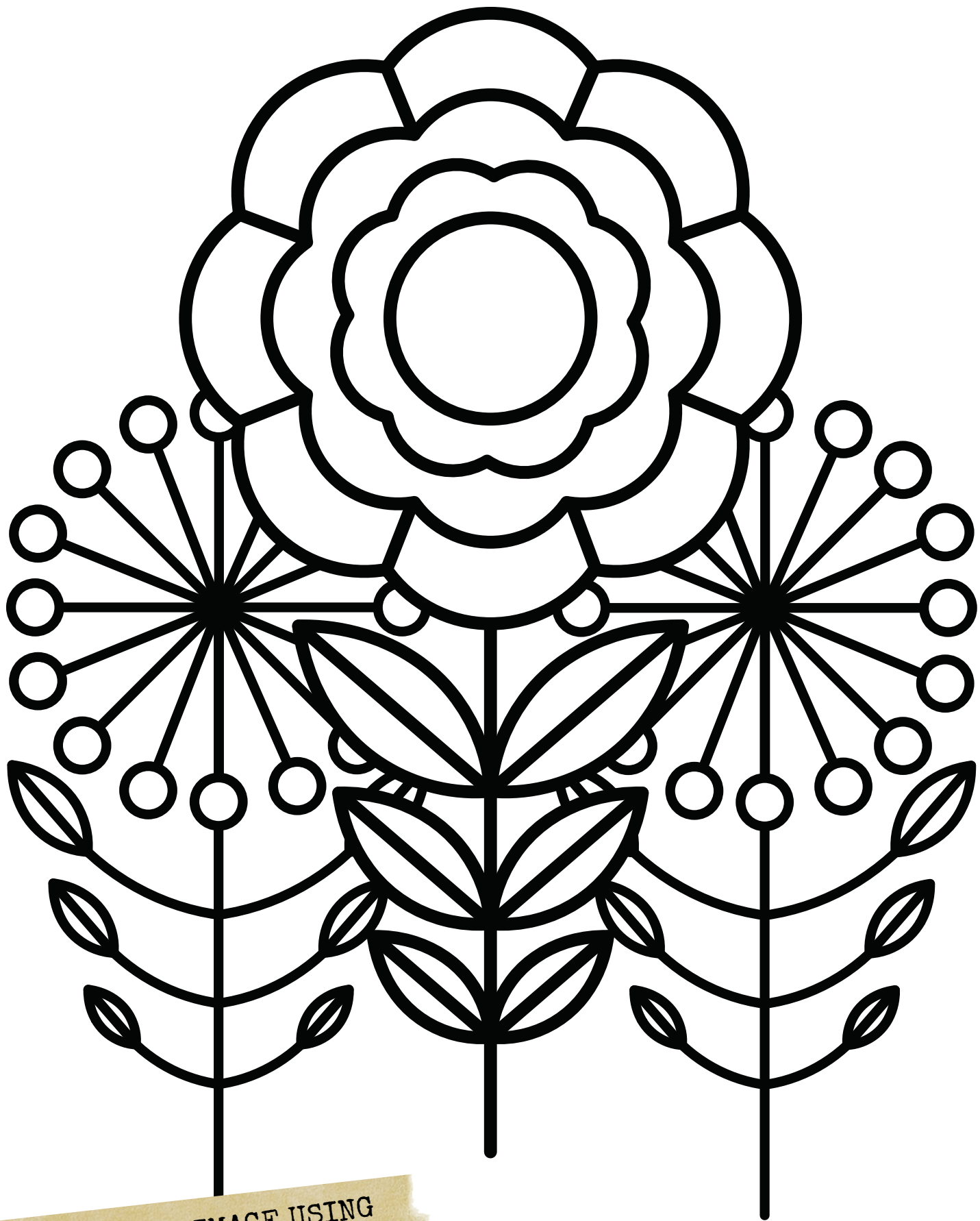
List 2 things you can smell

List 1 thing you can taste



WHEREVER
YOU GO,
THERE
YOU ARE.

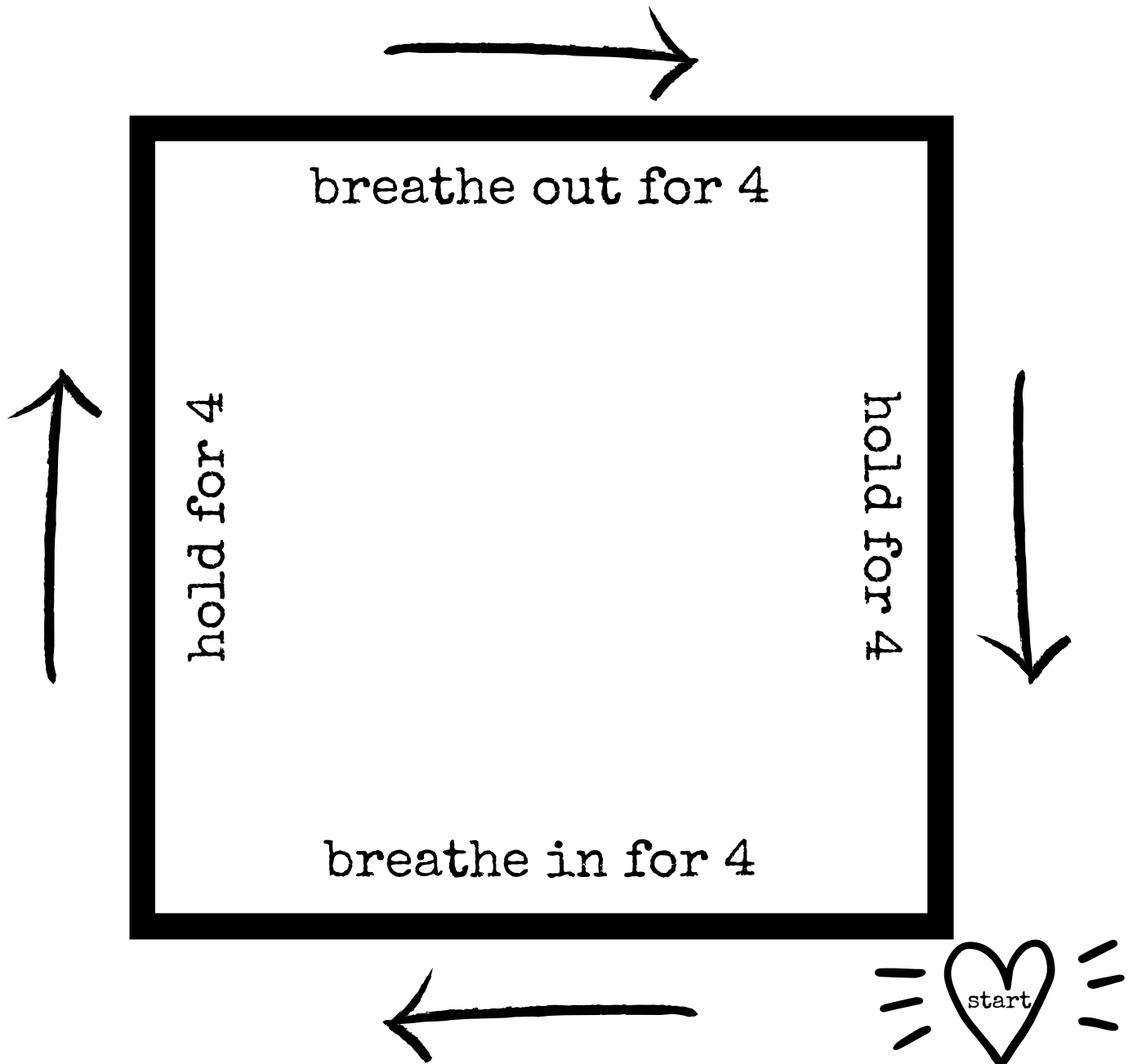
JON KABAT-ZINN



FILL IN THE IMAGE USING
CALMING COLOURS

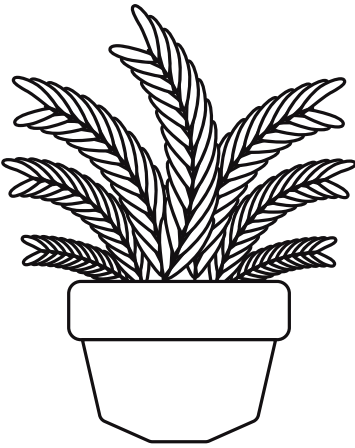
breathe

square breathing



what do you need to grow?

Kind thoughts can help train our brains to face challenges and stay positive when things don't go our way. Circle the kind thoughts below and cross out the unhelpful thoughts.



Learning
is
Fun!

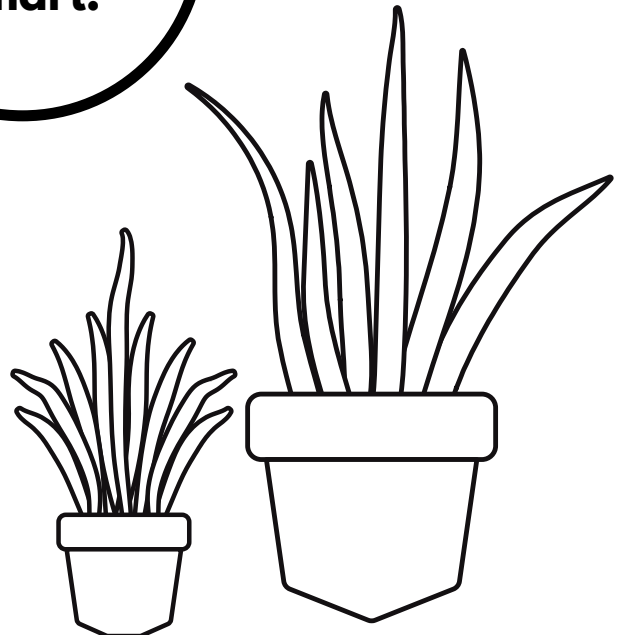
I'll learn
how to do
this.

This is
too hard
for me so
I give up.

I am not
that
smart.

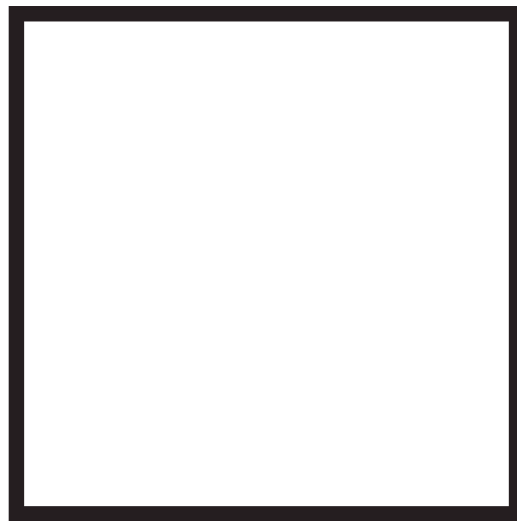
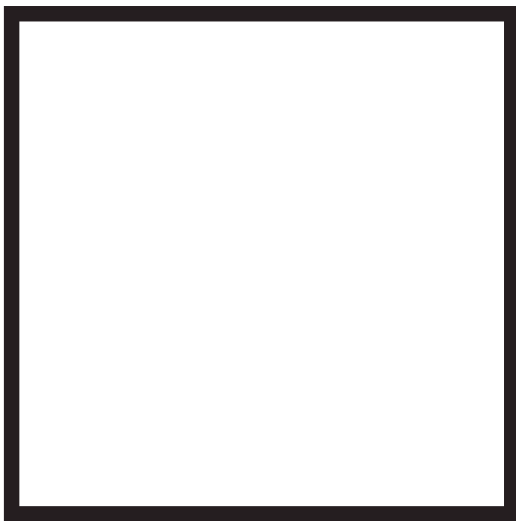
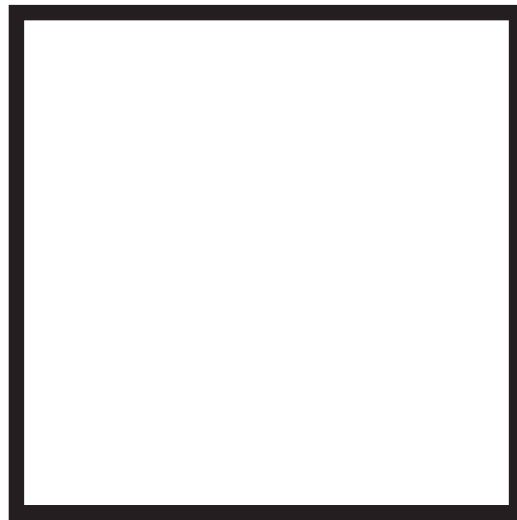
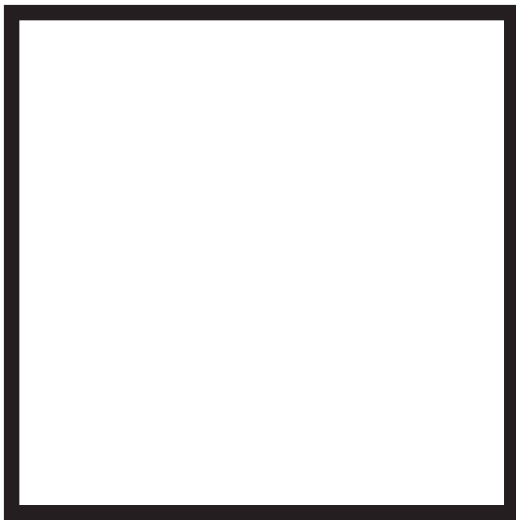
I'll try a
different
strategy.

I will keep
working
hard.



put a smile on your mind

Draw or write 4 simple things that bring you happiness. It could be a spoonful of peanut butter, snuggling with a pet, a blanket warm from the dryer... What makes you happy?



you're the expert

What advice would you give another kid who might be having a hard time being mindful?





THOUGHTS
AREN'T
FACTS, SO
DON'T TAKE
THEM
SERIOUSLY.

RUBY WAX

