

Dear Parents,

Mindfulness is a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations. Mindfulness is used as a therapeutic technique.

Some of the benefits of practicing Mindfulness are:

- Higher brain functioning;
- Increased immune function;
- Lowered blood pressure;
- Lowered heart rate;
- Increased awareness;
- Increased attention and focus;
- Increased clarity in thinking and perception;
- Lowered anxiety levels;
- Experience of being calm and internally still;
- Experience of feeling connected.

Please use the attached calendar and practice Mindfulness with your child over the Summer. We have made a 2 sided calendar that you can place on your refrigerator for easy reminders and practices. Check off the activities and return the completed calendar at the start of the school year for a chance to win a prize.

We hope that you will see the benefits of these practices as they will benefit both you and your child!

Sincerely,

WSS, Guidance and Nurses



## Keep Your Cool Summer Challenge June 19-August 31, 2019

### Complete the challenges and return to school for a peaceful mindful summer and a chance to win a prize



| Sun  | Mon   | Tue   | Wed   | Thu   | Fri   | Sat  |
|--|---|---|---|---|---|--|
|  |   |   | <b>JUNE 19</b><br>Talk about 3 things you are grateful for  | <b>20</b><br>Draw a picture of yourself doing something kind  | <b>21</b><br>Close your eyes for 1 minute and breathe in out slowly   | <b>22</b><br>Talk about 3 things that happened that were good today  |
| <b>23</b><br>Make a mind jar go to <a href="https://www.mindful.org/how-to-create-a-glitter-jar-for-for-">https://www.mindful.org/how-to-create-a-glitter-jar-for-for-</a> | <b>24</b> With hands on your belly, breath in and out. Imagine your belly is a balloon inflating and deflating                                      | <b>25</b> While outside, close your eyes, listen and describe the sounds that you hear  | <b>26</b><br>Trace your hand. First with your eyes open. Then with your eyes closed   | <b>27</b><br>While eating talk about what the food tastes like, feels like, smells like   | <b>28</b><br>Stand like a statue. Breathe in slowly. Breathe out while shaking your arms and legs   | <b>29</b> Lie flat with a stuffed animal on your stomach. Watch it go up and down as your breath in and out  |
| <b>30</b> Pretend you are blowing bubbles. Imagine your worries are bubbles and watch them pop like bubbles  | <b>JULY 1</b> Take 3 slow breaths<br>With fingertips of both hands together tap pinkys, ring finger, middle, pointer, and thumb together 5 times    | <b>2</b> Close your eyes. Draw a castle in your mind. What does it look, smell, feel like? Outside? Inside?                         | <b>3</b> Fill a bag with things that smell. Pick one thing, have your child smell it with their eyes closed and guess what it is.   | <b>4</b> Take turns acting out feelings with your child. Guess the feeling. Talk about a time your felt like that.                        | <b>5</b> Hold your hand over your heart and repeat to yourself "May I be happy. May I be safe. May I be kind"   | <b>6</b> Stand up tall. Imagine your feet are the roots of a tree and your arms are branches blowing in the wind.                                      |
| <b>7</b> Draw something your are grateful for and keep it by your bed so you can see it each night   | <b>8</b> Lie down, close your eyes, and imagine you are floating down a gentle stream on a raft. Feel the water moving you                          | <b>9</b> Roll a ball back and forth. Name something that is both- ering you, then roll it back and say "Life is good" Take turns    | <b>10</b> Close your eyes and imagine sending kind wishes to someone you love in a big , floating ball.                             | <b>11</b> With eyes closed, sort a plate of un-cooked rice and beans into 2 groups. How do they feel?                                     | <b>12</b> Place a mystery object in a box or bag. Have your child shake the box/ bag and reach in without looking and guess object                    | <b>13</b> Lie on your back on the floor. Notice your toes, then feet, legs, back, arms, shoulder, head and back down to toes                           |
| <b>14</b> Breathe in and out slowly with eyes closed. Hold a finger under your nostrils and feel the breathe as it goes in and out   | <b>15</b> Lay down, close your eyes, imagine you see a star in the sky. What color is it? How bright is it? Breathe in and out while looking at it. | <b>16</b> Close your eyes, imagine you are at the beach. How does the sand feel? Is it warm out? What do you hear, see, smell, feel | <b>17</b> stand in Superman pose: as tall as you can with feet slightly wider than hips, fists clenched and arms reached to the sky | <b>18</b> download Smiling Mind app or visit the website : <a href="https://www.smilingmind.com.au/">https://www.smilingmind.com .au/</a> | <b>19</b> lie down and squeeze every muscle in your body tight. Toes, feet, fists, legs, arms. After a few seconds release. Talk about how that feels | <b>20</b> jump up and down for 1 minute straight. Stop. Put hand over heart and feel heart pounding. How does it feel?                                 |
| <b>21</b> do the WonderWoman pose. Stand tall with legs wider then hips and hands or fists placed on fists. How does that make you feel?                                   | <b>22</b> turn on your "Spidey Senses" to smell, see, hear, taste and touch. Talk about how you notice things as you do this.                       | <b>23</b> Imagine your finger is a candle, take a big breath in and use your breath to make the flame wiggle.                       | <b>24</b> Sit on a chair, pull on the seat and count to ten, let go and relax your body. How does that make you feel?               | <b>25</b> Draw figure eights. Using your finger trace breathing in slowly halfway through the figure and out through the second half.     | <b>26</b> Be a bee, breath in and buzz as you breath out circle your wings one way and then the other with each out breath.                           | <b>27</b> Listen, sit still and listen , What do you hear? Take a long breath in and slowly let it all the way out listening to the sounds around you. |



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| Sun  | Mon   | Tue  | Wed   | Thu  | Fri   | Sat  |
|--|---|--|---|--|---|--|
| <p><b>JULY 28</b> take deep breaths in and out. Notice the air feels cool as you inhale and warm as you exhale</p>                         | <p><b>29</b> Imagine throwing a rock into a lake, watch the ripples move further and further away, the lake becoming still again.</p>               | <p><b>30</b> Close your eyes for 1 minute and breathe in out slowly</p>  | <p><b>31</b> Talk about 3 things that happened that were good today</p>   | <p><b>AUGUST 1</b> Make a mind jar go to <a href="https://www.mindful.org/how-to-create-a-glitter-jar-for-kids/">https://www.mindful.org/how-to-create-a-glitter-jar-for-kids/</a></p> | <p><b>2</b> With hands on your belly, breath in and out. Imagine your belly is a balloon inflating and deflating</p>  | <p><b>3</b> While outside, close your eyes, listen and describe the sounds that you hear</p>   |
| <p><b>4</b> Be a bunny, take quick bunny breaths through your nose, sniff sniff sniff then let slowly breath out</p>                       | <p><b>5</b> While eating talk about what the food tastes like, feels like, smells like</p>  | <p><b>6</b> Stand like a statue. Breathe in slowly. Breathe out while shaking your arms and</p>  | <p><b>7</b> Lie flat with a stuffed animal on your stomach. Watch it go up and down as your breath in and out</p>                   | <p><b>8</b> Pretend you are blowing bubbles. Imagine your worries are bubbles and watch them pop like bubbles</p>  | <p><b>9</b> Take 3 slow breaths With fingertips of both hands together tap pinkys, ring finger, middle, pointer, and thumb together 5 times each, then repeat</p> | <p><b>10</b> Close your eyes. Draw a castle in your mind. What does it look, smell, feel like? Outside? Inside?</p>                        |
| <p><b>11</b> Imagine you're a sleepy lion waking up, wiggle your claws and breath in saying haaaaah as you breath out.</p>                 | <p><b>12</b> Take turns acting out feelings with your child. Guess the feeling. Talk about a time your felt like that.</p>                          | <p><b>13</b> You're a kitty, take abig breath in and let the air out round your back like a kitty stretching, Meow</p>                                       | <p><b>14</b> Stand up tall. Imagine your feet are the roots of a tree and your arms are branches blowing in the wind.</p>           | <p><b>15</b> Draw something you are grateful for and keep it by your bed so you can see it each night</p>  | <p><b>16</b> Lie down, close your eyes, and imagine you are floating down a gentle stream on a raft. Feel the water moving you</p>                                | <p><b>17</b> Roll a ball back and forth. Name something that is bothering you, then roll it back and say "Life is good" Take turns</p>     |
| <p><b>18</b> Close your eyes and imagine sending kind wishes to someone you love in a big , floating ball.</p>                             | <p><b>19</b> Sit up tall, squeeze your shoulders up high toward your ears, let them down breathing out slowly make circles with your shoulders,</p> | <p><b>20</b> Warrior Pose, stand in lunge pose with front leg bench, palms together reach your hands to the ceiling looking up, breathing in and out.</p>    | <p><b>21</b> Lie on your back on the floor. Notice your toes, then feet, legs, back, arms, shoulder, head and back down to toes</p> | <p><b>22</b> Chair Pose, stand with feet together, bend knees, with palms together reach your hands towards the sky looking forward and breathing</p>                                  | <p><b>23</b> Lay down, close your eyes, imagine you see a star in the sky. What color is it? How bright is it? Breathe in and out while looking at it.</p>        | <p><b>24</b> Close your eyes, imagine you are at the beach. How does the sand feel? Is it warm out? What do you hear, see, smell, feel</p> |
| <p><b>25</b> stand in Superman pose: as tall as you can with feet slightly wider than hips, fists clenched and arms reached to the sky</p> | <p><b>26</b> download Smiling Mind app or visit the website : <a href="https://www.smilingmind.com.au/">https://www.smilingmind.com.au/</a></p>     | <p><b>27</b> lie down and squeeze every muscle in your body tight. Toes, feet, fists, legs, arms. After a few seconds release. Talk about how that feels</p> | <p><b>28</b> jump up and down for 1 minute straight. Stop. Put hand over heart and feel heart pounding. How does it feel?</p>       | <p><b>29</b> do the Wonder-Woman pose. Stand tall with legs wider then hips and hands or fists placed on fists. How does that make you feel?</p>                                       | <p><b>30</b> turn on your "Spidey Senses" to smell, see, hear, taste and touch. Talk about how you notice things as you do this.</p>                              | <p><b>SEPTEMBER 1</b> Imagine your finger is a candle, take a big breath in and use your breath to make the flame wiggle.</p>              |
| <p><b>2</b> Sit on a chair, pull on the seat and count to ten, let go and relax your body. How does that make you feel?</p>                | <p><b>3</b> Upside Down , stand with legs apart, bend over putting palms and head on the ground in front of you breathing in and out.</p>           | <p><b>4</b> RETURN TO SCHOOL COMPLETED FOR A CHANCE TO WIN A PRIZE!!!!</p>   |   |  |   |  |