

## ACTIVITY: MINDFULNESS

Resilience Focus Area: **Emotions & Behaviours**

### Learning Outcomes

- To get groups of young people to know a little about each other
- To create a relaxed environment for young people to take some time for mindfulness
- To give the group a space and time to talk about any worries or concerns



Time	Activity	Method	Resources
	<b>SIGN IN &amp; CHECK IN</b>	Ask young people to complete Sign In sheet  Ask the group to say how they are feeling from 1-10 and if they want to share why	Sign In Sheet  Pen
	<b>WELCOME &amp; LEARNING EXPECTATIONS</b>	Explain to the young people we are working with what the aims and objectives of the session are.	Pen  Flipchart
	<b>ICEBREAKER</b> <b>YES / NO GAME</b>	Explain to the group, the purpose of the game is to NOT say yes or no to a series of pre-prepared quick fire questions. Add rules e.g. nodding is not acceptable and neither is a 'mutter'.  Identify a hot seat, a time keeper and a score marker. Ask for a volunteer to go first. Work through the pre-prepared list of questions and check responses. Repeat with the whole group.	Yes / No Questions
	<b>DISCUSSION</b> <b>WHAT IS MINDFULNESS AND HOW CAN IT HELP US?</b>	Ask the group to think of all the things they do when they want some quiet reflecting time. Capture these on a flipchart. Discuss with the group mindfulness and what it means to them, any techniques they use. Make a list. Ask the group to identify why these activities help them.	Flipchart  Pens
	<b>ACTIVITIES</b> <b>HEADSTART HANDOUTS &amp; PRACTICE</b> <ul style="list-style-type: none"><li>• 54321 / SQUARE BREATHING / BODY SCAN TECHNIQUES</li></ul>	Share copies of the HSK techniques one by one. Run through each technique with the group. Ask the group if they feel any of these techniques might help them.	HeadStart handouts: <ul style="list-style-type: none"><li>• 54321</li><li>• Square Breathing</li><li>• Body Scan Techniques</li></ul>

Time	Activity	Method	Resources
	<b>ACTIVITY</b>  <b>MINDFULNESS COLOURING ACTIVITY</b>	<p>Explain that many of the young people HSK have worked with say colouring helps them. Have a selection of colouring sheets (printable from various websites) and colouring equipment. Offer them out to the young people.</p> <p>Whilst colouring, ask the group if there is a topic they would like to talk about in the session. If there's nothing the group offer, make some tentative steps to start a discussion. Alternatively, the group may just appreciate the opportunity to sit in silence or chit chat with each other.</p> <p>Offer the young people one of the HSK booklets and handout other templates for them to take away.</p>	<p>Mindfulness colouring work-sheets</p> <p>Pens</p> <p>Pencils</p> <p>HSK Colouring Books</p>
	<b>DISCUSSION</b>  <b>MINDFULNESS FOR ME</b>	<p>Ask the group how they felt in the session. What did this allow them to do that perhaps they don't usually get to do, etc?</p> <p>Reflect on the mindfulness activities they have discussed today and ask them to try something each day for a short time and report back.</p>	
	<b>EVALUATION &amp; CLOSE SESSION</b>	<p>Ask the group if they have any feedback or questions. Ask the group to complete the session evaluation forms.</p> <p>And finally, check out with everyone as before</p>	<p>Evaluation Forms</p> <p>Pens</p>



To access more resources, information  
and advice visit

[www.KentResilienceHub.org.uk](http://www.KentResilienceHub.org.uk)

[www.MoodSpark.org.uk](http://www.MoodSpark.org.uk)



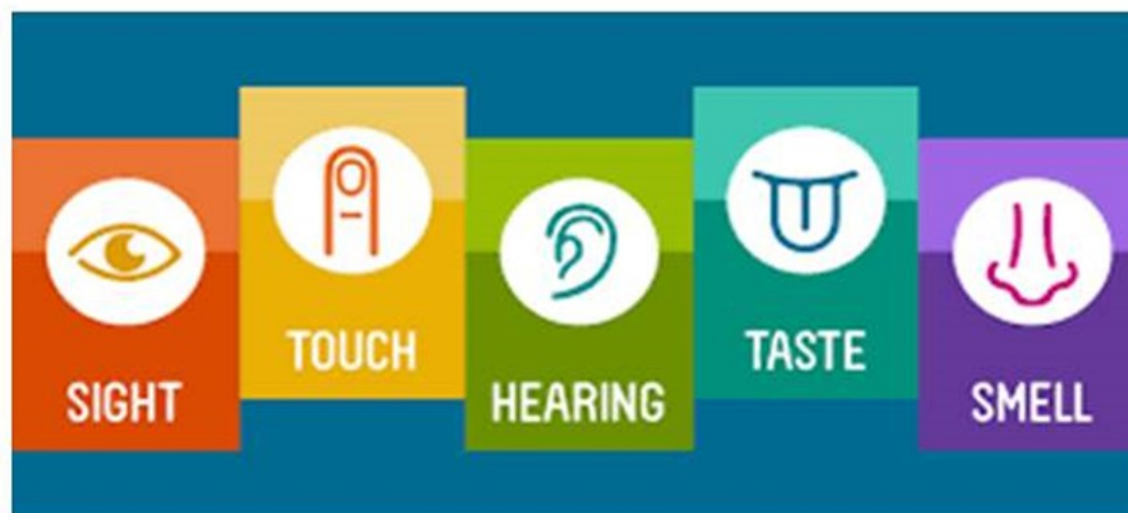
# Practising Mindfulness

## 5.4.3.2.1 Technique:

A simple way to practise being mindful of our senses and what is going on around us is the 5.4.3.2.1 technique. This activity can also work as a means of distracting us if our thoughts are becoming unhelpful. You can either list the things or say them out loud if doing the activity.

### At this moment in time, name...

- 5 things you can see
- 4 things you can touch
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste.

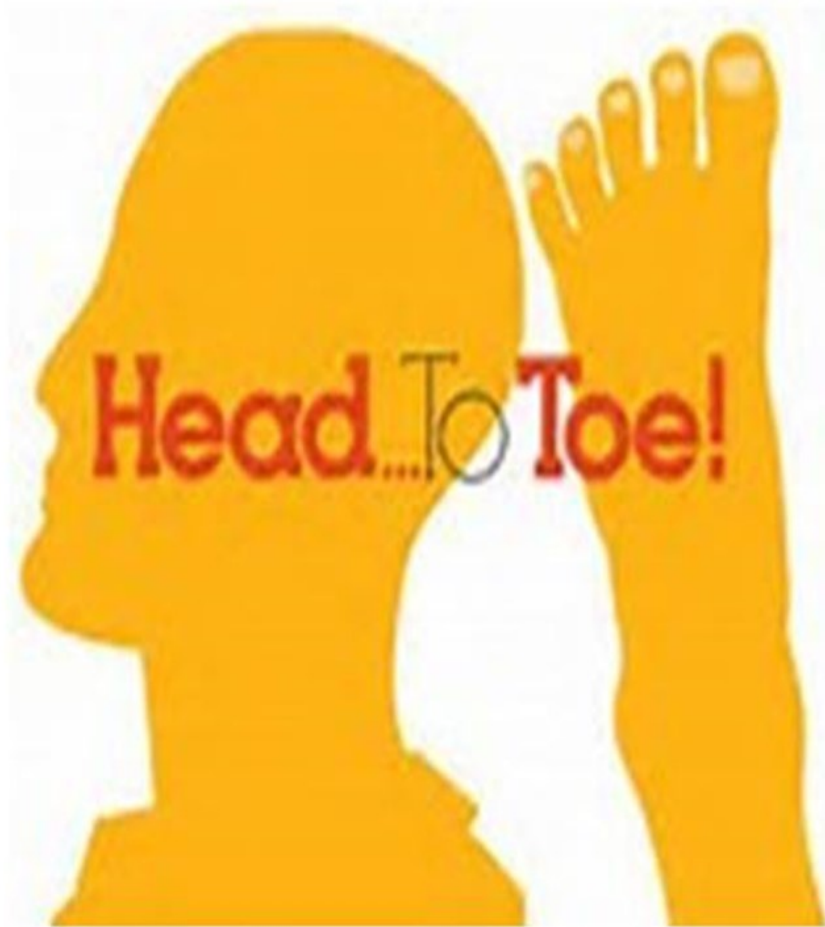


@HeadStartKent

#headstartmatters



# Body Scan Technique



Start at the top of your body

Focus on each different part of your body and your muscles to make yourself aware of them. If they feel tight or uncomfortable try to consciously relax them.

Face – are you frowning? is your jaw locked?

Shoulders and back – are they tight or tense?

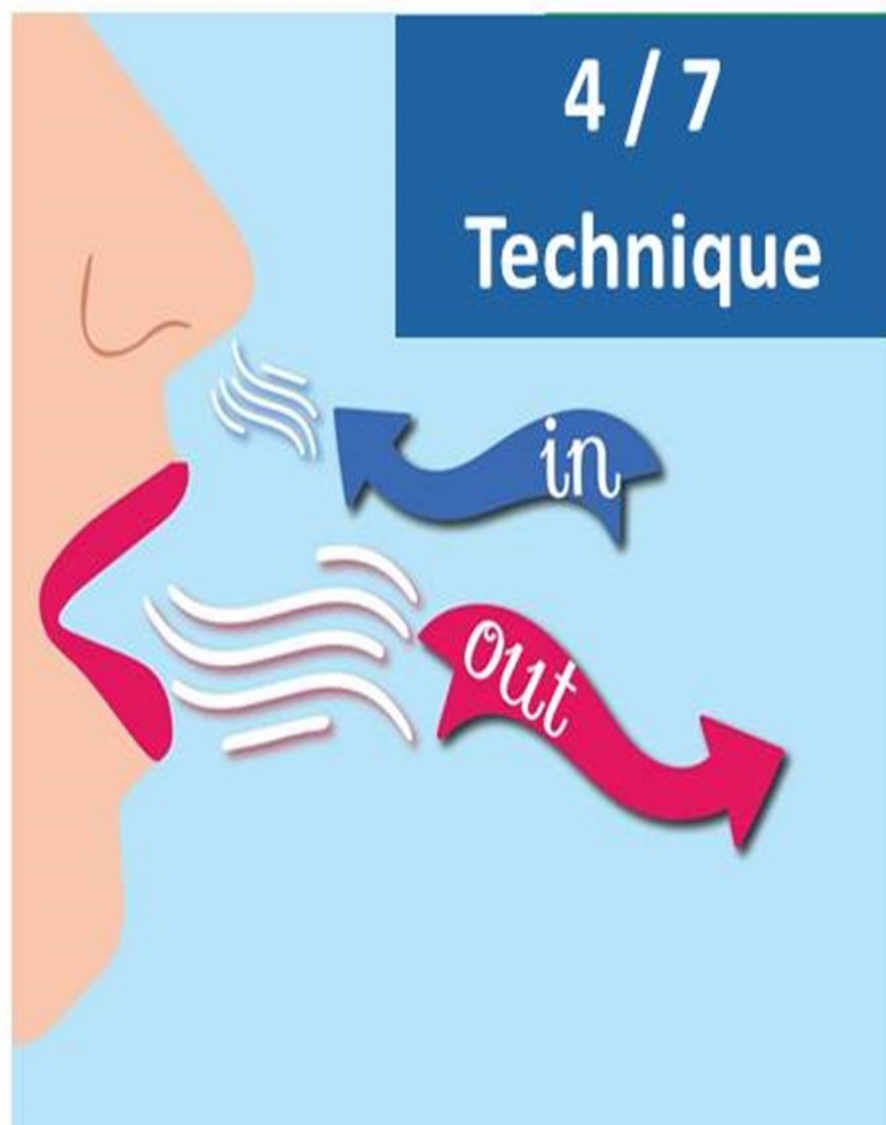
Arms- Are they crossed or locked?

Hands – Are they open or closed?

Continue doing this down your body to your feet then go back the other direction from your feet to your head to check everything is still as relaxed as possible.



# Breathing exercises: 4-7 Technique



Breath in  
through your  
nose for 4  
counts

Breath out  
through your  
mouth for 7  
counts