



SCAFFOLDING STUDENTS SERIES

# MINDFULNESS IN ENHANCEMENT ACTIVITIES

# Pre-session Activity

*How do you feel today? Name the zone that you relate to*



sad bored tired sick	calm happy focused ready to learn
excited silly frustrated nervous hyper	out of control anger rage terror



Upset, Distressed	Frustrated, Confused, Stressed Sad, Tired, Bored	Calm, Content, Focused	Happy, Alert, Engaged	Excited, Anxious, Silly, Nervous	Frustrated, Confused, Stressed	Angry, Fustrated, Very intense feelings
Sit on a bean bag lot in a comfy seat! Take a walk Go for a short run w/ jog Play ash Snuggling on blankets Singing/Music Cleaning	Irregular movements - Jumping/bouncing/bringing Push-ups/Climbing Drink water! Have a snack Reading Finger painting Trading	Conversation Kiaize Board games Other game play	Conversation Kiaize Engage with child Physical activity	Drink water! Wetie nuzzling Walk bathas Go for a short run w/ jog Stimulating objects Singing/bouncing Dancing Make a funny sound Walk w/ hat	Wetie nuzzling Muzzling Life jumping Affect activities Lean Singing Suck, spit out Movement Free, relaxed message Read message	Wetie nuzzling Muzzling Sitting Sit on a bean bag lot Sit on a soft seat Sitting on floor Kiss Stimulating objects Suck, spit out Walk w/ hat

# Learning Outcomes

**After the session, young students will be able to**

- learn and practice some mindfulness activities for a better learning
- explore ways to increase mindfulness in the academic environment
- understand through experiences, case studies and about the best ways to establish mindfulness

# Activity: Spot Five Differences



# Benefits of Being Mindfull

*Mindfulness is the need of the hour of today's life!*

Fun filled games, exciting nature walk or safaris are a sure shot way to get charged up.

Question to students –

**What do you think activities such as these gives us or help us?**



# Benefits of Mindfulness

*Practising mindfulness has benefits to both your psychological health and physical health!*

## **Psychological benefits include-**

- increased coping skills such as moving into a new school, having bad experience/s with peers
- decreased irritability and moodiness
- improved learning ability and memory
- increased happiness
- increased emotional stability
- increase ability to effectively manage problems
- improved self- esteem.



## **Physical benefits include-**

- improved breathing
- lower heart rate
- improved circulation
- improved immune function
- reduced physical stress responses
- better sleep
- better management of physical symptoms (e.g., pain).



# Mindfull Activities for Relaxation

- ❑ Sit in a relaxed, comfortable position. Pick something to focus your attention on, like a word you repeat in your head or your breathing.
- ❑ Let's say you decided to focus on your breathing. Breathe normally while you simply pay attention to your breath. If you want, you can close your eyes. As you breathe in and out, just notice each breath. Pay attention in an easy way — on purpose, but not forced.
- ❑ Keep breathing, keep relaxing, keep paying easy attention to your breathing.



# Mindfulness Activity for Primary Students

- **Blowing bubbles-** Take a deep, slow breath, and while exhaling, steadily fill the bubble. Pay close attention to the bubbles as they form, detach, and pop or float away.

- **Playing with balloons-**

*What do you think is the aim of such activities?*

*The aim of such activities is to keep the balloon off the ground, but have them move slowly and gently. You can pretend that the balloon is very fragile.*

- **Pinwheels-** Use the same tactics from blowing bubbles to encourage mindful attention on the pinwheels.



# Mindfulness Activity for Primary Students

- ❑ **Texture bag-** Place several small, interestingly shaped or textured objects in a bag. Have each child reach in and touch an object, one at a time, and describe what they are touching. Make sure they don't take the object out of the bag, forcing them to use only their sense of touch to explore the object.
- ❑ **Blindfolded taste tests-** Use a blindfold for each child and have them experience eating a small food, like a raisin or a cranberry, as if it was their first time eating it.



Mind fullness isn't difficult. We just  
need to remember to do it.....

# Performing Body Scan

## Performing body scan in grass –

- Lie down on your back on a comfortable surface and close eyes.
- Try to squeeze every muscle in your body as tight as you can.
- Now, squish your toes and feet, squeeze your hands into fists, and make your legs and arms as hard as stone;
- After a few seconds, release (loosen) all your muscles and relax for a few minutes;
- Think about how your body is feeling throughout the activity.
- Finally, realise how you are feeling after the entire activity. Was it joyful, energetic, etc.



Any  
Questions?

Thank  
You

