



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 Waltz dances Go for a short run w/ jog Sustaining regular Laughing/bouncing Dancing Make a funny drawing Ball play	Waltz dancing Meditation Life journaling African dance/dance Vocal Singing Sensory activities Movement Free structure message Hand message	Waltz dancing Meditation Life journaling African dance/dance Vocal Singing Sensory activities Movement Free structure message Hand message

# 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

## Need of Mindfulness

*What do you think is the need for mindfulness?*

# 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?**



# Activity Time

WHAT DO YOU THINK ABOUT THIS PICTURE?



WHAT DO YOU SEE IN THIS PICTURE?



# 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).





# Practicing Mindfulness

*Now, that we know how  
mindfulness helps us, let us try  
to practice few mindful activities*

# Mindfulness Activity

**Mindful poses:** Doing fun poses can help you feel strong, brave, and happy.

*The superhuman pose:* Stand with your feet just wider than the hips, fists clenched, and arms reached out to the sky, stretching the body as tall as possible. This posture helps relax every muscle of the body and makes them function better.



**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.

**Pinwheels-** Make a pinwheel (firkin) and run it with your eyes on to it. Attention on the pinwheels encourages mindfulness.



**The mindful jar:** This activity can teach how strong emotions can take hold, and how to find peace when these strong emotions feel overwhelming.

***Watch this video!***

<https://www.youtube.com/watch?v=1MefB0P8ptA>



Imagine that the glitter is like your thoughts when you're stressed, mad or upset. See how they whirl around and make it really hard to see clearly? That's why it's so easy to make silly decisions when you're upset – because you're not thinking clearly. Don't worry this is normal and it happens in all of us (yep, grownups too).





**Mindful colouring:** Pick a black and white intricate design, (preferably on a paper) such as shown here. Colour the design taking care not to spill colour out of any boundary.



Mindful colouring is very therapeutic for upset moods, etc.

## 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.



## Body scan:

- 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.



# Upset? What to do and how?

## A Mindful S.N.A.C.K.

The next time you're feeling stressed out, overwhelmed, or unsure, reach for a moment of calm awareness: a mindfulness **SMACK**. Here's how to do it:

VT2

**S**  
Stop

Just stop whatever you're doing. (Stopping, by definition, requires us to begin again. We can always begin again.)

**N**  
Notice

What is happening within and around you?

**A**  
Accept

This is a tricky one. Whatever it is you're struggling with (time, kids, sleepiness, frustration) acknowledge it for what it is, without judgment.

**C**  
Curious

Ground yourself with questions about your experience and environment: What am I feeling? What do I need right now?

**K**  
Kindness

Respond to yourself and others (mistakes and all) with kindness and observe how that helps things get back on track.

**Slide 15**

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**VT2**

Pls rewrite the entire thing directly on the slide.

Veena Tyagi, 8/10/2021



Any  
Questions?

Thank  
You

