

### Mindfulness definition for children:

Mindfulness is enjoying what is happening NOW!

It is recognising what is happening in your mind and body and doing mini activities to relax our busy brains.



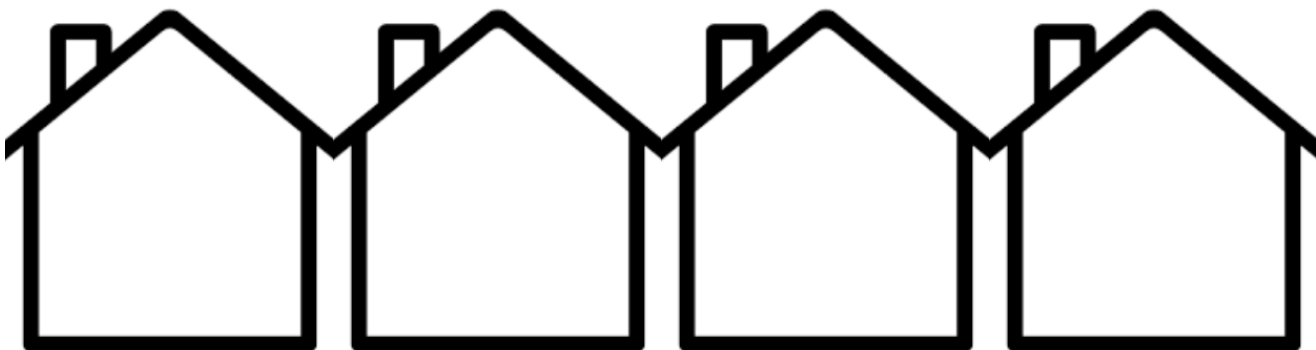
## Mindful May: Week 2 The Perfect Place



This week's mindfulness activity is called a *visualisation*. We will relax our bodies and minds by imagining we are somewhere peaceful. This can be anywhere, it is our 'perfect place'. Below is the *script* to be read out to the class. It is only 2 minutes long and should be repeated *every day* for the class to get used to it and to start incorporating mindfulness into your class routine. This activity is great to do after playtime to calm the children down and clear their minds. The children will then be quiet and calm, ready for their afternoon's lessons.

### Script:

*Everybody sit comfortably and either look softly at the ground or close your eyes. Stay still and let your mind wander with this visualisation. I want you to imagine that you are stood in the middle of an empty field. The sun is shining down on you and you can feel it warming up your face. You can hear the birds tweeting in the nearby trees and you can feel the soft grass under your shoes as you start to walk across the meadow. You get to a gentle stream at the edge of the field and there's a cute wooden bridge built over it. You step up onto the bridge and you hear it creak but all is safe. As your slowly walking across, you realise that at the other side is your perfect place. This is somewhere that makes you feel happy. This can be anywhere you wish. It might be somewhere that you've visited before or a place in your imagination. It may be a beach, a woodland, your bedroom... it may be somewhere that you have visualised before or somewhere new...it can be anywhere you wish. (Pause for 10 seconds to let them think). You step off the bridge and step into your happy place. You see a comfy spot to sit down at and a deep sense of relaxation washes over you. You feel every muscle in your body relax. It feels as if they were all tense and solid and are now melting in the sun. The muscles in your forehead and jaw soften, your shoulders loosen, your hands unclench and your legs feel free. Just spend a few more seconds sitting in your perfect place. Look around at everything that's yours. This place is for you and nobody else. You can visit this place at any time you wish. It allows you to feel peaceful, calm and relaxed. You slowly get up from your perfect place and walk back to the bridge and as you hear the bridge creak under your feet, slowly open your eyes to come back to the classroom.*



Tues 8<sup>th</sup>

Wed 9<sup>th</sup>

Thurs 10<sup>th</sup>

Fri 11<sup>th</sup>

Write in the houses some of the places that your class visualised on each day.