

Mindful Me

# Enjoying the Moment with Mindfulness



Do you ever feel like your mind can be like a snow globe? All shaken up with thoughts falling everywhere?



Have I remembered my PE kit?

I hope we haven't got pasta for dinner tonight again!

I hope Katy is at dancing class tomorrow, I'm lonely when she's not there.

I hope my baby sister doesn't keep me awake again tonight.

I can't believe my brother took my football to school with him without asking...it's mine!



# Discussion Time

Discuss a time when you have been worried about something that might happen in the future or a time when you were worrying about something that had happened in the past that had upset you.



# Imagine

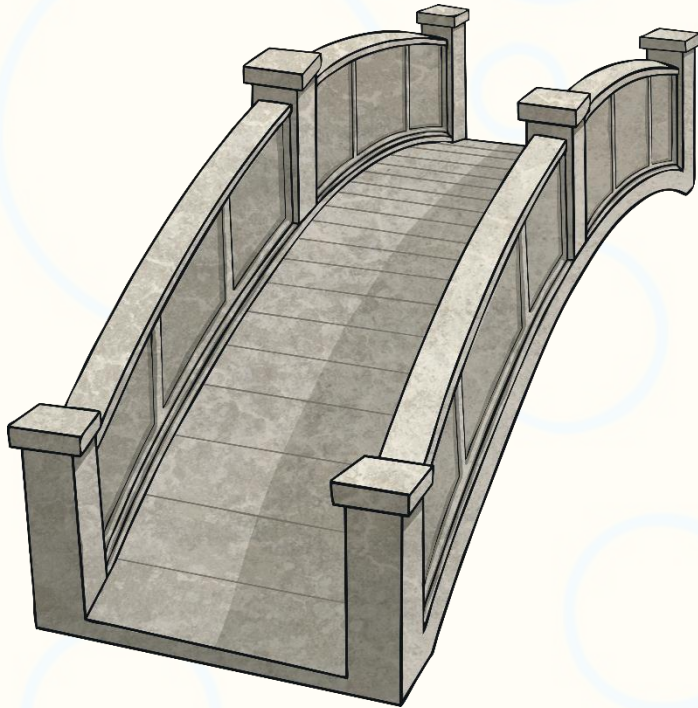
Just imagine if your mind could be worry free and a calm, peaceful place so that you can enjoy life even more every day.

Well it can...and we are going to find out how over the next three sessions.



# Have You Ever Heard an Adult Say...?

...'I'll cross that bridge when I come to it,'



This expression is a way of not thinking or worrying about a possible problem that might or might not happen in the future. You will deal with that situation if and when it happens but not now.

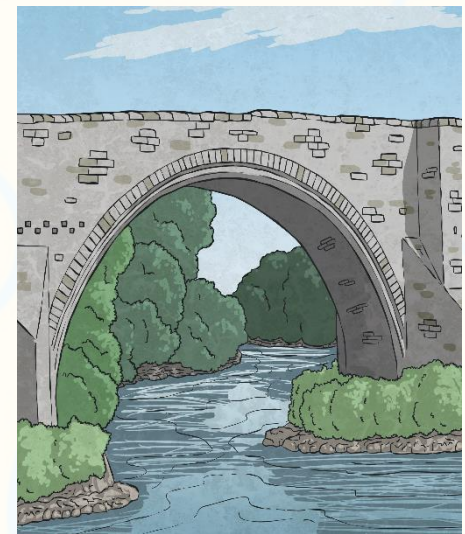
# Have You Ever Heard an Adult Say...?

...'That's all water under the bridge,'

This expression suggests not to worry about a problem that happened in the past which you are no longer in control. It's in the past, learn from it and move on to the here and now.

The above bridge expressions are great ways to help us visualise and understand a huge part of something called *mindfulness*.

Mindfulness is a certain way of thinking that can help us with many everyday situations and help us be calmer, relaxed and enjoy life.



# Suhail



Here is a boy called Suhail. We are going to look at Suhail and how he deals with his emotions, feelings and actions in certain situations.



# Suhail

Suhail is having his breakfast with his family.



What if Jack isn't at school today because he felt ill yesterday. I won't be able to play cards with him...I'll be all on my own. What will I do? The last time Jack was ill, I was alone all day and I didn't like it!

**Discussion:**  
In pairs, can you describe how Suhail might be feeling?

# Suhail

We can see that Suhail is worrying about the future - a future that might not even happen.

Suhail is also overthinking what had happened in the past and is picking all the worst parts of his memories out which is making the whole thing worse.

He has forgotten that on that day, Emma and Tai asked if he wanted to play their card game but he said no.

Suhail is not enjoying himself at all with his family or thinking about what he is doing, he is not living in the present moment and enjoying himself. He is living in the past and the future...not the present.

# Discussion Time

Let's see what happens to Suhail when he arrived at school.

So, Jack was at school after all! Suhail was worrying about something in the future that didn't even happen!

## Discussion Time

In pairs, what do you think Suhail could have done that morning instead of worrying about whether his friend would be at school or not?

Suhail could have used **mindfulness**.

# Mindfulness

Mindfulness is when we are thinking about what we are doing right now. Ignoring the past or the future, we just think about the present.



Of course, sometimes, we want or need to reflect positively about the past or become excited about things in the future. Mindfulness is about living for the here and now and enjoying this very moment of our lives!

Suhail could have focused on his breakfast with his family and enjoyed that special family time instead of worrying about something which was out of his control in the future.

# Reflection Time

Can you be more 'Mindful' from now on?

Plan for future, reflect on the past, however, concentrate and enjoy what you are doing at the moment.

Your mind will feel more like a calm snow globe than a snow storm!





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