

Keep calm and carry on with these chilled out mindful activities!

Glitter bottle



Use this familiar sensory bottle concept as a means to explicitly teach how mindfulness can help to calm us when we are feeling stressed, anxious, sad or angry.

Preparation

- Fill a bottle or jar with water, leaving 2-3 cm of space at the top.
- Add a generous amount of glitter glue to the bottle (or a combination of PVC glue and regular glitter).
- Seal the bottle well!
- You may like to make one large bottle to use as an example for whole-class instruction, or a set of bottles that can be used by individuals or for small group rotations

Directions

- Shake the bottle well to mix the glitter, water and glue.
- Share the following words with your children:

"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, grown-ups too).

[Now put the jar down in front of them.]

Now watch what happens when you're still for a couple of moments. Keep watching. See how the glitter starts to settle and the water clears? Your mind works the same way. When you're calm for a little while, your thoughts start to settle and you start to see things much clearer."

Pinwheel Breaths



Providing children with an object to focus on is a great way to encourage concentration during mindfulness activities. Use pinwheels in conjunction with the mindful breathing exercise above, making the pinwheel spin with every exhale.

You can find a mindful pinwheel template here, or uploaded on our website.

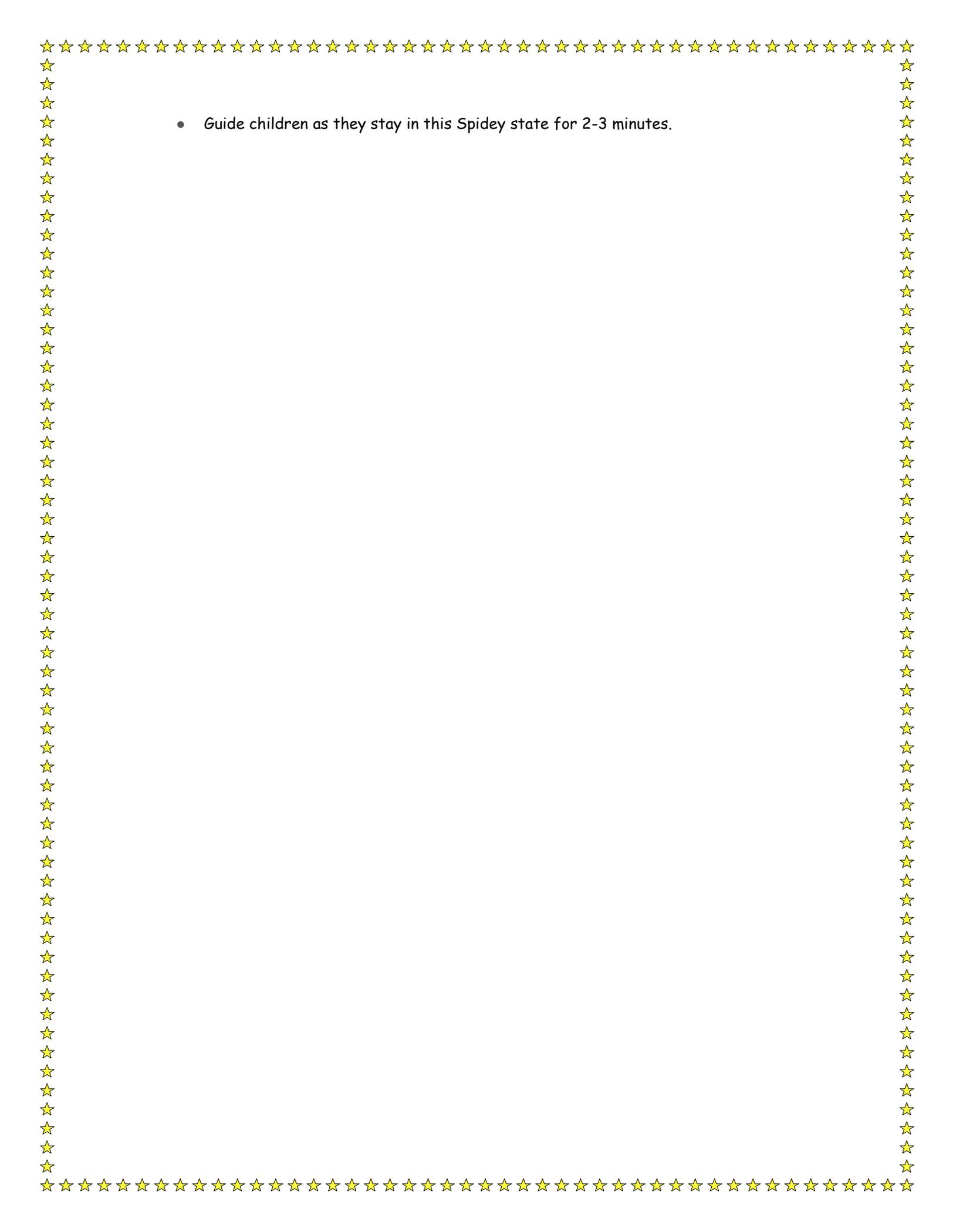
<https://www.teachstarter.com/gb/teaching-resource/mindfulness-colouring-pinwheel-template-gb/>

Spidey Senses



Spidey Senses is a fun way to frame this traditional mindfulness exercise. Ask children to switch their senses up to a superpower level, just like Spiderman.

- In this moment,
 - What can they hear?
 - What can they see?
 - What can they taste?
 - What can they smell?
 - What can they feel?

- 
- Guide children as they stay in this Spidey state for 2-3 minutes.