

Mindfulness

With so much going on in our world right now, it's easy to feel stressed and overwhelmed. These are big, tough FEELINGS! **Mindfulness** can help you to handle these feelings and to feel happier and calmer - **Green Zone**. **Mindfulness** means *noticing what is happening right now*. It means slowing down and paying full attention to something, like how your body is feeling or what your mind is thinking. When you are able to notice what is happening it can help you to calm down when you are sensing these tough feelings.

Listen to the book "I Am Peace" by Susan Verde. Then complete the word search and count how many of the words you heard in the Book <https://www.youtube.com/watch?v=hXA3837uv3w>
Song <https://www.youtube.com/watch?v=uqkPdIjjSFI>

Complete this ABC Mindfulness activity.

A B C D E F G H I J K L M
N O P Q R S T U V W X Y Z

1. Look around the room and try to find an item that starts with the letter A
2. Once you have found something, try to find an item that begins with the letter B
3. Repeat this for each letter of the alphabet (or until you feel calm and grounded - back to the **Green Zone**)
4. You don't need to go in order - just cross off letters as you find items so you don't lose track! Have fun and stay CALM...

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Mindfulness has the power to promote kindness, patience and compassion for others. It also has the ability to boost self-control, increase attention and focus, and encourage better decision making. **Mindfulness** involves both awareness and acceptance of the world around us and our internal experiences.

Some additional information available at the following sites --

<https://www.youtube.com/watch?v=Wsy2L9VvX90>

<https://www.waterford.org/resources/mindfulness-activities-for-kids/>

<https://parentswithconfidence.com/25-mindfulness-practices-for-kids-who-cant-sit-still/>