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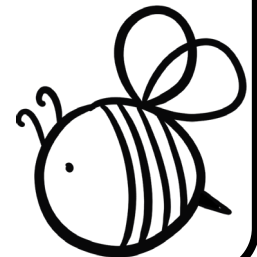
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Five Senses Check-In

Objective:
To help pupils ground themselves in the present moment by using their senses.

Instructions:
Invite pupils to ask them to find:

- 5 things they can see
- 4 things they can hear
- 3 things they can touch
- 2 things they can smell
- 1 thing they can taste

Reflection:

- What was the most interesting thing you noticed?
- Did anything surprise you?
- How do you feel now?

Five Senses Check-In

see

taste

smell

Mindful Circle Time Activities

Listen Respectfully
Give full attention to the speaker and wait for your turn to talk.

Be Kind and Supportive
Encourage and respect each other's thoughts and feelings.

Stay Present
Focus on the activity and avoid distractions.

Use a Calm Voice
Speak gently and thoughtfully.

Respect Personal Space
Be mindful of the comfort of others.

Keep an Open Mind
Accept different viewpoints and experiences.

Enjoy the Moment
Engage fully and appreciate the mindfulness activities.

Rainbow Breathing

Objective:
To combine breath work and imagination to promote calm.

Instructions:
Ask the pupils to close their eyes and breathe in through their nose for 4 counts, then breathe out through their mouth for 6 counts. Repeat this cycle 3 times.

Thought Cloud

Objective:
To teach pupils to observe their thoughts without judgment.

Instructions:
Encourage them to imagine floating in the sky. Each thought is different. When a thought appears, judgment, like observing. Explain that it's normal for thoughts to come and go.

Finger Tracing Breaths

Objective:
To combine touch and breathing for calmness.

Instructions:
Ask the pupils. Hold one hand up with fingers spread. Breathe in through the nose and trace down while breathing out through the mouth.

Mindful Touch

Objective:
To help focus on their sense of touch and become more aware of different textures.

Instructions:
Gather a selection of objects with different textures (e.g. a soft cloth, a rough rock, a smooth marble, a fluffy feather). Ask the pupils to touch each object and describe the texture.

Balloon Breathing

Objective:
To encourage deep breathing for relaxation.

Instructions:
Ask the pupils to lay down comfortably. Ask them to imagine that their tummy is a big balloon and making their tummy expand. Then they need to exhale slowly by deflating the balloon gently. Repeat this cycle 5 times. Encourage them to be mindful of their breathing. When they are finished, ask them to be mindful of their tummy and how it feels. Encourage them to be mindful of their breathing. When they are finished, ask them to be mindful of their tummy and how it feels.

Mindful Listening

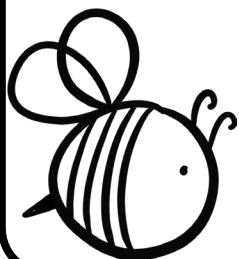
Objective:
To strengthen focus and awareness of sounds.

Instructions:
Ask pupils to close their eyes and listen carefully. Ring a bell or chime. Ask them to listen to the sound and raise their hand when they can no longer hear the sound. Try other sounds:

- Rubbing hands together
- Tapping a pencil
- Rustling a piece of paper
- Pouring a glass of water
- Shaking a pot of pencils
- Dropping a ball

Reflection:

- Was it easy or difficult to focus just on one sound?
- Did anything surprise them?
- Did they hear any background noises they hadn't noticed before?



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Instructions for folding your Fortune Teller

(There are lots of video instructions online should you struggle with this).

Cut out the square carefully.

Turn the paper over face down so it is just white. The images are on the other side. Fold the square diagonally from one corner to the opposite corner. Unfold it and fold diagonally the other way.

Take each corner of the paper and fold it into the middle point where the creases cross. You'll end up with a smaller square.

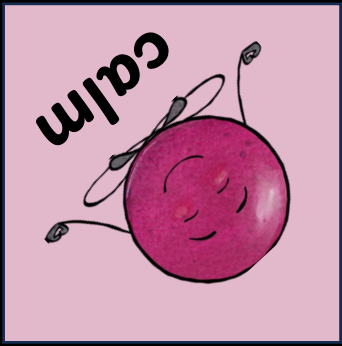
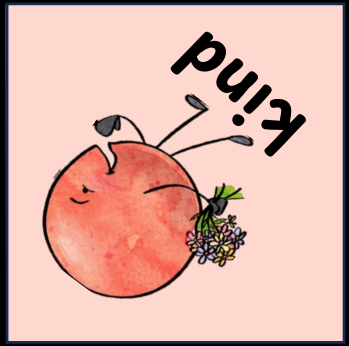
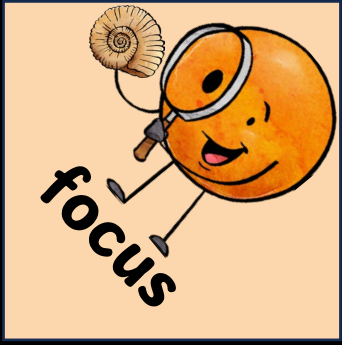

Turn the paper over to the other side (so the folded corners are facing down).

Take each corner and fold them into the centre again. Now you have an even smaller square.

Fold the square in half horizontally, then unfold. Fold it in half vertically, then unfold.

Gently slide your fingers under the four flaps on the front side.

Pinch the paper together so the fortune teller forms its final shape and is easy to open and close with your fingers.

	<p>1</p>	<p>2</p>	
<p>8</p>	<p>Name 3 things you can see</p>	<p>Give yourself a compliment</p>	<p>3</p>
<p>Five finger breathing</p>		<p>Close your eyes for 10 seconds and notice how it feels to pause</p>	
<p>Close your eyes and notice the quietest sound</p>		<p>Place your hand on your chest and feel your breath moving in and out</p>	
	<p>7</p>	<p>4</p>	
<p>9</p>	<p>Smile for 5 seconds and notice how your body feels when you smile</p>	<p>Close your eyes and picture somewhere that makes you feel safe</p>	<p>5</p>

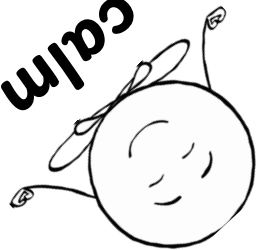

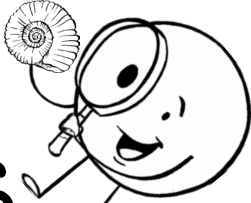

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FORTUNE TELLER,
CHATTERBOX, COOTIE
CATCHER

Print out this sheet.
Cut out the square.
Make up your fortune teller.
(lots of videos online).

Choose a word first and move the fortune teller that number of letters. Then choose a number. Move the fortune teller that number. Then choose a number. Open up the fortune teller to read the task.



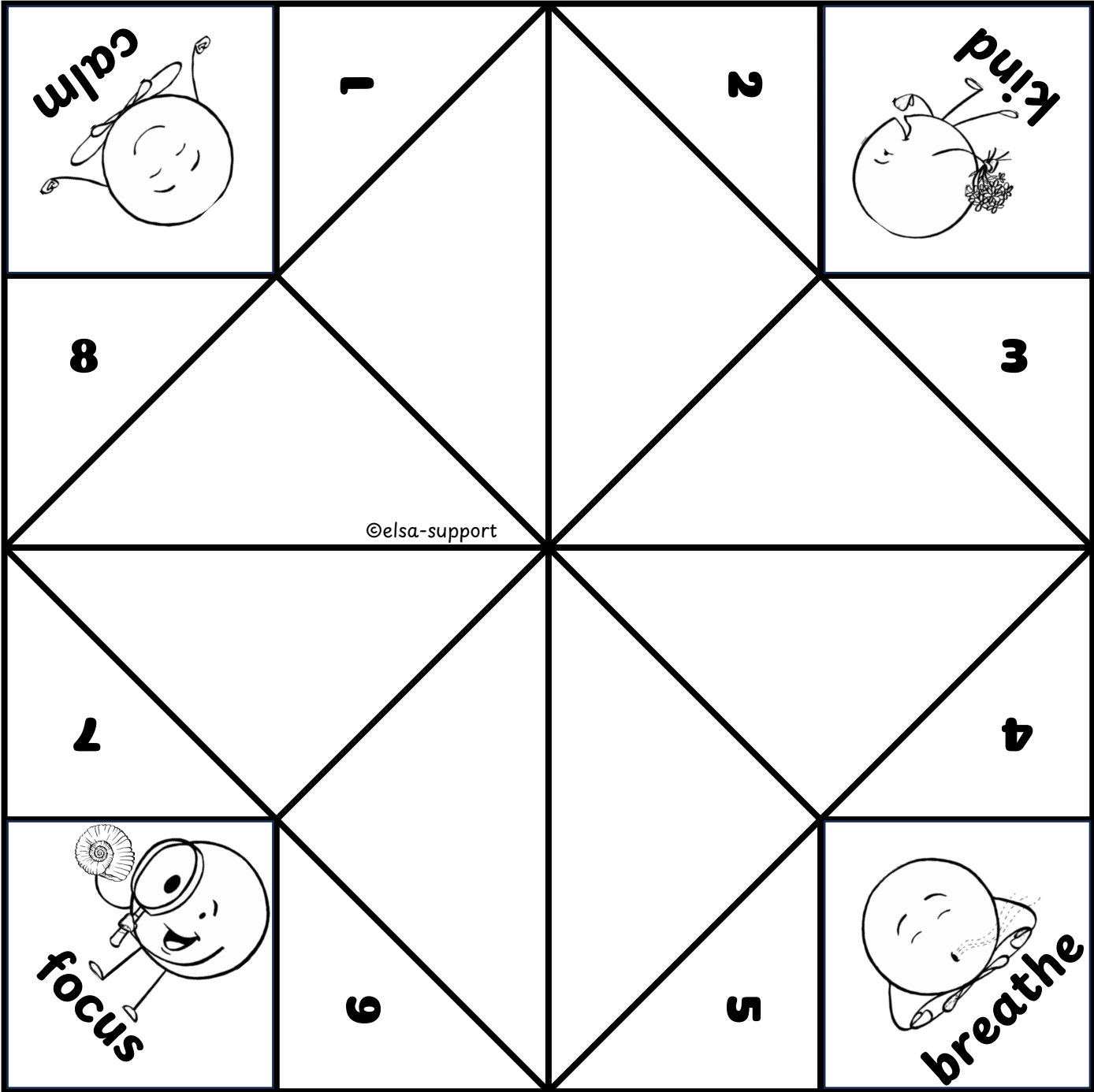
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