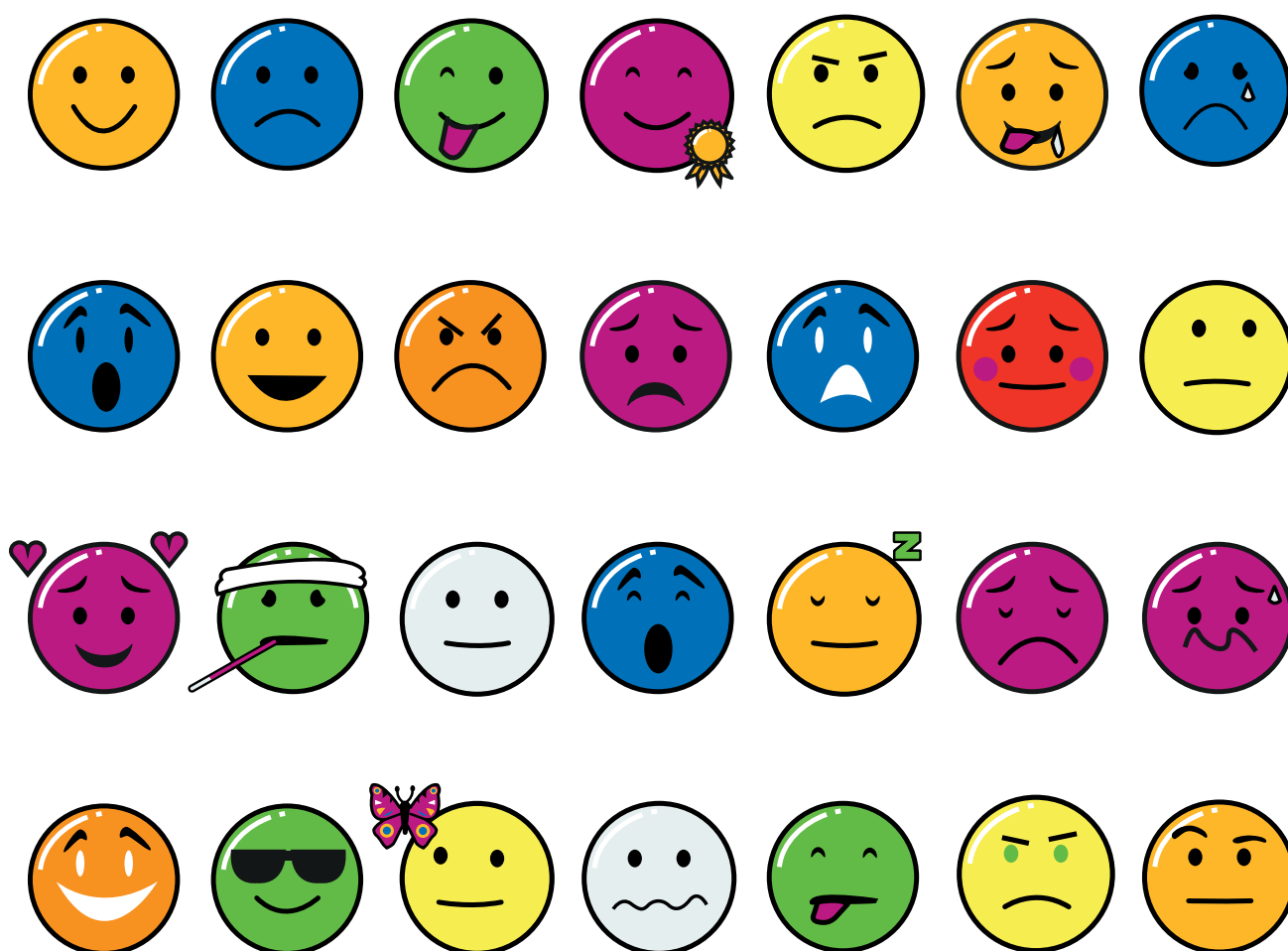


# 28-day mindfulness challenge



## Mindfulness activities for the whole family



# Welcome

## to the 28-day mindfulness challenge



- This course of activities is designed for children and young people of all ages so that every member of a household can complete the challenge.



- The activities are aimed at children and young people who will be transitioning back to school. Adults are encouraged to adapt the challenges for themselves and complete the projects as well.



- Whether you are new to mindfulness or are well practiced, we hope these activities help you find the positives around **you** and help you get ready as we gradually get used to life after lockdown.

### What is mindfulness?

Mindfulness is paying attention to the present moment or what is happening right now. This includes noticing what you feel, think and what is around you. Being mindful can help people get along with others better and be happier.

Where to find more information about mindfulness:

Go on the [www.nhs.uk](http://www.nhs.uk) website and search 'mindfulness' or follow: [www.nhs.uk/conditions/stress-anxiety-depression/mindfulness/](http://www.nhs.uk/conditions/stress-anxiety-depression/mindfulness/)

YouTube videos:



- Children in New Zealand explain what mindfulness means to them in a video by Mindful Aotearoa: <https://youtu.be/awo8jUxlm0c>
- For teens and young people, AboutKidsHealth has a YouTube video that can be found: <https://youtu.be/QTsUEOUaWpY>

The activities might be hard to fit into your lives at first, but they will become easier with practice. There is no right or wrong way to practice mindfulness; as long as you try.

## The challenge

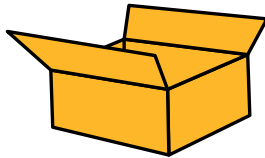
The challenge is designed to start the Monday before schools open to more students. The challenges follow a theme, but they are not set in stone. Families are encouraged to read ahead and plan the challenges to better suit your lives.

This is large document, but don't get discouraged. It's ok to miss a day, and if you want to, you can make it up on another day.

At least once a week, you will be encouraged to craft with items you may have around the home. It will be handy to have the following:



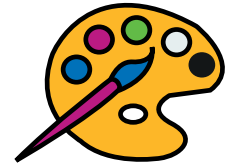
Paper/journal/spare exercise book



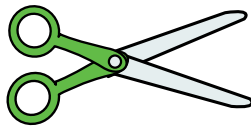
Shoe box or container of similar size



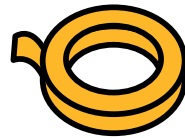
Colour pens or pencils



Paints



Scissors



Glue or tape

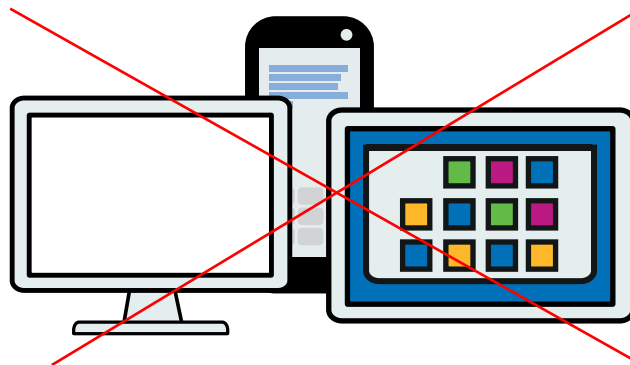


Magazines or newspaper that can be cut up

Have a look ahead on days 2, 3, 9, 16 and 23 to see what you else might need too.

At the end of the document, there is a calendar and word charts to help with the challenges.

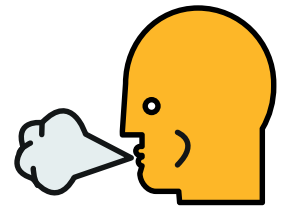
To help you on your mindful journey, try to stop using phones, tablets and TVs at least 30 minutes before bed. Try to have at least one meal together as a family.



Each day of the week will have a theme that promotes an aspect of mindfulness. See over the page for a run down of each day.

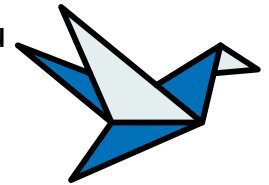
## Just Breath Mondays

Breathing techniques can help sooth you for the week to come. Try to do the exercise each day of the week. The more time you can take to breathe, the more oxygen gets to your brain. Your brain likes oxygen and rewards you with feeling calm. Scripts are provided for those who want or need guidance.



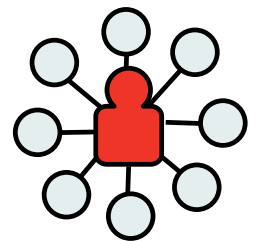
## Craft Tuesdays

Creating things helps you raise your self-esteem or feel good about yourself. When you make something, it is as unique as you are and there is nothing else like it in the world. You might be proud of the things you make and want to show them off to the people that are close to you. If you want to keep them private, that's ok too. **Remember there is no such thing as a perfect craft.**



## Wednesday Connection

Having connections with other people helps you feel better about yourself. It's just as important to be there for others as it for people to be there for you. Wednesday will encourage you to connect with people in and out of your home.



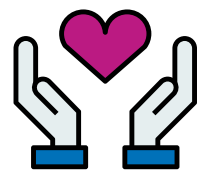
## Feel it Thursday

Noticing when you have certain feelings can help you control them. Sometimes you might have bad feelings about something in the past or worries about the future which makes you upset in the present. When you understand how your body reacts to feelings, you can help create ones you like more often.



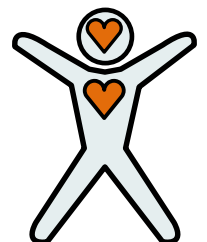
## Gratitude Fridays

In the evening, answer the three questions with words or with drawings. Your answers can be long or short. You can keep the answers to yourself or share them. The more grateful you are, the easier it is to be happy. You can be grateful for something everyone has like a sunny day, or something specific to you like a person, something only you know about, or anything you can think of.



## Saturday Adventures

Saturday adventures can happen in or out of the home depending on your household and the weather. Physical activity helps with; breathing, positive thinking, overcoming challenges and being healthy. Try and be physically active for 30 minutes every day. Saturday adventures combine physical activity with mindfulness.



## Soothing Sunday

The challenges on Sundays will be a lot like meditation. There will be a script that someone can read to you, or you can try and do it in your head.



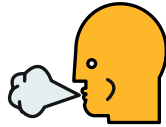


# Week 1

Very soon more students will be going back to school. Whether you have been staying home or going to school, you may have gotten used to how things are. You might be happy that school will open or you might not. Either one is understandable.

In the week before school is back, we will look at ways to help prepare our minds for this change. As you go through the challenges you're encouraged to make notes and drawings in a journal that you will make and decorate on the first craft day.

## Day 1 – 3 x 3 breaths



Have a seat somewhere quiet and comfortable. If you can, sit up with your back straight and imagine a string from the top of your head that is gently pulling you up. You can close your eyes or look slightly down with your eyes halfway closed, whatever feels comfortable for you.

Take a slow deep breath through your nose, pause for 3-7 seconds then slowly breathe out through your mouth. Can you see your chest or tummy rising? Try to breathe like this three times in a row. Can you take these three deep breaths in the morning, afternoon and evening? Try to do that every day this week.

If you need help, sit down in a quiet place while someone reads this to you (don't read out loud what is in the brackets):

- (1) Sit down in a comfortable position with your back straight up. (Pause)
- (2) Slowly take a deep breath in through your nose. (Pause or take a deep breath with them)
- (3) Hold your breath. (Pause for three seconds)
- (4) Now slowly breathe out through your mouth. (Pause or breathe out with them)
- (5) Hold your breath. (Pause for three seconds)
- (6) Repeat two more times.

Or take a minute to breathe with a fish at: [www.youtube.com/watch?v=gLbK0o9Bk7Q](https://www.youtube.com/watch?v=gLbK0o9Bk7Q)

## Day 2 - Journal time



As you go through the challenges, you will start to make notes or pictures in your journal. Your journal doesn't have to be fancy; you can make one by folding some paper into a book, use a spare exercise book or any other book with some blank pages in it.

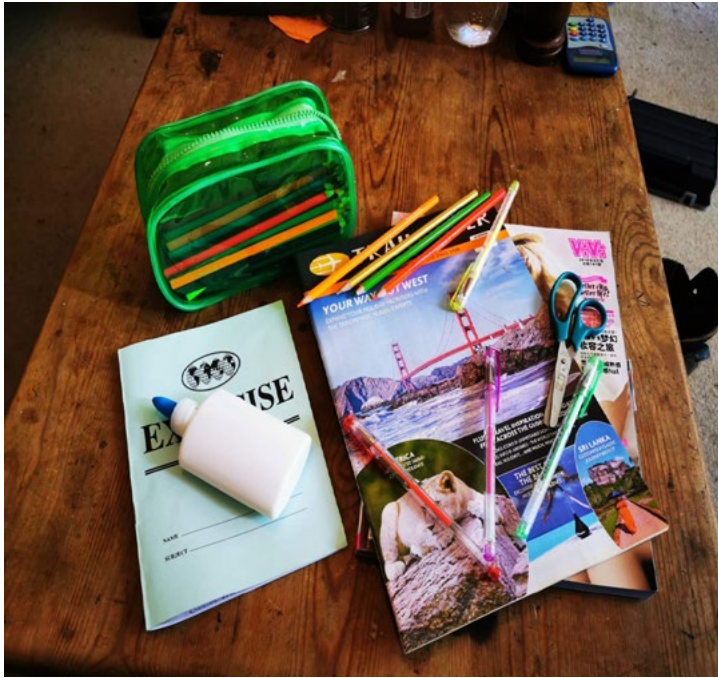
Decorate the cover however you like so it's something for you, by you. You can

draw on the cover or tape or glue on your drawings. If you prefer, you can use photos of your own or from newspapers and magazines, or you can do both! If you have a journal that already has a cover, then decorate the inside covers.

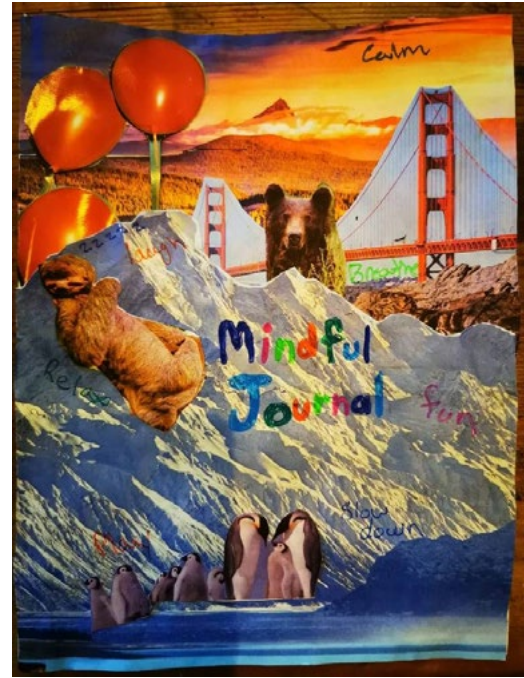
Maybe you would rather keep your notes on a computer or your phone, and that's fine too. Still, make yourself a picture or collage that you can look at when you are going to make notes in your journal.

Here's an example below...

**Before:**



**After:**



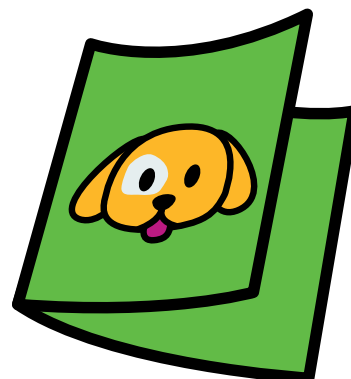
### Day 3 - Card for fun

Who are you looking forward to seeing next week? Maybe it's a friend or someone that works at the school.

Make a card or postcard for someone that you are looking forward to seeing. You can write about or draw a picture of something that you did with them or about why they are special to you.

If you want to, and know their address, you can post the card to them, or you can give them the card when you see them next week. You don't have to give them the card if you don't want to; you can just keep the card in your journal as a reminder.

There are a few examples over the page...

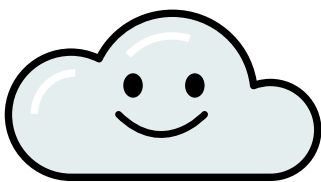




You don't have to make just one card either. Maybe there is someone you miss who you won't be able to see for a while. You can send them a card too. It doesn't have to be someone's birthday to send them a card; you can let them know you are thinking about them any time.

## Day 4 – Find a feeling

*When you think about school how do you feel?*



Quick, write that feeling down, or draw it in your journal.

*Do you like the feeling?*

Write or draw where in your body you feel it and what it is like.

Sometimes, when people are nervous, it feels like butterflies in their stomach

If it is a good feeling, think about what caused it.

Think about what makes you feel better if you don't like the feeling. Is there someone you can talk to about the feeling?

After this exercise, do a deep breathing session from Monday.

## Day 5 - 3 questions



In your journal write or draw answers to these questions:

What is something good that happened since school closed?

What is something good someone in your household did recently?

What is something you missed about school?

## Day 6 - Mission possible

Map out your first day back at school. Walk around pretending to go to your classes, where you eat lunch, where you play or meet with people.

Think about these questions as you're walking:

How do you feel when you are in the rooms and spaces?

Who do you expect to see?

Who can you talk to if you get worried or upset and where can you find them?

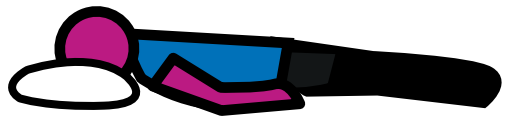
What kind of noises will you hear? What might you smell?

When you have a moment, note or draw these things in your journal and then compare them after your first day.





## Day 7 – Light meditation



Tomorrow may seem like a big day. Here is a meditation that might help you sleep tonight. Lie down on your bed. If you can, lie on your back with your arms at your side.

Bring your attention to parts of your body. When you breathe in, imagine that you are breathing in light to that part of the body. Release tension from that part of the body as you breathe out.

Start with your feet and work your way up to your head. Don't worry if you fall asleep before you get to the end. If you need help doing this, there is a guide for someone to read to you. You can close your eyes if you like.

If you like this and it helps you relax, you might want to do every night.

The following guide can be read by someone to you, softly and slowly. Pause at each gap. It should take 10 to 15 minutes to read.

***Slow your breathing down with each breath you take. Breathe in through your nose, hold it for a few seconds, and then exhale out your mouth.***

***With each breath you take your body is becoming relaxed and your mind is becoming more clear and focused. Breathe in through your nose, hold it for a few seconds, and then exhale out your mouth.***

***Think about your feet. With the next breath you take, imagine you are filling your feet with golden light. Take a deep breath in. When you breathe out, let all the tension in your feet leave with your breath.***

***Breathe in the light and bring your thoughts to your lower legs. You see golden light travelling into your legs and releasing all tension and stiffness. Any tightness in your calves is being released now when you breathe out.***

***Your breathing is becoming slow and steady.***

***Breathe in the golden light and imagine the light travelling into your upper legs, releasing all tension and stress on the out breath. Any tension in your thighs is being released now.***

***Bring your attention to your hips, breathing in the light into your hips. As you breathe out, let your hips relax.***

***Bring your awareness to do your stomach. Breathe in and allow your stomach to expand with light. Breathe out, releasing any tension in your stomach area.***

***Take a deep breath in, and as you do, see the light coming in and travelling up your spine. Breathe out, releasing any tension in the discs and joints.***

**Breathe in light into your hands, letting the light swirl around your palms and fill your fingertips. Breathe out the tension from your hands.**

**Breathe in the light into your arms from your wrists to your elbow. Let any tightness go as you breathe out.**

**Now breathe in light to your upper arms and into your shoulders. Let all the tension go as you breathe out.**

**You will now be very relaxed. It is okay to let yourself drift off to sleep.**

**Breathe in the light, and as you do, you see the light travelling around your chest and heart area. Breathe out tensions in your chest, and let this area of your body relax.**

**Bring your awareness to your throat and neck area. As you breathe in, allow any tension in your neck to be released on the out breath.**

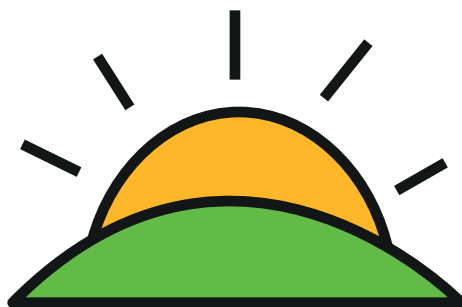
**Breathe in the light, bringing your awareness to your face. Allow any tension in your forehead, your eyes, and jaw to relax as you breathe out. Your face is now completely relaxed.**

**Breathe in light into the top of your head and let it circle your brain. Breathe out any tension from your head.**

**Now, take a deep breath in, breathing in more golden light and letting it swirl through your whole body. If you sense any tension, let it release as you breathe out.**

**You are very relaxed, and as you continue to be very relaxed, let yourself drift off to sleep.**

**Continue to focus on your breathing if you are still awake. Take a deep breath in, hold it, and breathe all the air back out again.**

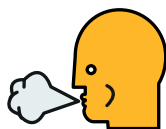




## Week 2

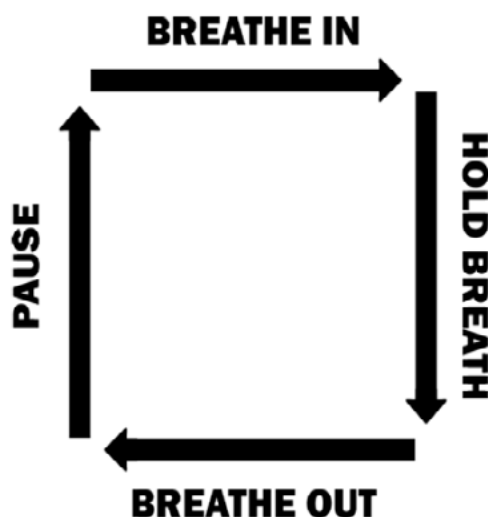
Are you ready? School starts this week. No matter if you've been staying at home or going to school these past few weeks, today is going to feel quite different. Suddenly there are going to be a lot of other people around. Things might not be the same as they were before. If you get worried, try to do a breathing exercise and imagine your worries floating away with your breath.

### Day 8 – Square breaths



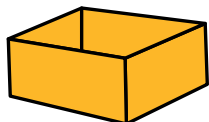
Taking some time to take deep breaths at school can be easier than you think.

Here is a little tool to help:



Trace a square with your finger. You can do this on your desk or in the air. Let each side take 3-6 seconds. Practice at home together before you go off to school. Try to do this regularly throughout the day; aim for at least three times.

### Day 9 – Mindful box



Find a box that you can keep and store with your journal. Shoe boxes are ideal, but any other type of box, like a cereal box, will do, as long as you can decorate it and open and close it easily.

Decorate the outside like you did with your journal. Use your drawings, pictures, maybe some cloth that you like the feel of, or the wrapper of your favourite snack.



This is a box for those odd special things that you might not be able to find a spot for. It might be a good place to keep your journal too. There may have been something special from returning to school that you can add. In challenges to come, there will be things you can add.

## Day 10 - The interviewer



During some free time at school, interview someone that you did not see when school was closed. It can be someone that works at the school or another student. Maybe it's someone who still went to school while you stayed home, or the opposite.

Ask them what was different for them, and what stayed the same.

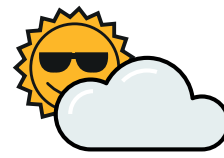
Ask them what they like about school being open again. What did they like about it being closed?

Was there anything they missed?

Make sure to listen to the person and not to interrupt them when they are talking. Try to remember what they are saying.

When you get home, write in your journal things that you and this person have in common and if you learned anything new about them. Maybe you'd like to pretend that you are writing about someone famous.



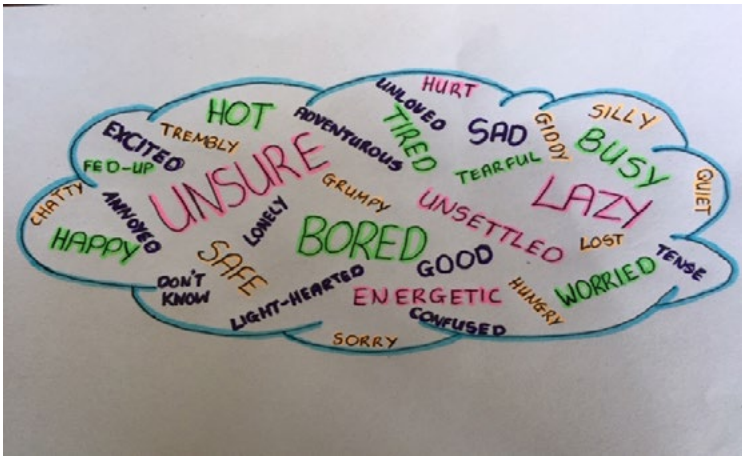


## Day 11- Cloudy with a chance of feelings

It's been four days of school now. How have you felt?

In your journal, make a word cloud or a picture cloud of the feelings you have had. The words or pictures will be bigger in size depending on how often or how strong you have felt the feeling. If it is a very strong feeling or you feel like it's something you feel a lot, make it really big. If it's something that you sometimes feel or it doesn't last very long, make it smaller.

Here are some examples:



Your cloud can be in any shape, e.g. a hand outline, or it can be spread across the page.

At the end of this workbook, there are some examples of feelings if you are having a tough time thinking of some. Try to think of them on your own first though.

If you like to use the computer, you can search for feelings on word cloud generators online.

**In your journal, answer some questions about your feelings:**

What feeling or mood is the largest?

When did you feel this way? (It could be a certain time of the day or maybe something happened)

How did you react? (Maybe you laughed, cried, slammed a door, or breathed deeply)

As you move forward through this workbook, make notes in your journal of emotions or moods you have every day. Draw emoji's or write the word. Being able to identify your emotions and moods will help you find out what causes them and how you can control them.

## Day 12 - 3 questions



In your journal, answer the following three questions:

What was something good that happened at school?

What is something good that another person did at school? It can be something that helped you or someone else.

What was something fun that happened at school?

## Day 13 – Spy Time



There is a game called 'Eye Spy' that you might have played before. This version will use all of your senses. If you can, go for a walk with someone you can play with. You can play in your home too. The person who you play with can be there with you in person, or you can talk to them over the phone, in video chat or text. You can also play with a few people if you like.

Each person takes turns guessing what the other is 'spying' through different senses.

**Sight:** I spy with my eye something that is... (something you can see, describe with one word the look, like colour or shape)

**Sound:** I hear with my ear something that is... (something you can hear, describe with one word the sound in volume or pitch, or you can make the sound yourself)

**Touch:** I feel with my skin something that feels... (something you can feel, describe with one word what the object would feel like)

**Smell:** I smell with my nose something that smells... (something you can smell or would smell if you were close to it, describe the smell with a word)

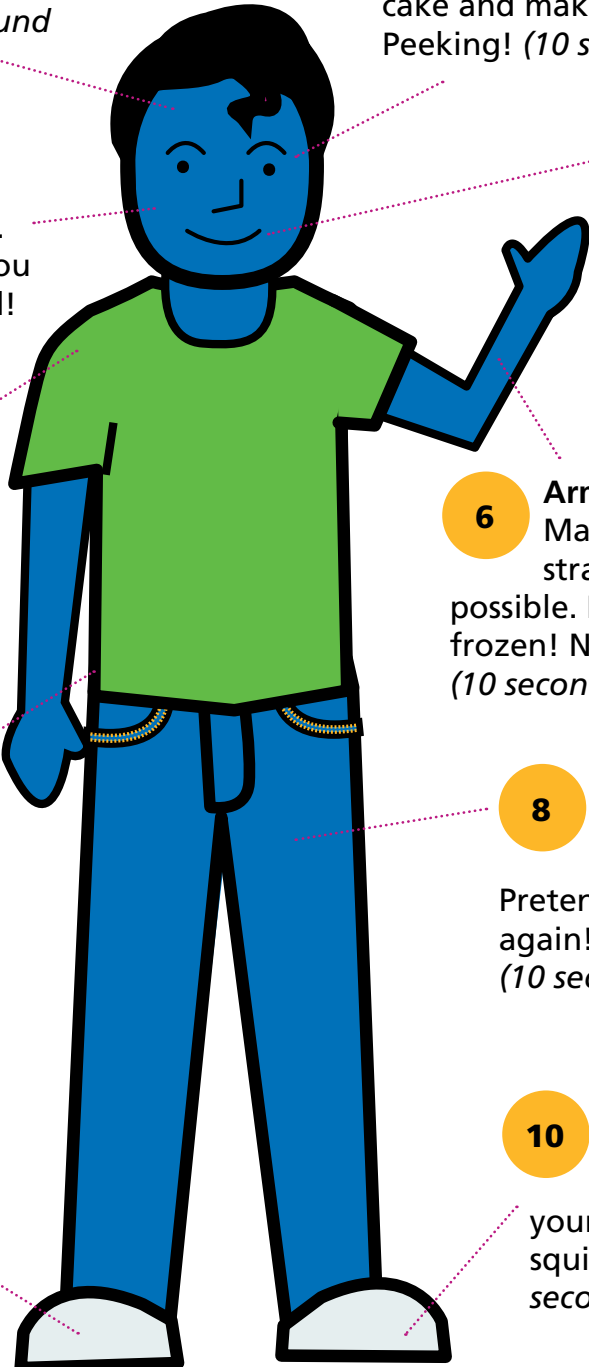
**Taste:** I taste with my tongue something that tastes... (describe the taste of something you see or thinking of, it might be from an advert that you can see or what you have eaten before. However, please don't lick random things to know what they taste like!

The other people playing can ask yes or no questions about what the object is until someone makes the correct guess. Whoever guesses right can choose who the next spy is.



## Day 14 - Muscle relaxation

As a household, or by yourself, follow the directions below. Hold each one for 10 seconds and then relax for ten seconds. Younger children may need the script read to them. If you are doing this as a group, you can take turns reading or let one person be the guide.



- 1 Forehead**  
Scrunch up your forehead like you are thinking hard. Squeeze it tighter, tighter! Now you can relax. *(hold for around 10 seconds)*
- 2 Eyes**  
Squeeze your eyes tight like you are about to blow out the candles on your cake and make a wish! No Peeking! *(10 seconds)*
- 3 Cheeks**  
Puff your cheeks out as far as you can. Make them bigger, like you have a mouth full of food! Now relax. *(10 seconds)*
- 4 Mouth**  
Pretend you are chewing a really big piece of gum. It's really hard to chew but keep chewing. *(10 seconds)*
- 5 Shoulders**  
Try and touch your shoulder blades together. Squeeze tighter, you're almost there! Now you can relax. *(10 seconds)*
- 6 Arms**  
Make your arms as straight and stiff as possible. Pretend you are frozen! Now you can relax. *(10 seconds)*
- 7 Lower back**  
Sit up straight and try to be as tall as you can. Taller! Taller! And now relax. *(10 seconds)*
- 8 Legs**  
Make your legs as straight as you can. Pretend you are frozen again! Now you can relax. *(10 seconds)*
- 9 Feet**  
Press your feet into the ground as hard as you can. Push! Push! And now relax. *(10 seconds)*
- 10 Toes**  
Pretend you are at the beach and squish your toes into the sand. So squishy! And now relax. *(10 seconds)*



## Week 3

Get ready for your third week of mindfulness. With the second week of school starting, people might be doing their own thing in the evenings. There will be more activities this week that encourage you to interact with each other. Remember to note down in your journal how you are feeling every day; maybe you can set an alarm in the evening to remind you. If your journal is starting to fill up, you can always make and decorate a new one. Then, keep the one from before in your mindful box.

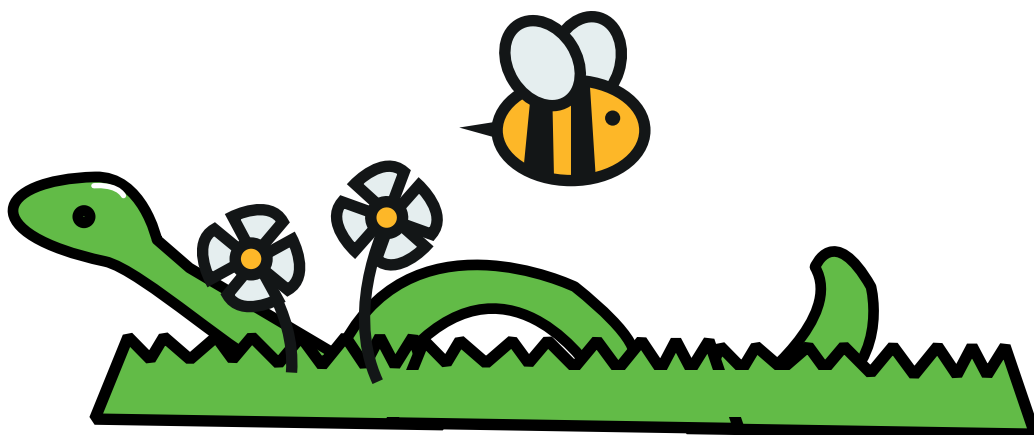
### Day 15 – Bee’s Breath and Snake’s Breath

This week you are going to buzzzzz, to get ready for busy days. Then in the evening you’ll hiss as you slide away into bed.

In the morning when you wake up, sit on your bed with your back straight. Take a deep breath in through your nose. Hold for five seconds. As you breathe out, hum or make a zzzz sound like a bee. Repeat two more times.

Before you go to bed, sit up with your back straight on your bed or floor. Take a deep breath in through your nose. Hold for five seconds. As you breathe out, make a hiss sound like a snake and imagine your worries are sliding away. Repeat two more times.

Adding these sounds will create new sensations. One might make you exhale longer and one might tickle. If you like how it feels, you can do this as many times as you like.





## Day 16 – Rock friend

When you are outside, look for some rocks or stones with a smooth side. When you get the rock(s) home, wash them, and when the rocks are dry, you can begin the activity. Use paints or felt tip pens to create some rock friends. You can also use stickers or tape drawings you have made on paper onto them. Rock friends can look however you want. They can be animals, people, plants or patterns. Lots of ideas can be found here: [www.diycraftsy.com/painted-rocks](http://www.diycraftsy.com/painted-rocks)

You can make a rock friend for yourself and keep it in your Mindful Box. In your journal, you can write about your rock friends. You might want to choose what their name is, their favourite colour, their favourite food, their age, or anything that you can think of.

You can also paint other rock friends too, so they can have company or to give to your friends and family.

One great thing about rock friends is that they always listen and you don't have to say anything out loud for them to hear. You can write letters to your rock friend in your journal. Having something that will listen to you will help a lot with worries.



## Day 17- Quiz night

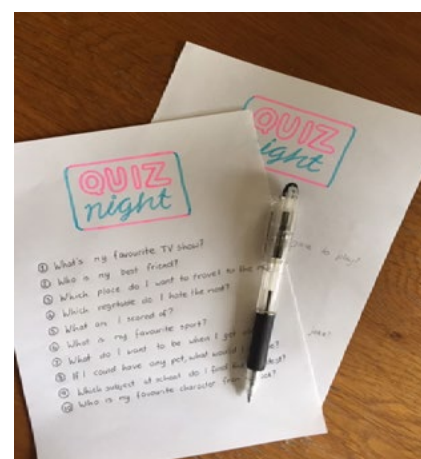
See how well you know your family or friends with this question game. You can play with people in person, over the phone, video call or text message.

Each person will ask the group 5-10 questions. You want the question to be about you. For example, what's my favourite colour? What is my favourite food? What do I want for my birthday? If I could choose a super power, which one would I choose?

Give everyone some time to write down the questions and the answers. When everyone has their questions ready, take turns asking questions. People can write their answers or say them out loud.

Have fun, and there is no need to keep score. This quiz is to help you connect and learn about each other.

Later in your journal, write down some things you learned about the people you played with.



## Day 18 – Face the feeling

You can do this on your own or with others.

Write or draw some feelings or moods on pieces of paper, or print the feelings squares at the end of this workbook and cut them out. Then fold them and put them in a bowl.

If you are with others:

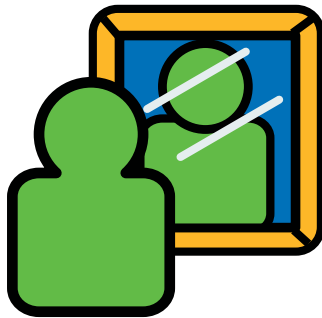
Pick out a feeling from the bowl, but don't show anyone. Make a face to represent the feeling with your back turned away. Hold the face and cover your mouth and turn back around.

Let everyone guess the feeling by looking at your eyes. When each person has guessed, move your hands away and see if they change their answers. When everyone has guessed again, show them the feeling you had picked.

Put that feeling back as another person's face will be different for that feeling.

You might want to shake the feeling out of your head and body when your turn is over.

If you are on your own, make the face into the mirror or take a selfie.



Write or draw in your journal about what you see and feel:

Does the face remind you of someone or something? Maybe you look like another person in your family when they have the same feeling, or maybe it reminds you of something else like an event or an animal.

What do you feel in other parts of your body when you make the face?

Shake off the feeling by shaking your head and wiggling your body when you are done.



## Day 19 – 3 questions

Answer the following three questions in your journal:

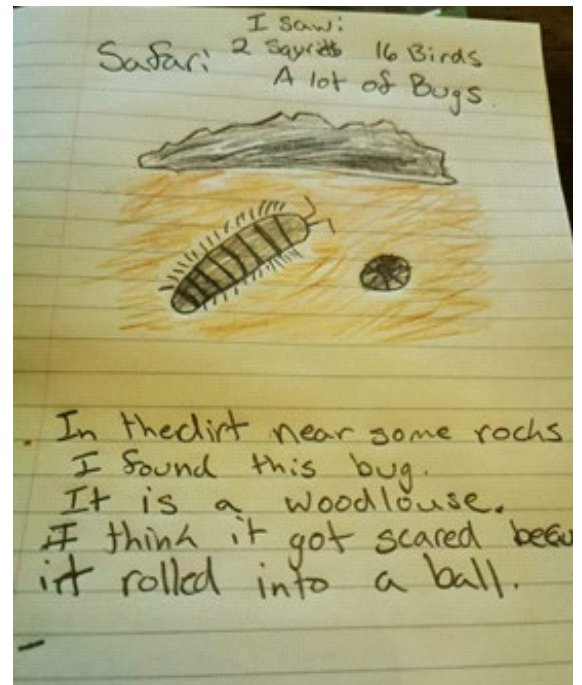
What is something you like about each person you live with?

What is something that you like or are proud of about you?

What is something that made you and at least another person in your household laugh together?

## Day 20 – Safari

This week's adventure will have you looking for the things that fly, crawl and scurry around us. You can go on safari in your home or outside. Either way, you will have to be quiet and alert, with your super-senses switched on, so you can discover tiny wild beasts that the world may or may not have seen before. You might want to take your journal with you to help you keep track of the animals that you find. Try to keep count of how many you see. How many birds? How many bugs? How many mammals? Did they notice you? What happens if they do? Maybe draw your favourite ones.




## Day 21 - 5, 4, 3, 2, 1 relaxation

Practice using your five senses and the things around you to help you to refocus and be calm. You can do this anywhere. Try to notice things you hadn't noticed before. You can write or draw what you notice in your journal or you can just notice them and let them float away as you relax.

5 things I can see: 

4 things I can feel: 

3 things I can hear: 

2 things I can smell: 

1 thing I can taste: 

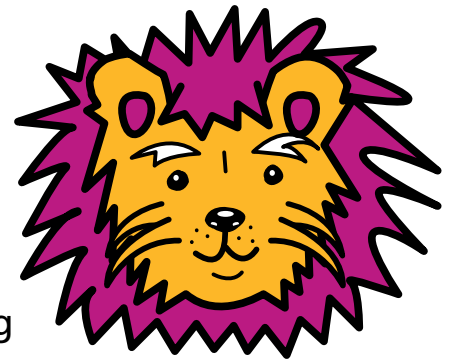


## Week 4

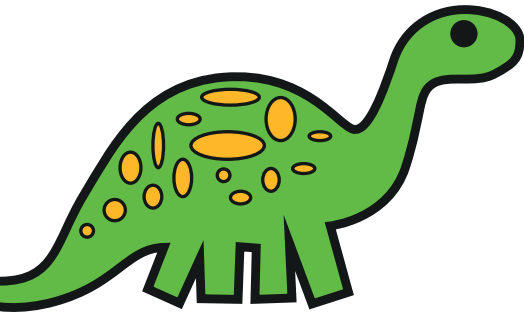
Two weeks of school and three weeks of mindfulness down! Good for you! Both mindfulness and school are easier now. If you don't believe it, look back through your journal and see how you have progressed. Look ahead to Tuesday, Day 23 to plan how you might get access to a printer if you need to.

## Day 22 - Lion's Roar and Dragon's Breath

Did you know that lions roar in the morning when they wake up? Maybe, it helps give them confidence and remain calm throughout the day. This week's breathing challenge will get you roaring in the morning and burning up your worries before bed.



Just after you wake up take a deep breath in through your nose, hold it for about seven seconds, and then exhale through your mouth as you ROAR like a lion. Do this two more times and notice if you feel different.



Then, just before you lie down for bed, sit down, either on the floor or bed, with your back straight. Take a deep breath in through your nose; hold it for about seven seconds. Then open your mouth in an 'O' shape and breathe out like you're breathing out fire that burns up your worries. Do this two more times.

## Day 23 – Mindful colouring

Recently, colouring books have become popular for adults as well as children. But people have been colouring for clarity and meditation since ancient times. When you colour, you create a space where you are concentrating on keeping the colour in the lines and how the colours interact with each other to create the whole picture. When you choose a colour, there is a thought process and a purpose to it.



Find a picture to colour. You might already have a colouring book you can use. You can search online for something to print by searching for Mindful colouring along with anything what you'd like to colour or search for. You might be able to print something from school if you don't have a printer. If that is not an option, try to find a black and white picture from a newspaper or book that you are allowed to colour. Or maybe someone can draw something for you to colour in. There are also apps and websites where you can colour in pictures or colour by numbers. Search for 'colour games' online.



## Day 24 - Build a story

Make a story one line at a time with at least one other person. This can be done in person, over the phone, through video chat or text message. Pick someone to go first and then take turns building upon each other. Sometimes the hardest part of this challenge is coming up with the first line so there are some examples below. You'll have to pay attention to what the person before you said in order for your line to make sense.

It might be fun if someone is able to write the story as you go along, and then afterwards you can draw scenes from your story to complete your book. After the story has ended, talk about what surprised you and what you liked about the story.

### *Examples of first lines:*

Once upon a time, there was a \_\_\_\_\_ who wished for \_\_\_\_\_.

There once was a \_\_\_\_\_ (animal) who wanted a \_\_\_\_\_.

I remember the day when I met \_\_\_\_\_.

\_\_\_\_\_ (name) didn't let on that they were scared of \_\_\_\_\_.

\_\_\_\_\_ enjoyed playing practical jokes.

## Day 25 – Mood mapping

Create a map with a few emotions, feelings or moods as locations. Maybe use the ones that come up often in your journal. Have both positive and negative emotions. Use colours that you might associate with the feelings. Or draw what that feeling would look like if it was place. Then create 'roads' that list how to get from one to the other.



For example, moving from angry to content you might list: deep breathing, exercise and listening to music. Then the other directions can be things that make you angry when you've been content, for example; rudeness, someone messing up your things, or getting food on new clothing.

The map will serve as a reminder of what makes you feel better and when to do these activities. There's an example on the next page



## Day 26 – 3 questions



Answer the three questions in your journal:

What is something you accomplished this week?

What is something new you tried or something you did for the first time?

What is something you are looking forward to?

## Day 27 – Heartbeats



Regular exercise is a great way to promote mindfulness. It makes you breathe deeply, getting oxygen to the brain. It helps you use up energy that can otherwise build up and become anxiety or worries.

Today's challenge will have you racing. Not against anyone, but your heart. You can do the challenge on your own or with others. It will be handy to have a timer or a watch and some water. It's important to keep yourself hydrated when exercising to prevent cramping.

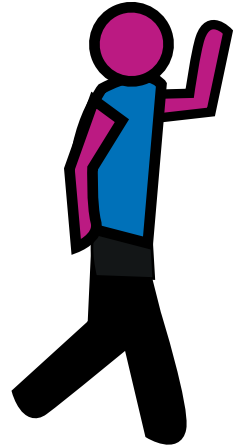
**Please note that you should only do what is safe for you. If you feel any pain while doing the exercises then stop or go at a pace that is right for you. If you have health conditions that prevent you from getting your heart rate up, walk instead of run and sprint or march in place instead of star jumps.**

## Before you start

Take a deep breath in and out. Close your eyes and see if you can hear or feel your heartbeat. You might be able to feel it if put your right middle and index fingers just below your left palm on your wrist or just above your left collar bone on your neck.

### Exercise 1 - Walk for five minutes

Walk around your house, neighbourhood or a park. When the five minutes is up, stop somewhere safe, close your eyes and pay attention to your heartbeat. Is it faster? Take deep breaths in and out until your heart beat is the same rate as before.



### Exercise 2 - Speed walk for three minutes

When everyone is ready, you are going to walk as fast as you can, but you must have one foot on the ground at any time. If you have to do this in the home, you might want to set up a specific route so that you don't run into someone or something. If you are in a park as a household, walk in a line at your own rate, but don't make it a race. When three minutes is up, stop and breathe deeply focusing on how fast your heart is beating. Wait for about 30 seconds before the next exercise.

### Exercise 3 - Star jumps for three minutes

Star jump at your own pace for three minutes. Instead of counting how many you are doing, pay attention to the muscles in your body that are moving, how you are breathing and how warm or cool you feel. It's okay if you need to pause or stop early. When you are done, compare your heart beat to before. Then, breathe deeply for 30 seconds letting your heart rate come down.



### Exercise 4 - Jog for five minutes

Make sure to go at your own rate, or jog together a rate that is comfortable for everyone. You can also jog on the spot to stay together while going at your own rate. When the five minutes is over, check your heartbeats. Wait 30-45 seconds before you move on.

### Exercise 5 - Run for three minutes

As before, go at your own pace, but make sure it is a bit faster than a jog. Run on the spot or around something if you have the space. When the time is up, remain standing and check your heart beat and your breath. If you feel you can't get enough air into your lungs, lift your arms above your head and puff out your chest as much as you can while you breathe in. Wait 30-45 second before the next exercise. If your heart rate is taking a while to come down, walk around slowly and skip the next one.

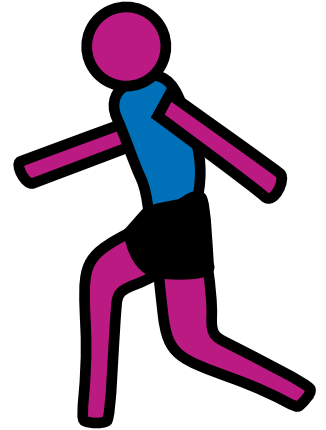


## Exercise 6 - Sprint

If you are outside, pick a place that everyone can sprint to. You can do this as a race with your family if you like. When you have done the sprint, pause for 10 seconds noticing your breath and heartrate. Then, sprint back. If you are at home or would rather sprint on the spot, sprint for 15-30 seconds, pause for 10 seconds then sprint for another 15-30 seconds. When finished, check in with your heart and breathe deeply while your heart rate comes down.

## Exercise 7 - Silly walks

Take turns walking in a silly way. First, show the others your silly walk. Use your whole body to move forward in the largest, strangest way possible. Then, everyone does your silly walk together. Take turns so that everyone gets to show off a silly walk. If you're outside, you might feel self-conscious at first, but that will fade away the sillier you get. Notice how your body and feels as you walk around in a silly way.



## After - Stretches

Stretch out your legs, arms and back. You can find some good stretches at [darebee.com](http://darebee.com) by searching stretches on the workout page.

You can find more exercises at the following websites:

### NHS

[www.nhs.uk/live-well/exercise/physical-activity-guidelines-children-and-young-people/?tabname=fitness-guides](http://www.nhs.uk/live-well/exercise/physical-activity-guidelines-children-and-young-people/?tabname=fitness-guides)

### Change4Life

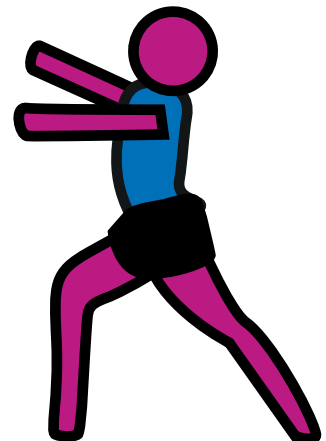
[www.nhs.uk/change4life/activities](http://www.nhs.uk/change4life/activities)

### Sport England

[www.sportengland.org/stayinworkout](http://www.sportengland.org/stayinworkout)

### Darebee

[www.darebee.com](http://www.darebee.com)





## Day 28 - Sunday

It's the last day of the Mindful Challenge...or is it?

There are many resources online for mindfulness including websites, videos and apps. There are also books and flyers for people of all ages. There might be some at school.

Today you are tasked with finding a relaxation exercise online or making one. Each person in your home doing the Mindful Challenge can find one and show it to everyone else.

You can search keywords online like, 'mediation and relaxation exercise' whether it's for a certain age or for the whole family or parents.

Here are some resources to help you...

### Websites:

Childline's Calm Zone: [www.childline.org.uk/toolbox/calm-zone/](http://www.childline.org.uk/toolbox/calm-zone/)

Wee Seeds: [www.weeseeds.co.uk/exercises](http://www.weeseeds.co.uk/exercises)

Mindfulness for Teens: [mindfulnessforteens.com/guided-meditations](http://mindfulnessforteens.com/guided-meditations)

### Videos:

Butterfly Body Scan: [www.youtube.com/watch?v=56\\_8aK3cLEA](http://www.youtube.com/watch?v=56_8aK3cLEA)

Your secret tree house, guided meditation: [www.youtube.com/watch?v=DWOHcGF1Tmc](http://www.youtube.com/watch?v=DWOHcGF1Tmc)

13 minute body scan for teens and adults: [www.youtube.com/watch?v=X462QPGZQt4](http://www.youtube.com/watch?v=X462QPGZQt4)

### Apps:

A list of useful apps is available at CAMHS resources: [www.camhs-resources.co.uk/apps-1](http://www.camhs-resources.co.uk/apps-1)



## Day 29 and beyond...

Keep it going!

Mindfulness will be easier now. If you don't think so, look through your journal and be reminded of what you have accomplished. Remember; trying is practicing mindfulness. Keep writing or drawing about your emotions in your journal.

In a calendar in your journal, or using the template below, make a challenge for the next week. You might want to keep the same format or mix it up. For instance, instead of answering three questions on Friday, you can answer one a day or every other day. You can use exercises from the challenges you have completed this last month or find more from the resources listed on day 28.

If you think it will be hard to remember to practice mindfulness, try to schedule a specific time into your day to do this. Maybe use an alarm with a nice soft sound or write yourself a note. Remember to have fun with it.

The next pages are for printing to help you though the challenges:



## Mindfulness challenge calendar

<b>Just Breath Monday</b>	<b>Craft Tuesday</b>	<b>Wednesday Connection</b>	<b>Feel It Thursday</b>	<b>Gratitude Friday</b>	<b>Saturday Adventure</b>	<b>Soothing Sunday</b>
<b>Day 1</b>	<b>Day 2</b>	<b>Day 3</b>	<b>Day 4</b>	<b>Day 5</b>	<b>Day 6</b>	<b>Day 7</b>
<b>3x3 Breaths</b>	Journal time!	Card for fun	Find a feeling	3 questions	Mission possible	Light meditation
<b>Day 8</b>	<b>Day 9</b>	<b>Day 10</b>	<b>Day 11</b>	<b>Day 12</b>	<b>Day 13</b>	<b>Day 14</b>
<b>Square breaths</b>	Mindful box	Interviewer	Cloudy with a chance of feelings	3 questions	Spy time	Muscle relaxation
<b>Day 15</b>	<b>Day 16</b>	<b>Day 17</b>	<b>Day 18</b>	<b>Day 19</b>	<b>Day 20</b>	<b>Day 21</b>
<b>Bee's breath snake's breath</b>	Rock friend	Quiz night	Face the feeling	3 questions	Safari	5,4,3,2,1 relaxation
<b>Day 22</b>	<b>Day 23</b>	<b>Day 24</b>	<b>Day 25</b>	<b>Day 26</b>	<b>Day 27</b>	<b>Day 28</b>
<b>Lion's roar, dragon's fire</b>	Mindful colours	Build a story	Mood map	3 questions	Heartbeats	Finding relaxation

Keep track of what you accomplished by marking completed challenges

# Emotions and feelings



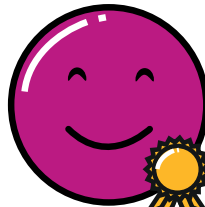
Happy



Sad



Silly



Proud



Annoyed



Hungry



Surprised



Excited



Angry



Worried



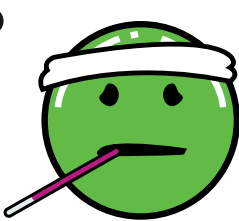
Scared



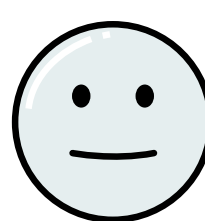
Embarrassed



Love



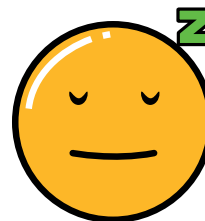
Sick



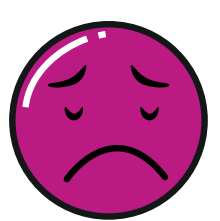
Calm



Bored



Sleepy



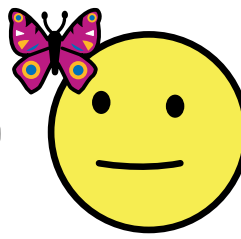
Ashamed



Hyper



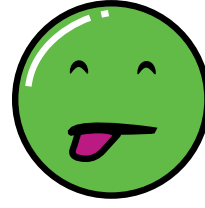
Confident



Distracted



Confused



Disgust



Jealous



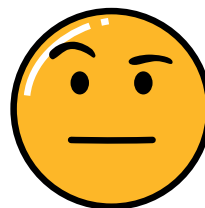
Grief



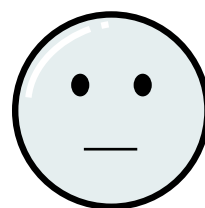
Lonely



Guilt



Skeptical



Apathetic



Worn out



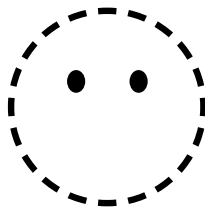
Overwhelmed



Awe



On edge



Invisible



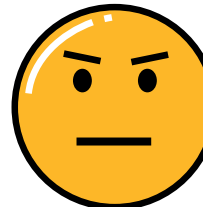
Strong



Disobedient



Friendly



Resilient

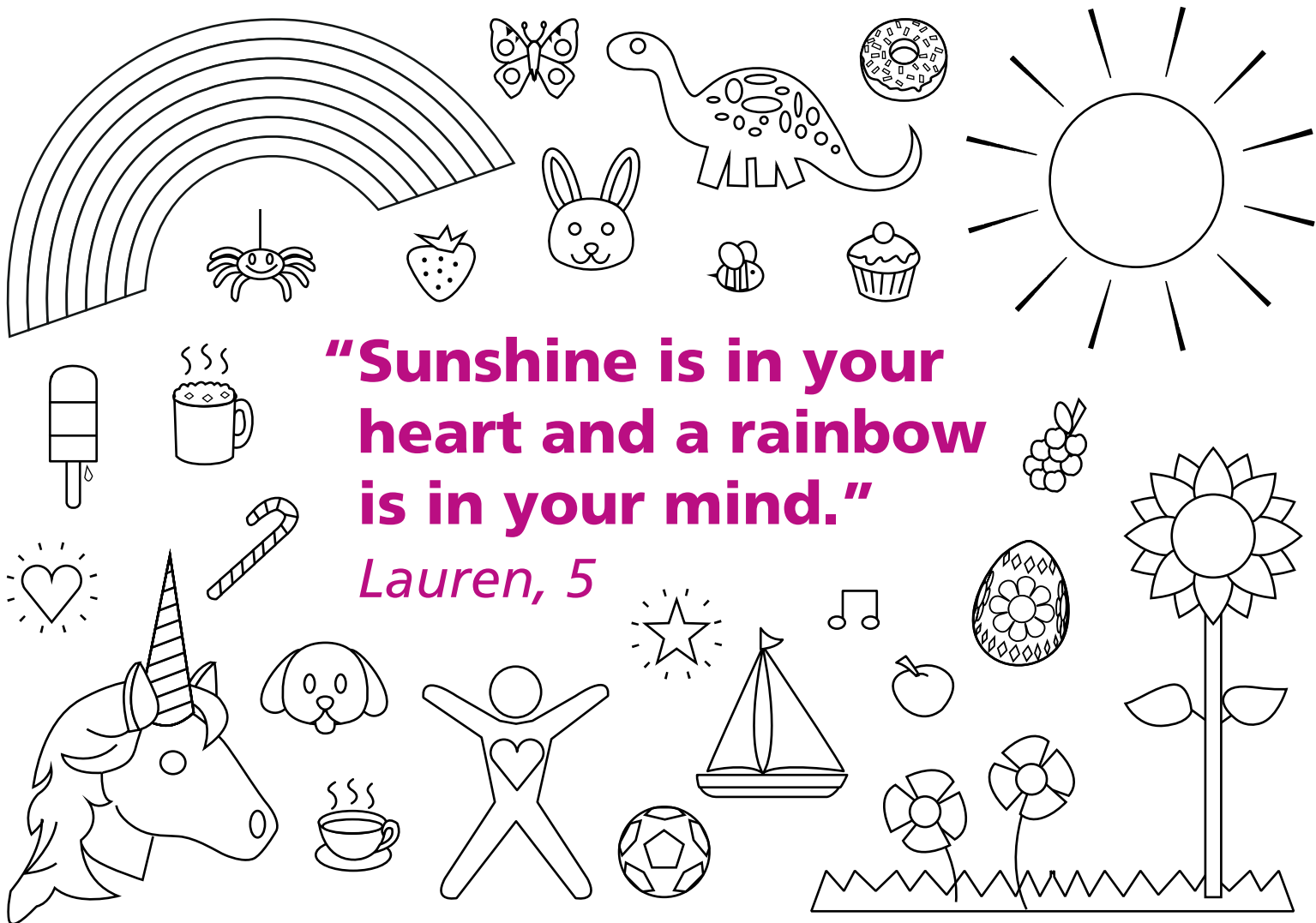


Secretive



Focused

# Colouring in



**"Sunshine is in your heart and a rainbow is in your mind."**

*Lauren, 5*

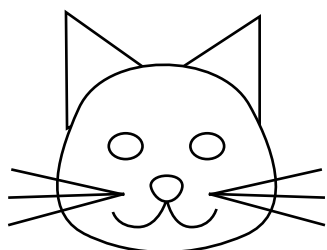
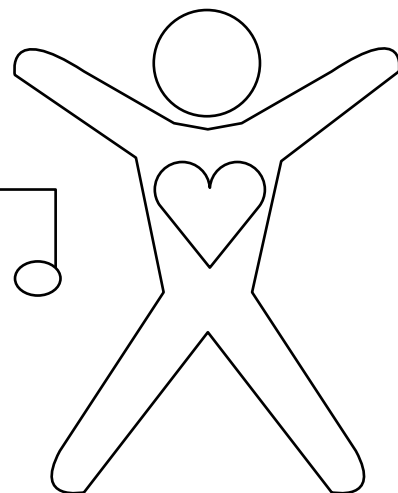
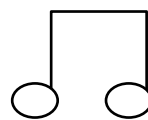
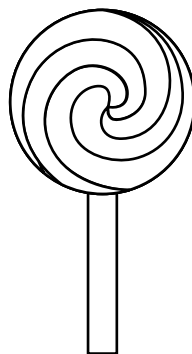
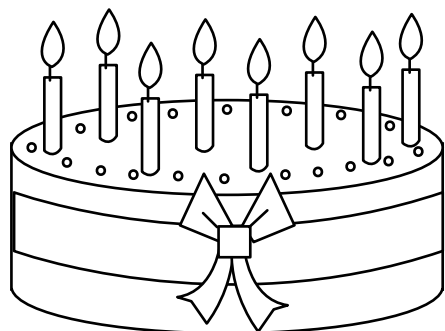
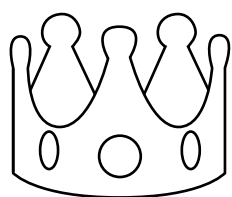
# Colouring in



**"Bad thoughts are  
just like clouds that  
come and go."**

*Dhillon, 10*

## Colouring in



**"Sunshine is in your heart and a rainbow is in your mind."**

*Lauren, 5*

