

Mental Health

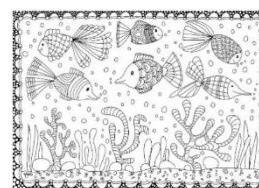
5 Minute Mindful Activities

- Mindful Breathing - follow a guided meditation to focus on your breathing
- Pinwheel Breathing - make a pinwheel move by breathing slowly on it
- Belly Buddies - lie on your back and put a light object on your stomach and watch it move up and down as you breathe
- Shark Fin - move your hand down your face whilst saying 'shush'
- Breathing Colours - visualise a relaxing colour
- Breathing Hands - trace round your hand with your other fingers whilst breathing
- Back to Back Breathing - working in pairs, breathe deeply and notice your partners breathing rhythm
- Body Scan - lie on the floor and do a visual body scan to see how each part of your body feels
- Mindful Eats - bring your attention to what you're eating and how it feels
- Mindful Steps - walk around and notice how each aspect feels to your body
- Mindful Sounds - listen and concentrate on sounds
- Spidey Senses - use your superpower senses to notice everything going on around you.

[For a full list and many more activities visit Teach Starter for their blog on Mindful Activities for the Classroom.](#)

Games and videos for kids

- [Mindfulness meditation for kids](#): video
- [Guided meditation for children](#) video
- [Mindful Colouring](#)



Additional resources for teachers

- [Dealing with change](#) Lesson plan pack to help students deal with change
- [Action for Happiness](#) have produced a toolkit for schools to promote the emotional wellbeing and resilience of children aged 5-11. They also produce [free monthly calendars](#), with a different theme each month.
- [Anna Freud National Centre for Children and Families](#)
- [Mind](#)



- [Young Minds](#)
- [Every Mind Matters](#)
- [School Zone, Department for Health and Social Care - wellbeing resources](#)