

Mindfulness for Mental Health

twinkl

Aim

- I can explain what mindfulness is.

Success Criteria

- I can recognise ways of calming myself down.
- I can recognise strategies for controlling what I am thinking.

Stressed, Sad, Anxious or Angry: Mindfulness and Mental Health

Today we are going to be exploring a new subject.

This subject is called **Mindfulness**. We are going to use mindfulness to help us understand **how we are feeling** and how we can help ourselves be more settled and calm.

Understanding how we are feeling and how this can affect our behaviour is very important. It can help us feel more calm and settled.

It can also help us manage and live with our more difficult emotions such as:

feeling
stressed,

feeling
anxious,

feeling
sad,

feeling
angry.

**There are no
'good' or 'bad'
feelings!**

Stressed, Sad, Anxious or Angry: Mindfulness and Mental Health

Feeling this way from time to time is perfectly OK. There is nothing to be afraid of or ashamed of in feeling **stressed, anxious, sad** or **angry**.

Everyone experiences these emotions – friends, family, parents and even teachers!

These feelings are often labelled as 'bad' but there is **no such thing as a bad feeling or emotion**. Worries we have tend to come from our reaction to the emotion or feeling.

Stressed, Sad, Anxious or Angry: Mindfulness and Mental Health

If we do not understand these emotions and how they can affect us, they can affect our mood and our mental health.

Sometimes, our more challenging emotions can take over our life and we can find ourselves feeling **very sad and unhappy**.

Mindfulness teaches us to be aware of, and understand our emotions. By practicing mindfulness when we experience challenging emotions, it can help us to let them go.

There are no 'good' or 'bad' feelings!

What is Mindfulness?

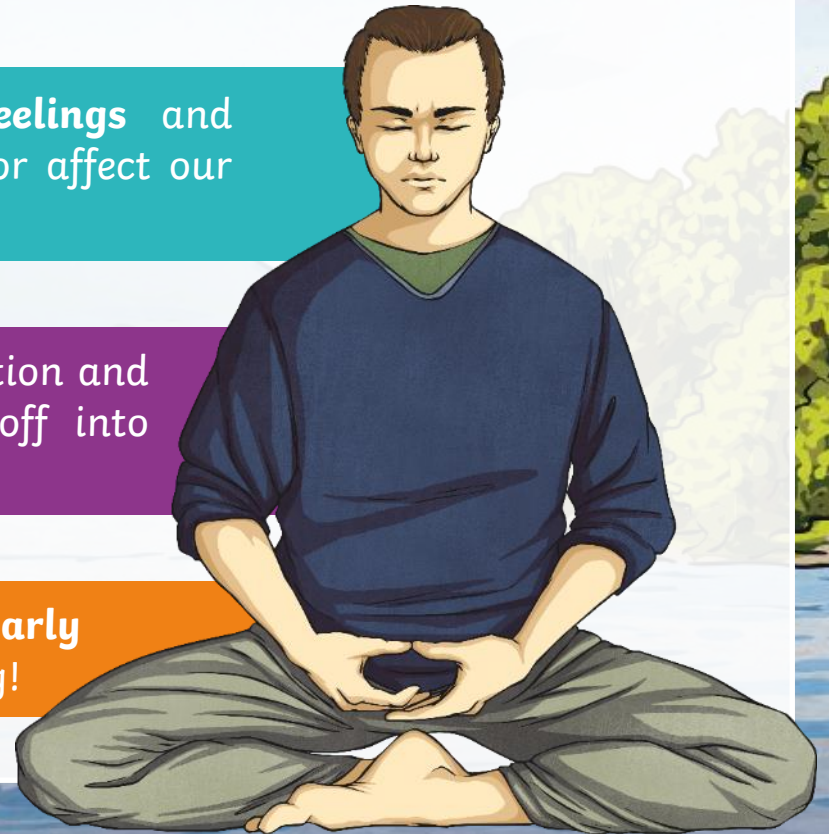
Mindfulness is a practice and discipline that allows us to explore our experience.

Mindfulness is a form of training where we train ourselves to be focused, settled and calm.

We learn to focus on our **thoughts**, **feelings** and **physical feelings** and see how they shape or affect our mood and behaviour.

In mindfulness we are learning to pay attention and to notice when our mind has wandered off into thinking and day dreaming.

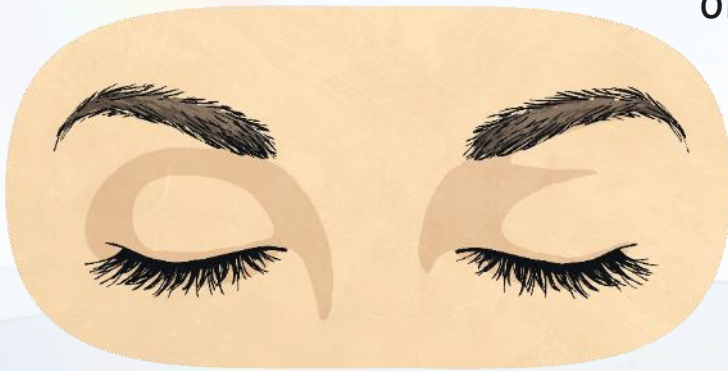
Psychologists have found that we spend **nearly half of our day** not focused but daydreaming!



The Scattered Mind

Our minds can be full of thoughts.

It is OK to be scattered but it can make it very difficult to concentrate on one thing.



Just for a moment, close your eyes and imagine yourself enjoying your favourite activity.

Now open your eyes. What happened to your concentration?

Allow the memories of doing this activity to appear. Now try and keep focusing on this activity as I ask you to think about different things:

You have homework to do.

You need to tidy your bedroom.

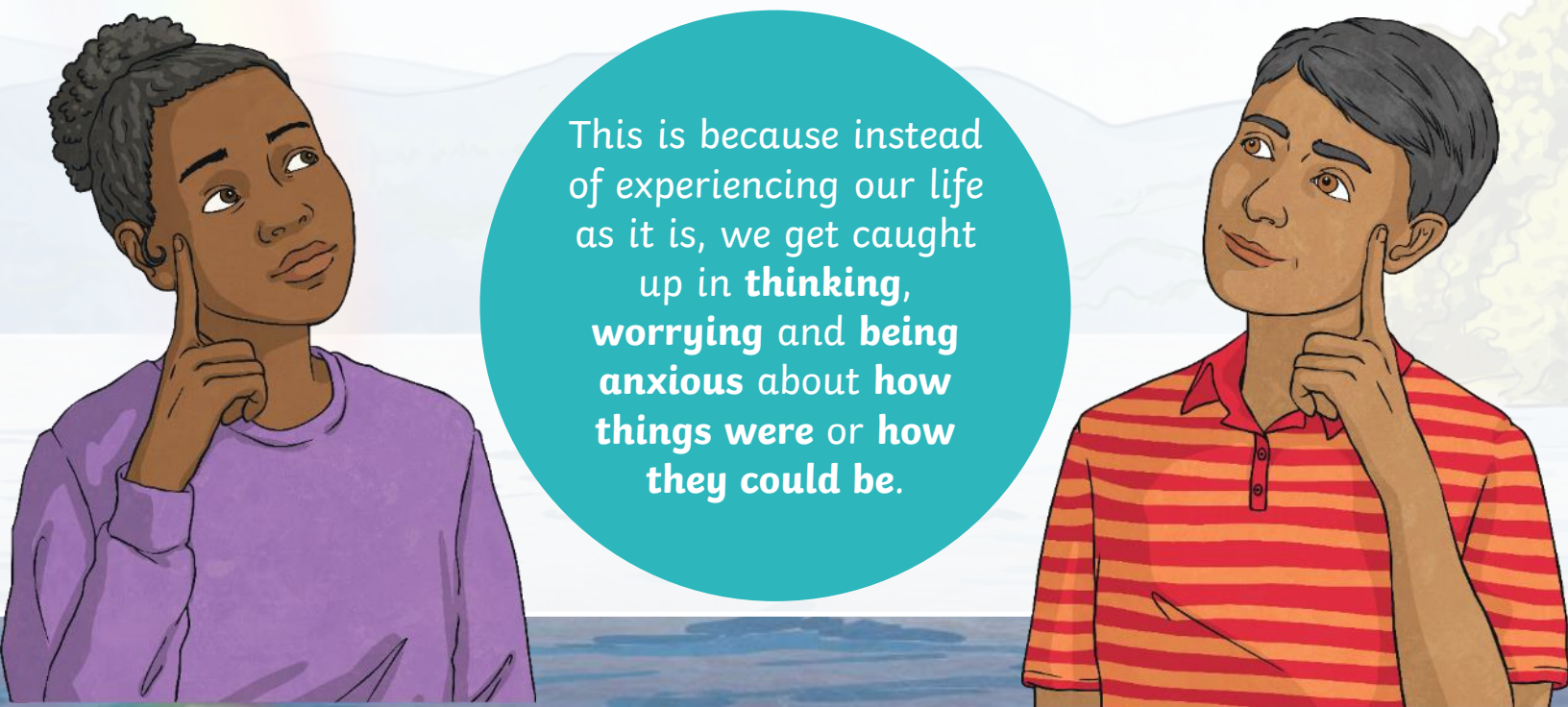
Your brother, sister or friend is doing something that annoys you.

The Scattered Mind

Having a scattered mind is OK. Our minds will wander, we will get distracted.

However, a scattered mind affects more than our concentration.
It can also affect how we are feeling.

The psychologists who discovered that we spend nearly half of our days **daydreaming**, found that when our minds are **scattered**, we are more likely to feel **stressed**, **anxious**, **sad** or **angry**.


An illustration of a young girl and a young boy standing outdoors, both in a thoughtful pose with their index fingers pointing to their temples. The girl on the left has dark skin and curly hair tied in a bun, wearing a purple long-sleeved shirt. The boy on the right has light skin and short dark hair, wearing a red and orange striped polo shirt. They are positioned on either side of a large teal circle containing text. The background shows a soft-focus landscape with mountains and a body of water under a blue sky with a rainbow in the top left corner.

This is because instead of experiencing our life as it is, we get caught up in **thinking**, **worrying** and **being anxious** about **how things were** or **how they could be**.

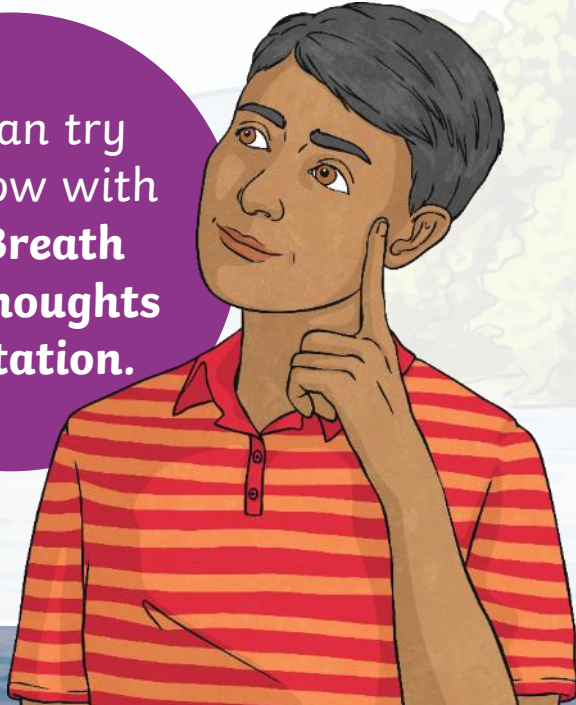
The Scattered Mind

Over time this can affect our mood, our behaviour and our mental health.

Learning to **settle** the **scattered mind** is a key part of learning to be calmer and happier.



Through mindful meditation practices, we can train our mind to be more calm.



We can try this now with the **Breath and Thoughts Meditation**.

The background is a stylized illustration of a landscape. On the left, a vibrant rainbow arches across the sky. In the center, there are rolling blue mountains. In the foreground, a body of water reflects the sky and mountains. On the right side, there are green trees. The entire scene is framed by a white rounded rectangle.

Guided Practice

Breathing and Thinking

Breathing and Thinking Guided Meditation

Read the script aloud in a calm, soft, steady voice and maintain a slow pace.

Settling

We are now going to start looking at our experiences more closely. We are going to do a short meditation.

Meditation is a practice, a way of learning to focus and pay attention. We are going to use meditation to help us focus on our breathing and thinking.

Did you know the breath can tell us how we are feeling and that just by focusing on it, the breath can help calm us?

To help us settle, we need to get into a good sitting position. This is a position where we can stay quite still, so make sure you are comfy. Have a good wriggle and a stretch to get a comfy seated position. If you can, try not to slouch. We want to be alert and awake.

Main Practice

Now we start by simply concentrating on the breath.

Just breath in and just breath out.

Where can you feel the breath moving? Is it in the stomach? Is it in the chest? Maybe it's at the nose or the mouth. It doesn't matter where it is, just how you feel the breath and where you feel the breath.

Breathe in, breathe out. How does the breath feel?

Is it smooth? Is it slow?

Maybe the breath feels tight? Maybe it's fast?

However, you're breathing is OK. We don't need to change the breath, we don't need to try and make it calm.

Breathe in, breathe out. How does the breath feel?

If you get distracted, if you get caught in daydreaming or thinking, then that is OK. We just start again and focus on the next breath.

Breathe in, breathe out. How does the breath feel?

And now just try focusing on the breath in silence for a few moments.

If you daydream, that's OK. Whenever this happens we just notice this and refocus our attention on the next breath.

Allow a few moments of relative silence for the children to concentrate on their breath. You can periodically just repeat the phrase 'breathing in, breathing out' to help maintain focus.

Breathe in, breathe out. Nothing to get right. Just breathing.

Find this sheet and try it!

It's called the PSHE Guided Meditation Activity.

Thought Clouds



Practicing mindfulness can be difficult. Sometimes, no matter how hard we try to settle the mind, we keep getting caught up in our thoughts.

Instead of just noticing that we are thinking, our mind takes over and before we know it, we are stuck in a whirlwind of thoughts about all kinds of things.

Thoughts become more thoughts and they become more thoughts! Soon we can feel like all we have are thoughts!

To help us be more mindful, we can use the Thought Clouds to help us recognise and let go of thoughts.

This is a very important part of being mindful. We are not ignoring our thoughts, but we are not being carried away by them either.

Thought Clouds



Just stop for a few moments. Set aside five minutes to stop and sit, stand or lay still. Close your eyes if this helps.

Now, just focus on your breathing. Feel the sensations of breathing.

Each time you notice a thought, say to yourself (either out loud or silently in your head) 'I am thinking', open your eyes and then write the thought on one of the clouds.

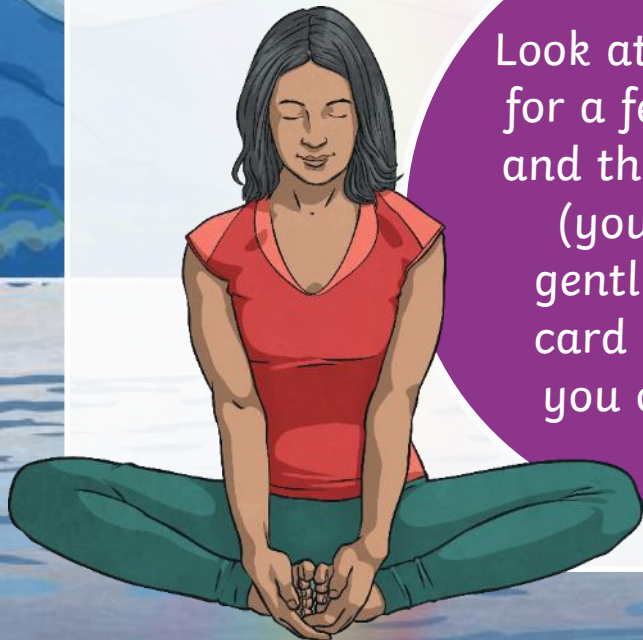
Look at the thought for a few moments and then, 'let it go' (you can even gently move the card away from you or drop it).

Go back to focusing on breathing.

Use the link below to help you.

<https://safeYouTube.net/w/l644>

You can find the thought clouds in the PSHE Thought Clouds Activity



Thought Clouds



Each time you notice a thought, say to yourself (either out loud or silently in your head) 'I am thinking', open your eyes and then write the thought on one of the clouds.



Look at the thought for a few moments and then, 'let it go' (you can even gently move the card away from you or drop it).

Keep doing this for a few minutes before opening your eyes and getting back to your day.

Sharing our Experiences



Now let's share our experiences of the activities we have done today.

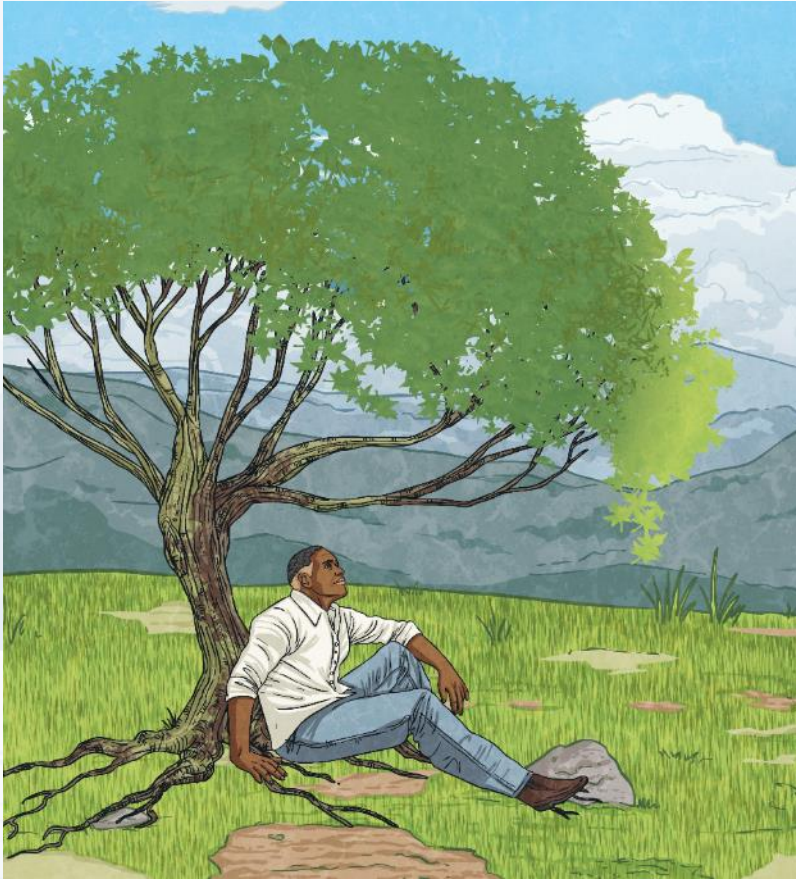
Take a moment to think about your answers to these questions.

What did you notice?

Did the mind wander?

What happened to your thoughts when you labelled them?

Mindfulness Helps to Settle the mind.



The mind is naturally scattered.

Learning to focus the mind can help us to settle and feel calm.

This can help us to better understand our feelings and emotions.

It can help us to not get so distracted by our thoughts.

Practicing mindfulness can have a positive impact on how we feel and on our mental health.

Try it, next time you are feeling stressed.