

BE KIND MOVEMENT

EMOTIONAL
INTELLIGENCE

Series 2
Mindfulness
for 7-11 year olds



MINDFULNESS FOR INNER EMOTIONS

Our emotions are of great importance to our mental health and emotional well-being as they lay the foundation for how we react to hostile situations. Being mindful of our emotions can help us to understand, regulate and effectively deal with the situation we're facing in a manner that is kind to ourselves.

When we have an improved understanding of our emotions, instead of feeling overwhelmed and stressed, we are better able to deal with conflicts and challenges.

When we begin to notice or feel a negative emotion such as anger or frustration, being able to step away from the situation means that we are responding in a mindful way to a difficult situation and being more in control of our emotions and its impact on our wellbeing.

MINDFULNESS FOR INNER EMOTIONS

HAPPINESS ACTIVITY

It can be really beneficial for us to be able to identify and understand what brings us happiness, so we can call upon it when needed.

We have created two resources to help you explore your personal happiness profile. When you have brainstormed some ideas on your Happiness Jigsaw activity, copy this information to your Happiness Profile.

Personalise your Happiness Profile by drawing a picture of yourself, sticking one on, decorating it to your taste and adding information about you.

Refer to your Happiness Profile any time you feel sad, lonely or have unhappy thoughts.

What makes you happy?

When we experience emotions, which are not 'nice' like anger or sadness, you may want to replace this with more positive and upbeat feelings

How can we change our emotions?

Introducing the Happiness Jigsaw: create your own happiness by turning your frown upside down.

You are going to think of people, belongings, places and activities that make you smile and bring you happiness. Being able to identify this place of joy or an item that brings back fond memories will help when you need just that little positivity boost.

What people make you happy?	What belongings do you enjoy?
What places bring you happiness?	Which activities make you smile?

My happiness profile

Draw yourself or place a picture here

Name

Age:

My favourites!

Colour:

Food:

Drink:

Achievement:

My ultimate happiness consists of...

People:

Places:

Belongings:

Activities:

RESILIENCE

Resilience can be described as being able to persevere through failure instead of being overwhelmed by it. Simply put, it's being able to bounce back when we experience difficulties and hardships. We may not be able to avoid difficulties, but we can control how we respond to them. Sometimes failures also help us to develop skills that lead to success.

History is full of inspiring people. These people changed the world around them for the better, yet they did so through determination, perseverance, and courage in adversity. Their efforts may or may not be recognized in their lifetime, but we can look up to them as shining beacons of inspiration and resilience.

We have listed a few examples of such people. Have a read and answer the following questions:

- Who inspired you the most and why?
- What is common between these individuals?

Historical Figures who showed:



RESILIENCE

**MARY
SEACOLE**

Mary Seacole was a British-Jamaican nurse in the Crimea war. She was born in Kingston, Jamaica in 1805. Her mother was Jamaican and her father was a Scottish soldier.

When the Crimea war broke out (1853-56), she volunteered to serve as an army nurse due to the poor facilities for wounded soldiers.

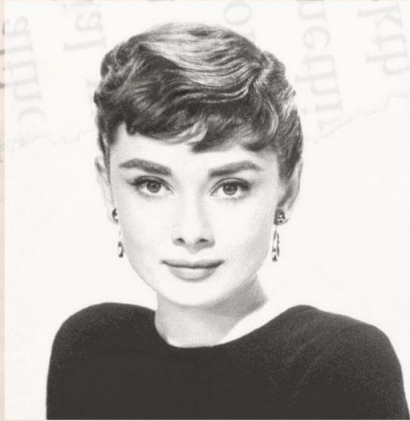
She was refused.

Instead she funded her own journey to Crimea as a sutler, and set up "The British Hotel" in Balaklava to sell necessary supplies to the troops, as well as caring for wounded soldiers. Her hospital was situated so close to the battle that sometimes she visited the battlefield whilst under fire to care for the wounded. Her name was at the time as well known as Florence Nightingale.

At the end of the war, she was left destitute and was declared bankrupt. In 1857 a fundraiser was held in her honour in which over 80,000 people attended and she received decorations from England, France and Turkey.

She died into obscurity largely forgotten by the British public. In 2004, she was voted best black Briton and her statue was unveiled in 2016 at St Thomas's hospital, London.

Historical Figures who showed:



RESILIENCE

**AUDREY
HEPBURN**

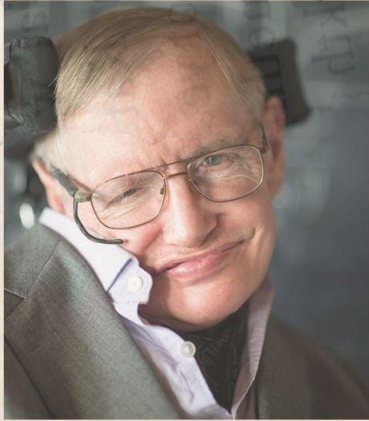
Audrey Hepburn was a British actress and humanitarian. During World War 2, she lived through nazi-occupied Holland as a child and helped with the Dutch resistance.

As a ballet dancer, she performed dances in underground musical performances which raised funds for the dutch resistance. She also delivered food and messages to helped the British and American soldiers evading capture from the nazis. Through these small but dangerous acts, she helped undermine Nazi efforts in WW2.

After the war, she became one of the most iconic and famous Hollywood actors in the golden age of Hollywood famously in "Breakfast at Tiffany's", "My Fair Lady", and "Funny Face".

In her later career, she became a UNICEF ambassador. As a child who lived in a war torn country, she understood UNICEF's importance more then most people. She worked tirelessly to help the world's children, including testifying before the US Congress, giving countless interviews and organising fundraisers. In 1992, she received the Presidential Medal of Freedom, the US's highest civilian award. She died a year later

Historical Figures who showed:



RESILIENCE

**STEPHEN
HAWKING**

Stephen Hawking was a popular and influential professor of physics who broke ground in the laws of physics and space whilst having motor neurone disease.

He studied at both Oxford and Cambridge, and his PHD focused on theoretical physics, which will eventually lead to his focus on black holes.

One of his biggest achievements is where he discovered that black holes produce temperature and radiation, known as the "Hawking radiation", one of the biggest revelations in theoretical physics today.

He started developing motor neurone disease as a student, which progressively left him in a wheelchair and having to use his famous computerised voice. Throughout this, he continued to work and made great contributions scientifically and remained active in the public media to the end of his life. He has achieved many awards in his lifetime, including the Presidential medal of freedom in 2009, and has received thirteen honorary degrees.

His determination to live successfully with motor neurone disease has made him an inspiring figure for those with disability.

Historical Figures who showed:



RESILIENCE

BAYARD

RUSTIN

Bayard Rustin was an American civil rights activist. He served as a close adviser to Martin Luther King, Jr. Rustin led a number of protests throughout the 1940's, 1950's and 1960's; he was the main organiser of the 1963 march on Washington and Martin Luther King Jr's Southern Christian Leadership Conference.

Not only did Rustin spend his entire life fighting for black civil rights, but being a gay man, he also fought for gay rights and became heavily involved in the gay rights movement.

In 1953 he was arrested in California for being an active homosexual, yet he continued to be openly gay for his entire life, despite negatively affecting his career. Martin Luther King saw no issue with his sexuality, and constantly turned to Rustin for advice despite criticism. It was Rustin who made Luther familiar with non violence tactics.

Despite his central efforts to both the civil rights and gay rights movements, he is not largely remembered in popular memory.

In 2020 he was officially pardoned for his 1953 homosexual conviction.

RESILIENCE

RESILIENCE ACTIVITY

As you've just read, many famous and successful people reached their success after numerous setbacks and failures. In persevering, they went on to achieve great cultural, business, medical, social and philanthropic accomplishments.

What all these people had in common was focus, positivity, resilience and determination to achieve their goals in the face of immense hardship.

And what they also had in common was that they were not alone in their struggle.

.

When we understand that we are NOT alone means we do:

- Do Not give ourselves a hard time;
- Do Not apply unnecessary pressure to ourselves;
- Do Not judge ourselves.

In the next activity, jot down your own list of 'Famous Failures'. We have done the first one as an example.



FAMOUS FAILURES

FAMOUS FAILURES

HOW DID THEY FAIL

HOW DID THEY PERSEVERE?

Harrison Ford

Could not get acting work, was told he would never make it in the film business
Profession: Carpenter

After nine years of trying, he landed a role with George Lucas which led him to star in Star Wars and Indiana Jones.