

BE KIND MOVEMENT

EMOTIONAL  
INTELLIGENCE

Series 1  
Mindfulness  
for 7-11 year olds



# MINDFULNESS FOR BODY

Mindfulness is showing kindness to yourself by paying attention to the present moment on purpose. It can help you stay calm, focused and provide you with a skill for life. When you are calm, your body is in the 'rest and digest' mode where your breathing and heart rate are normal and your muscles are relaxed.

The opposite of 'rest and digest' is 'flight, fight or freeze' which happens when you face a stressful situation. Your heart rate increases, your cheeks are flushed and your breathing becomes more shallow.

Breathing games help you to control your breathing which helps to get more oxygen into your bloodstream. This results in your body physically calming down and a reduction in anxiety levels which takes you from 'flight, fight or freeze' mode back to "rest and digest" mode.

Overleaf are two breathing games that can help you control your breathing and help you stay calm and relaxed.

# WATCH YOUR BREATH!

You will need:

Any SMALL AND LIGHTWEIGHT object (like a small toy)

1. Lie flat on your back
2. Place your soft object of choice on your belly
3. Look down on your object and take 3 slow deep breaths
4. Count 1,2,3 in and 1,2,3 out

**Watch the object rise and fall with each breath**

# STAR BREATHING



# MINDFULNESS FOR BODY

Yoga is a gentle way to improve your posture, balance, and coordination. Yoga is a systematic practice of physical exercise, breath control, relaxation, proper diet, and positive thinking and meditation aimed at developing harmony in the body, mind, and environment.

Yoga exercises are designed to encourage mindfulness through paying attention to yourself, your surroundings and your breathing. You can do yoga stances on your own at home, or with your carers or parents. Take as long or as short a time as you want.

The beauty of yoga is that you follow your body's rhythm, slowing down or increasing repetition, that feels natural and comfortable for you.

# YOGA

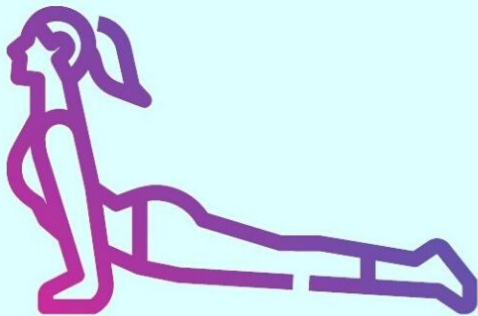
## LOTUS POSE

1. Sit comfortably crosslegged
2. Rest arms on knees



## UPWARD FACING DOG POSE

1. Lie on belly
2. Place the palm of your hand next to your shoulders
3. Straighten your arms and expand your chest



## EXTENDED CHILD POSE

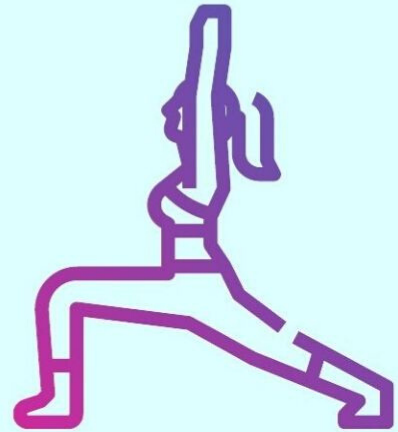
1. Sit on your heels
2. Slowly bring your head to the floor
3. Stretch your arms out with your palms on the floor



# YOGA

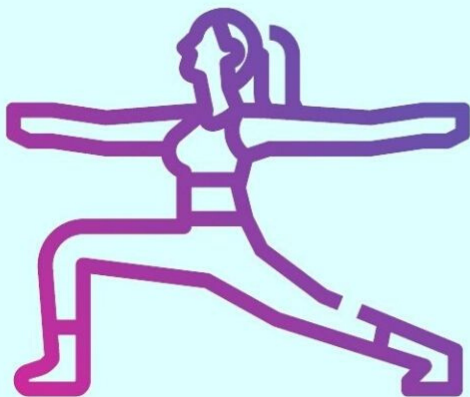
## WARRIOR 1 POSE

1. Step one foot back slightly angled outwards
2. Bend your front knee
3. Bring your arms straight up to the sky and look up



## WARRIOR 2 POSE

1. Step one foot back, slightly angled outwards
2. Bend your front knee
3. Take arms parallel to ground and look forwards



## SEATED FORWARD BEND

1. Sit with knees bent and feet flat on floor
2. Take feet out wide and have a tall straight spine
3. Slide your arms under your legs and hold the outside of your feet



# MINDFULNESS FOR INNER EMOTIONS

Emotions are of great importance to our mental health and emotional well-being. Being mindful of our emotions can help us to understand, regulate and effectively deal with complex situations we face.

Having an improved understanding of our emotions, helps us to be better equipped to deal with conflict and challenging situations. With practice, we begin to more consciously notice or feel negative emotions such as anger or frustration. We feel more confident in stepping away from situations that cause us to feel unhappy and restless.

**STOPP Skills**, created from Cognitive Behavioural Therapy, focuses on putting a stop to the negative thoughts we may be feeling. Instead it involves switching the focus to our breathing whilst we observe ourselves. The idea is to pull back from a specific negative situation and instead practice different ways you can create a more positive internally feel.



# **STOPP Skills**

**Stop**

**Take a breath**

**Observe**

**Pull back**

**Practice what works**



# STOPP Skills

**STOP** - let go of the negative thoughts

**TAKE A BREATH** - pause and breathe

**OBSERVE** - question what you are thinking, reacting to and feeling

**PULL BACK** - look at things in a different way, see a bigger picture and reflect on how others would react

**PRACTICE WHAT WORKS** - think of a new way and ask yourself how best to deal with this situation



# MINDFULNESS FOR INNER EMOTIONS

Words are a wonderful way to help describe how we feel. They can also help us to speak to our friends or family about what we are feeling in a clear way.

We have created a word search activity that have hidden words on emotions. Can you find all the different words that we can use to describe our emotions?

Once you've done this activity, make sure you use some of these words to help you when identifying your emotions, or when talking about your emotions to others

Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Our Emotions

G M F P V O N K S E R K N I Q E T B  
A V R O R U D Y R L O N E L Y Z P S  
M S Y I R Y E U N W L O V E N C M A  
U U K N Z G W E X C I T E M E N T D  
S R I T J W I N S P I R A T I O N S  
E P N E U H R V C U R I O U S G E C  
M R D R D P O A E I A Y B L P A C A  
E I N E J O Y P N N W R G H E K D R  
N S E S Z U H T E G E T X O A B E E  
T E S T Q T D Q U K R S B P C Z Y D  
F G S Q L M T R P I Y Y S E E I Z C  
E L S A T I S F A C T I O N U N Z Z

Find the following words in the puzzle.

Words are hidden → ↓ and ↘ .

AMUSEMENT

ANGRY

AWE

CURIOUS

EXCITEMENT

FORGIVENESS

HOPE

INSPIRATION

INTEREST

JOY

KINDNESS

LONELY

LOVE

PEACE

SAD

SATISFACTION

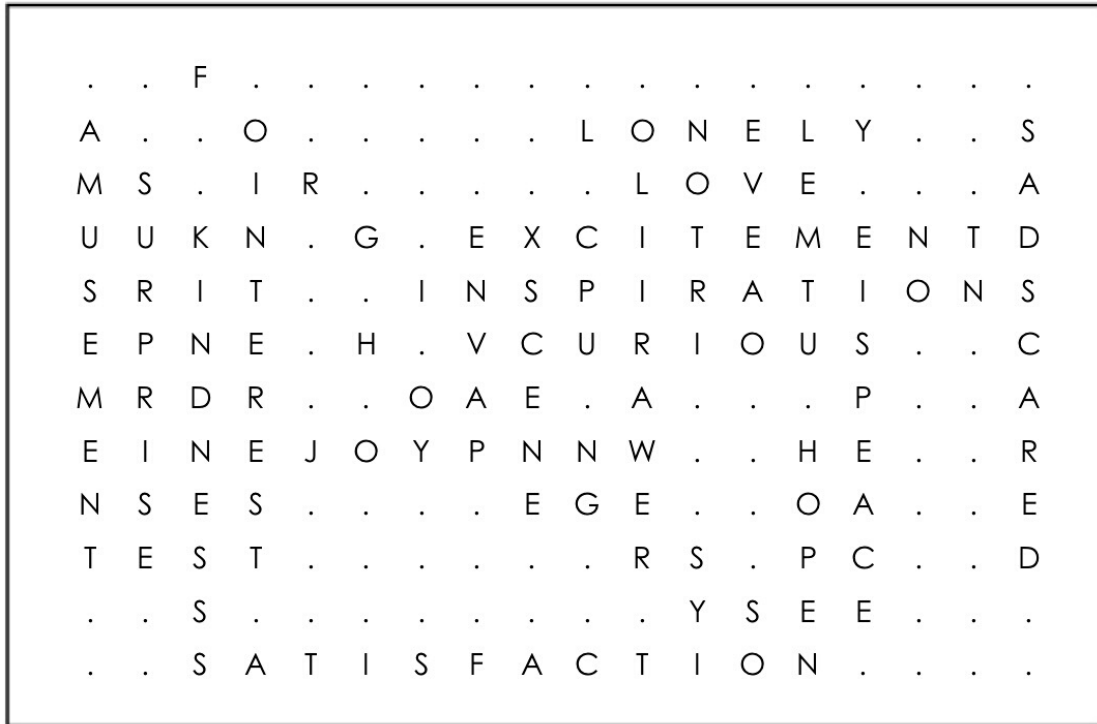
SCARED

SURPRISE



SOLUTION

**Our Emotions**



Word directions and start points are formatted: (Direction, X, Y)

- AMUSEMENT (S,1,2)
- ANGRY (SE,8,7)
- AWE (S,11,7)
- CURIOUS (E,9,6)
- EXCITEMENT (E,8,4)
- FORGIVENESS (SE,3,1)
- HOPE (S,14,8)

- INSPIRATION (E,7,5)
- INTEREST (S,4,3)
- JOY (E,5,8)
- KINDNESS (S,3,4)
- LONELY (E,10,2)
- LOVE (E,11,3)
- PEACE (S,15,7)

- SAD (S,18,2)
- SATISFACTION (E,3,12)
- SCARED (S,18,5)
- SURPRISE (S,2,3)

