

# Mindful Activities

## 1 Plan an activity

Design a mindfulness activity utilising the school's natural environment.

You will need to:

- consider appropriate locations
- design a suitable activity for the location
- create clear instructions and resources
- define the benefits of this activity as part of your planning; this may require research.

Examples:

- Mindful walk through nature
- Nature art session

## 2 Make a video

Create your own instructional video explaining mindfulness techniques.

You will need to:

- research mindfulness techniques
- decide on 2-3 to focus on in your video
- plan and write a script with clear instructions explaining the techniques
- film and edit the video.

Examples:

- How to complete a body scan
- Mindful movements such as mindful stretching or eating
- Breathing exercises such as Box Breathing

## 3 Design a poster

Research the science behind different breathing techniques and their impact on the body, and create a poster or video explaining the technique and its benefits.

You will need to:

- research the breathing techniques
- draft a plan for the information to be shared
- create a poster or video.

Examples:

- Box Breathing
- 4-7-8 Breathing
- Wim Hof Breathing
- Lion's Breathing