28-Day Mindfulness Challenge

28 days of mindfulness activities for the whole family

Welcome

to the 28-Day Mindfulness Challenge

This course of activities is designed for all ages so that every member of a household can complete the challenges. The activities are aimed at children and young people who will be transitioning back to school. Adults are encouraged to adapt the challenges for themselves and complete the projects as well.

Whether you are new to mindfulness or are well practiced, we hope these activities help you find positives around you and help you get ready as we gradually get used to life after lockdown.

What is Mindfulness?

Mindfulness is paying attention to the present moment or what is happening right now. This includes noticing what you feel, think and what is around you. Being mindful can help people get along with others better and be happier.

Where to find more information about mindfulness:

www.nhs.uk and search 'mindfulness' or follow: https://www.nhs.uk/conditions/stress-anxiety-depression/mindfulness/

YouTube videos:

Children in New Zealand explain what mindfulness means to them in a video by Mindful Aotearoa: https://youtu.be/awo8jUxIm0c

For teens and young people, AboutKidsHealth has a YouTube video that can be found: https://youtu.be/QTsUEOUaWpY

The activities might be hard to fit into your lives at first, but it will be easier with practice. There is no right or wrong way to practice mindfulness as long as you try.

The Challenge

The challenge is designed to start the Monday before schools open to more students. The challenges follow a theme but they are not set in stone. Families are encouraged to read ahead and plan the challenges to better suit your lives.

This is large document, but don't get discouraged. It is okay to miss a day, and if you want to, you can make it up on another day.

At least once a week, you will be encouraged to craft with items you may have around the home. It will be handy to have the following:

-Paper/Journal/Spare Exercise Book -Shoe box or container of similar size

-Colour Pens or Pencils -Paints -Scissors -Glue or tape

-Magazines or Newspaper that can be cut up

Have a look ahead on days 2, 3, 9, 16 and 23 to see what you might need.

At the end of the document, there is a calendar and word~~s~~ chart~~s~~ to help with the challenges.

To help you on your mindful journey, try to stop using phones, tablets and tellies at least 30 minutes before bed. Try to have at least one meal together as a family.

Each day of the week will have a theme that promotes an aspect of mindfulness.

JUST BREATH MONDAYS- Breathing techniques can help sooth you for the week to come. Try to do the exercise each day of the week. The more time you can take to breathe, the more oxygen gets to your brain. Your brain likes oxygen and rewards you with feeling calm. Scripts are provided for those who want or need guidance.

Craft Tuesdays- Creating things helps you raise your self-esteem or feel good about yourself. When you make something, it is as unique as you are and there is nothing else like it in the world. You might be proud of the things you make and want to show them off to the people that are close to you. If you want to keep them private, that is okay too. ***Remember there is no such thing as a perfect craft.***

Wednesday Connection – Having connections with other people help you feel better about yourself. It is just as important to be there for others as it for people to be there for you. Wednesday will encourage you to connect with people in and out of your home.

Feel it Thursday- Noticing when you have certain feelings can help you control them. Sometimes you might have bad feelings about something in the past or worries about the future which makes you upset in the present. When you understand how your body reacts to feelings, you can help create ones you like more often.

Gratitude Fridays- In the evening, answer the three questions with words or with drawings. Your answers can be long or short. You can keep the answers to yourself or share them. The more grateful you are, the easier it is to be happy. You can be grateful for something everyone had like a sunny day, something specific to you like a person, something only you know about, or anything you can think of.

SATURDAY ADVENTURES- Saturday adventures can happen in or out of the home depending on your household and the weather. Physical activity helps with: breathing, positive thinking, overcoming challenges and being healthy. Try and be physically active for 30 minutes every day. Saturday Adventures combine physical activity with mindfulness.

Soothing Sunday- The challenges on Sundays will be a lot like meditation. There will be a script that someone can read to you, or you can try and do it in your head.

Week 1

The week after next more students will be going back to school. Whether you have been staying home or going to school, you may have gotten used how things are. You might be happy that school will open or you might not. Either one is understandable. In this week before school is back, we will look at ways to help prepare our minds for this change. As you go through the challenges you're encouraged to make notes and drawings in a journal that you will make/decorate on the first craft day.

Day 1 – 3x3 Breaths

Have a seat somewhere quiet and comfortable. If you can, sit up with your back straight and imagine a string from the top of your head that is gently pulling you up. You can close your eyes or look slightly down with your eyes halfway closed, whatever feels comfortable for you.

Take a slow deep breath through your nose, pause for 3-7 seconds then slowly breathe out through your mouth. Can you see your chest or tummy rising? Try to breathe like this three times in a row. Can you take these three deep breaths in the morning, afternoon and evening? Try to do that every day this week.

If you need help, sit down in a quiet place while some on reads this to you (don't read out loud what is in the brackets):

(1) Sit down in a comfortable position with your back straight up. (Pause)
(2) Slowly take a deep breath in through your nose. (Pause or take a deep breath with them)
(3) Hold your breath. (Pause for three seconds)
(4) Now slowly breathe out through your mouth. (Pause or breathe out with them)
(5) Hold your breath. (Pause for three seconds)
(6) Repeat two more times.

Or take a minute to breathe with a fish at https://www.youtube.com/watch?v=gLbK0o9Bk7Q

Day 2 - Journal Time

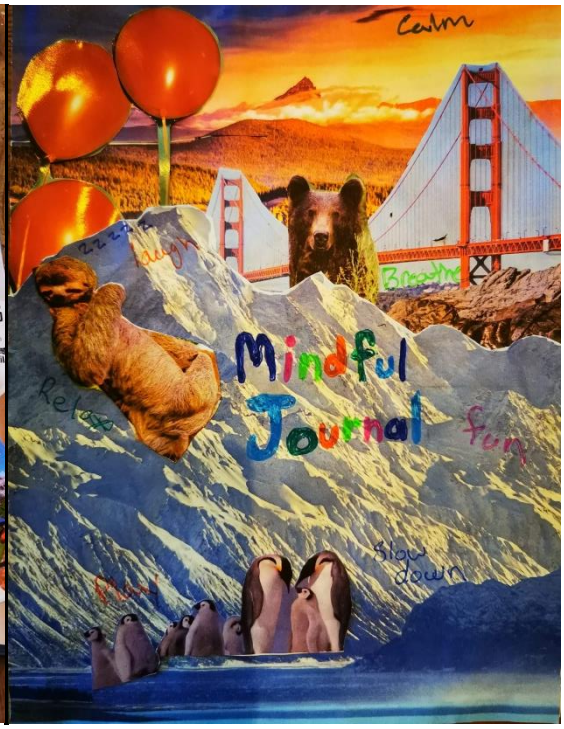
As you go through the challenges, you will start to make notes or pictures in your journal. Your journal doesn't have to be fancy; you can make one by folding some paper into a book, use a spare exercise book or any other book with some blank pages in it.

Decorate the cover however you like so it's something for you by you. You can draw on the cover or tape or glue on your drawings. If you prefer, you can use photos of your own or from newspapers and magazines, or you can do both! If you have a journal that already has a cover, then decorate the inside covers.

Maybe you would rather keep your notes on a computer or your phone, and that's fine too. Still, make yourself a picture or collage that you can look at when you are going to make notes in your journal.

Before

After



Day 3- Card For Fun

Who are you looking forward to seeing next week?

Maybe it's a friend or someone that works at the school.

Make a card or postcard for someone that you are looking forward to seeing. You can write about or draw a picture of something that you did with them or about why they are special to you.

If you want to and know their address, you can post the card to them, or you can give them the card when you see them next week. You don't have to give them the card if you don't want to; you can just keep the card in your journal as a reminder.

You don't have to make just one. Maybe there is someone you miss who you won't be able to see for a while. You can send them a card too. It doesn't have to be someone's birthday to send them a card; you can let them know you are thinking about them any time.

Day 4 - Find a Feeling

When you think about school how to you feel?

Quick, write that feeling down, or draw it, in your journal.

Do you like the feeling?

Write or draw where in your body you feel it and what it is like.

Sometimes, when people are nervous, it feels like butterflies their stomach.

If it is a good feeling, think about what caused it.

Think about what makes you feel better if you don't like the feel feeling?

After this exercise, do a deep breathing session from Monday.

Day 5 - 3 Questions

In your journal write or draw answers to these questions

What is something good that happened since school closed?

What is something good someone in your household did recently?

What is something you missed about school?

DAY 6- MISSION POSSIBLE

Map out your first day back at school. Walk around pretending to go to your classes, where you eat lunch, where you play or meet with people.

Think about these questions as you're walking:

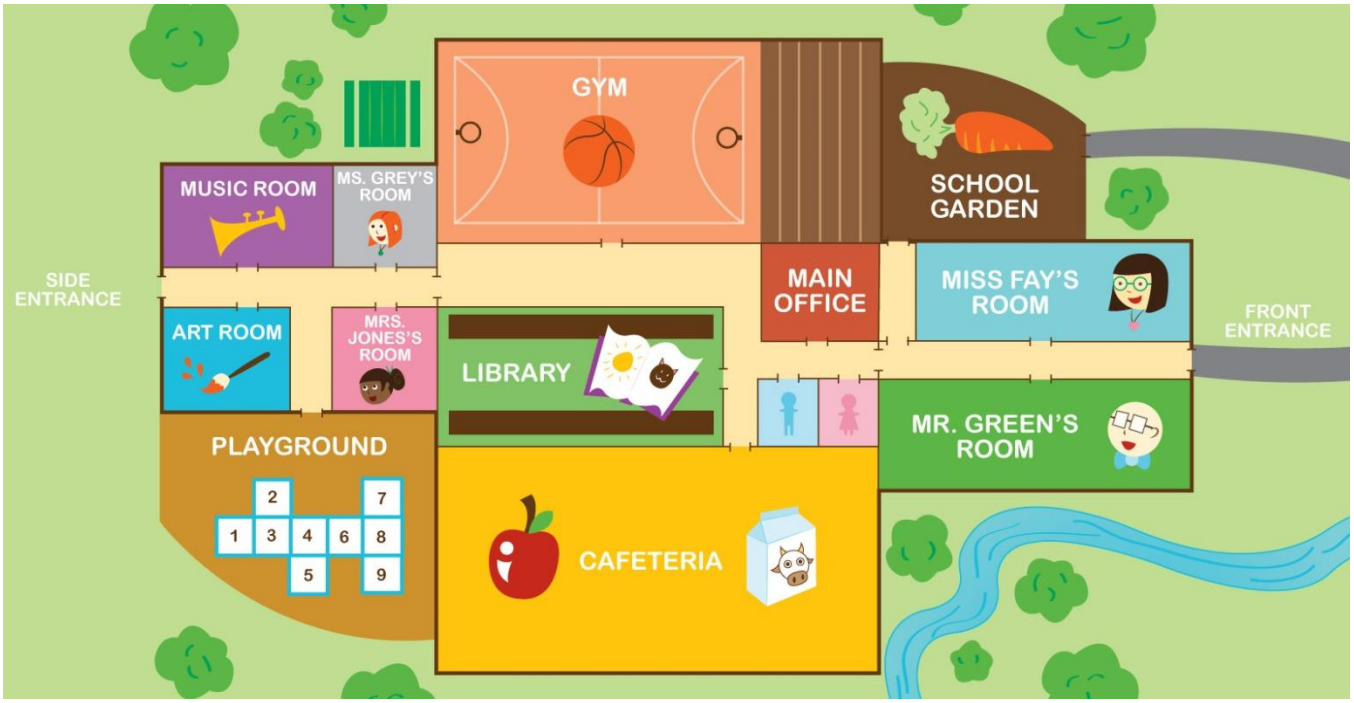
How do you feel when you are in the rooms and spaces?

Who do you expect to see?

Who can you talk to if you get worried or upset and where can you find them?

What kind of noises will you hear? What might you smell?

When you have a moment, note or draw these things in your journal and then compare them after your first day.



Day 7 – Light Meditation

Tomorrow is a big day. Here is a meditation that might help you sleep tonight. Lie down on your bed. If you can, lie on your back with your arms at your side.

Bring your attention to parts of your body. When you breathe in, imagine that you are breathing in light to that part of the body. Release tension from that part of the body as you breathe out. See the guide below.

Start with your feet and work your way up to your head. Don't worry if you fall asleep before you get to the end. If you need help doing this, there is a guide for someone to read to you. You can close your eyes if you like.

If you like this and it helps you relax, you might want to do every night.

The following can be read softly and slowly. Pause at each gap. It should take 10- 15 minutes to read.

Slow your breathing down with each breath you take. Breathe in through your nose, hold it for a few seconds, and then exhale out your mouth.

With each breath you take your body is becoming relaxed and your mind is becoming more clear and focused. Breathe in through your nose, hold it for a few seconds, and then exhale out your mouth.

Think about your feet. With the next breath you take, imagine you are filling your feet with golden light. Take a deep breath in. When you breathe out, let all the tension in your feet leave with your breath.

Breathe in the light and bring your thoughts to your lower legs. You see golden light travelling into your legs and releasing all tension and stiffness. Any tightness in your calves is being released now when you breathe out.

Your breathing is becoming slow and steady.

Breathe in the golden light and imagine the light travelling into your upper legs, releasing all tension and stress on the out breath. Any tension in your thighs is being released now.

Bring your attention to your hips, breathing in the light into your hips. As you breathe out, let your hips relax.

Bring your awareness to do your stomach. Breathe in and allow your stomach to expand with light. Breathe out, releasing any tension in your stomach area.

Take a deep breath in, and as you do, see the light coming in and travelling up your spine. Breathe out, releasing any tension in the discs and joints.

Breathe in light into your hands, letting the light swirl around your palms and fill your fingertips. Breathe out the tension from your hands.

Breathe in the light into your arms from your wrists to your elbow. Let any tightness go as you breathe out.

Now breathe in light to your upper arms and into your shoulders. Let all the tension go as you breathe out.

You will now be very relaxed. It is okay to let yourself drift off to sleep.

Breathe in the light, and as you do, you see the light travelling around your chest and heart area. Breathe out tensions in your chest, and let this area of your body relax.

Bring your awareness to your throat and neck area. As you breathe in, allow any tension in your neck to be released on the out breath.

Breathe in the light, bringing your awareness to your face. Allow any tension in your forehead, your eyes, and jaw to relax as you breathe out. Your face is now completely relaxed.

Breathe in light into the top of your head and let it circle your brain. Breathe out any tension from your head.

Now, take a deep breath in, breathing in more golden light and letting it swirl through your whole body. If you sense any tension, let it release as you breathe out.

You are very relaxed, and as you continue to be very relaxed, let yourself drift off to sleep.

Continue to focus on your breathing if you are still awake. Take a deep breath in, hold it, and breathe all the air back out again.

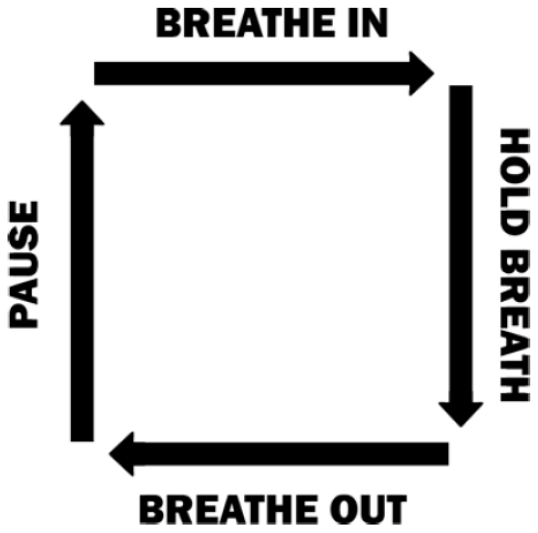
Week 2

Are you ready? School starts this week. No matter if you have been staying at home or going to school in the past few weeks, today is going to feel quite different. Suddenly there are going to be a lot of other people around. Things might not be the same as they were before. If you get worried, try to do a breathing exercise and imagine your worries floating away with your breath.

Day 8 – Square Breaths

Taking some time to take deep breaths at school can be easier than you think.

Here is a little tool to help.

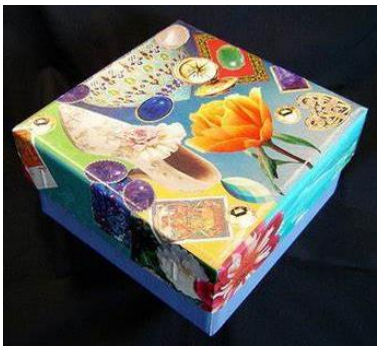


Trace a square with you finger. You can do this on your desk or in the air. Let each side take 3-6 seconds. Practice at home together before you go off to school. Try to do this regularly throughout the day; aim for at least three times.

Day 9 – Mindful Box

Find a box that you can keep where you can store your journal. Shoe boxes are ideal, but any other type of box, like a cereal box, will do, as long as you can decorate it and open and close it easily.

Decorate the outside like you did with your journal. Use your drawings, pictures, maybe some cloth that you like the feel of or the wrapper of your favourite snack.



This is a box for those odd special things that you might not be able to find a spot for. It might be a good place to keep your journal too. There may have been something special from returning to school that you can add. In challenges to come, there will be things you can add.

Day 10- The Interviewer

During some free time at school, interview someone that you did not see when school was closed. It can be someone that works at the school or another student. Maybe it's someone who still went to school while you stayed home, or the opposite.

Ask them what was different for them, and what stayed the same.

Ask them what they like about school being open again. What did they like about it being closed?

Was there anything they missed?

Make sure to listen to the person and not to interrupt them when they are talking. Try to remember what they are saying.

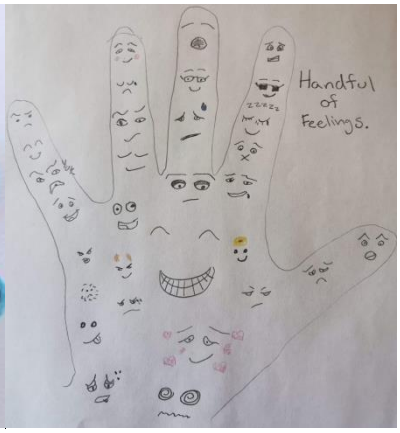
When you get home, write in your journal things that you and this person have in common and if you learned anything new about them. Maybe you'd like to pretend that you are writing about someone famous.

Day 11- Cloudy with a Chance of Feelings

It's been four days of school now. How have you felt?

In your journal, make a word cloud or a picture cloud of the feelings you have had. The words or pictures will be bigger in size depending on how often or how strong you have felt the feeling. If it is a very strong feeling or you feel like it's something you feel a lot, make it really big. If it's something that you sometimes feel or it doesn't last very long, make it smaller.

Here are some examples:



Your cloud can be in any shape, e.g. a hand outline, or it can be spread across the page. At the end of this document, there are some examples of feelings if you are having a tough time thinking of some. Try to think of them on your own first though.

If you like to use the computer, you can search for feelings on Wordcloud Generators online.

In your journal, answer some questions about your feelings:

What feeling or mood is the largest?

When did you feel this way? (It could be a certain time of the day or maybe something happened)

How did you react? (Maybe you laughed, cried, slammed a door, or breathed deeply)

As you move forward through this workbook, make notes in your journal of emotions or moods you have every day. Draw emojis or write the word. Being able to identify your emotions and moods will help you find out what causes them and how you can control them.

Day 12- 3 Questions

In your journal, answer the following three questions.

What was something good that happened at school?

What is something good that another person did at school? It can be something that helped you or someone else.

What was something fun that happened at school?

DAY 13 - SPY TIME

There is a game called Eye Spy that you might have played before. This version will use all of your senses. If you can, go for a walk with someone you can play with. You can play in your home too. The person who you play with can be there with you in person, or you can talk to them over the phone, in video chat or text. You can also play with a few people if you like.

Each person takes turns guessing what the other 'spying' through different senses.

Sight: I spy with my eye something that is… (something you can see, describe with one word the look, like colour or shape)

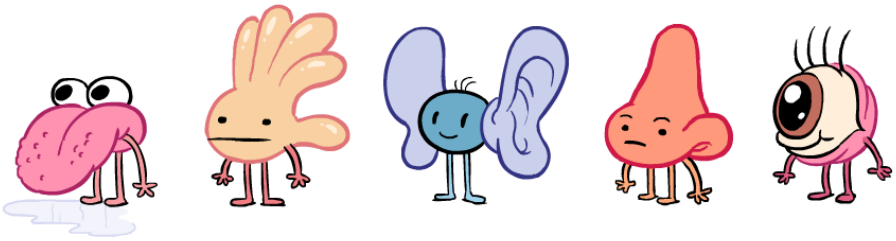
Sound: I hear with my ear something that is… (something you can hear, describe with one word the sound in volume or pitch, or you can make the sound yourself)

Touch: I feel with my skin something that feels… (something you can feel, describe with one word what the object would feel like)

Smell: I smell with my nose something that smells… (something you can smell or would smell if you were close to it, describe the smell with a word)

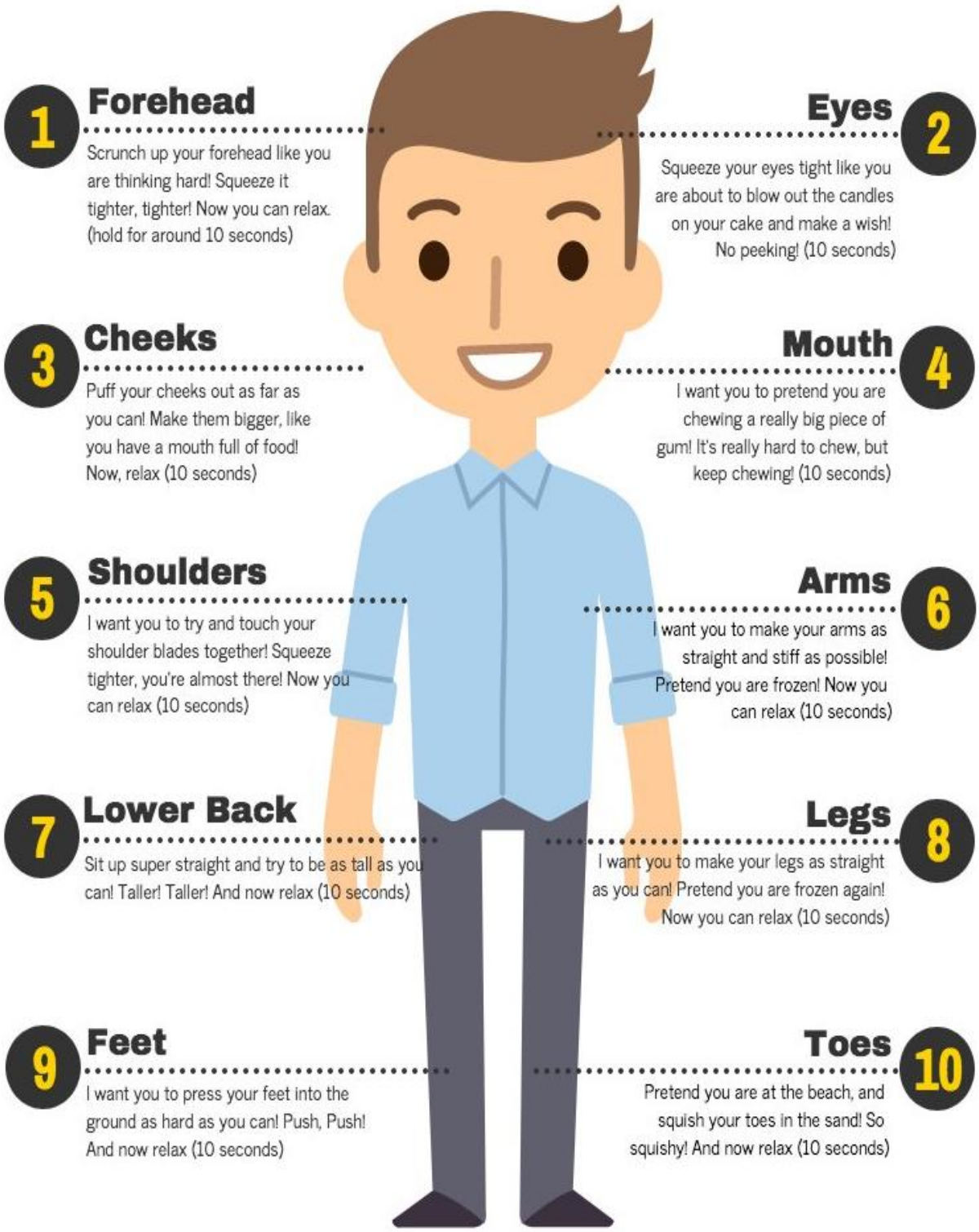
Taste: I taste with my tongue something that tastes… (describe the taste of something you see or thinking of, it might be from an advert that you can see or what you have eaten before. Please don't go licking random things to know what they taste like)

The other people playing can ask yes or no questions about what the object is until someone makes the correct guess. Whoever guesses right can choose who the next spy is.



Day 14~ Muscle Relaxation

As a household or by yourself, follow the directions below. Hold each one for 10 seconds and then relax for ten seconds. Younger children may need the script read to them. If you are doing this as a group, you can take turns reading or let one person be the guide.



Week 3

Get ready for your Mindful Week Three. With the second week of school starting, people might be doing their own thing in the evenings. There will be more activities this week that encourage you to interact with each other. Remember to note down in your journal how you are feeling every day; maybe you can set an alarm in the evening to remind you. If your journal is starting to fill up, you can always make and decorate a new one. Then, keep the one from before in your Mindful Box.

Day 15 – Bee's Breath and Snake's Breath

This week you are going to buzzzzz, to get ready for busy days. Then in the evening you'll hiss as you slide away into bed.

In the morning when you wake up, sit on your bed with your back straight. Take a deep breath in through your nose. Hold for five seconds. As you breathe out, hum or make a zzzz sound like a bee. Repeat two more times.

Before you go to bed, sit up with your back straight on your bed or floor. Take a deep breath in through your nose. Hold for five seconds. As you breathe out, make a hiss sound like a snake and imagine your worries are sliding away. Repeat two more times.

Adding these sounds will create new sensations. One might make you exhale longer and one might tickle. If you like how it feels, you can do this as many times as you like.

Day 16 – Rock Friend

When you are outside, look for some rocks or stones with a smooth side. When you get the rock(s) home, wash them, and when the rocks are dry, you can begin the activity. Use paints or felt tip pens to create some rock friends. You can also use stickers or tape drawings you have made on paper onto them. Rock friends can look however you want. They can be animals, people, plants or patterns on a rock. Lots of ideas can be found here:

https://www.diycraftsy.com/painted-rocks/

You can make a rock friend for yourself and keep it in your Mindful Box. In your journal, you can write about your rock friends. You might want to choose what their name is, their favourite colour, their favourite food, their age, or anything that you can think of.

You can also paint other rock friends too, so they can have company or to give to your friends and family.

One great thing about rock friends is that they always listen and you don't have to say anything out loud for them to hear. You can write letters to your rock friend in your journal. Having something that will listen to you will help a lot with worries.

Day 17- Quiz Night

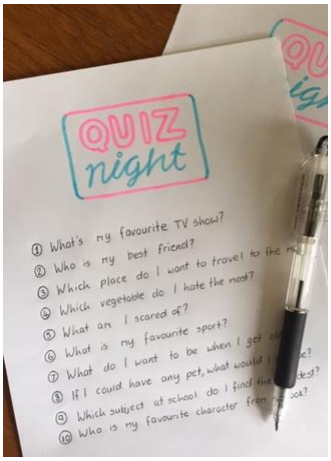
See how well you know your family or friends with this question game. You can play with people in person, over the phone, video call or text message.

Each person will ask the group 5-10 questions. You want the question to be about you. For example, what's my favourite colour? What is my favourite food? What do I want for my birthday? If I could choose a super power, which one would I choose?

Give everybody some time to write down the questions and the answers. When everyone has their questions ready, take turns asking questions. People can write their answers or say them out loud.

Have fun, and there is no need to keep score. This quiz is to help you connect and learn about each other.

Later in your journal, write down some things you learned about the people you played with.



Day 18 - Face the Feeling

You can do this on your own or with others.

Write or draw some feelings or moods on pieces of paper, or print the feelings squares at the ends of the document and cut them out. Then fold them and put them in a bowl.

If you are with others:

Pick out a feeling from the bowl, but don't show anyone. Make a face to represent the feeling with your back turned away. Hold the face and cover your mouth and turn back around.

Let everyone guess the feeling by looking at your eyes. When each person has guessed, move your hands away and see if they change their answers. When everyone has guessed again, show them the feeling you had picked.

Put that feeling back as another person's face will be different for that feeling.

You might want to shake the feeling out of your head and body when your turn is over.

If you are on your own, make the face into the mirror or take a selfie.

Write or draw in your journal about what you see and feel:

Does the face remind you of someone or something? Maybe you look like another person in your family when they have the same feeling, or maybe it reminds you of something else like and event or an animal.

What do you feel in other parts of your body when you make the face?

Shake off the feeling by shaking your head and wiggling your body when you are done.

Day 19 – Friday

Answer the following three questions in your journal:

What is something you like about each person you live with?

What is something that you like or are proud of about you?

What is something that made you and at least another person in your household laugh together?

DAY 20 - SAFARI

This week's adventure you will have you looking for the things that fly, crawl and scurry around us. You can go on safari in your home or outside. Either way, you will have to be quiet and alert, with your super-senses switched on, so you can discover tiny wild beasts that the world may or may not have seen before. You might want to take your journal with you to help you keep track of the animals that you find. Try to keep count of how many you see. How many birds? How many bugs? How many mammals? Did they notice you? What happens if they do? Maybe draw your favourite ones.

Day 21- 5, 4, 3, 2, 1 Relaxation

Practice using your five senses and the things around you to help you to refocus and calm down. You can do this anywhere. Try to notice things you hadn't noticed before. You can write or draw what you notice in your journal or you can just notice them and let them float away as you relax.

5 things I can see:

4 things I can feel:

3 things I can hear:

2 things I can smell:

1 thing I can taste:

Week 4

Two weeks of school and three weeks of mindfulness down! Good for you! Both mindfulness and school are easier now. If you don't believe it, look back through your journal and see how you have progressed. Look ahead to Tuesday, Day 23 to plan how you might get access to a printer if you need to.

Day 22 - Lion's Roar and Dragon's Breath

Did you know that lions roar in the morning when they wake up? Maybe, it helps give them confidence and remain calm throughout the day. This week's breathing challenge will get you roaring in the morning and burning up your worries before bed.

Just after you wake up take a deep breath in through your nose, hold it for about seven seconds, and then exhale through your mouth as you ROAR like a lion. Do this two more times and notice if you feel different.

Then, just before you lie down for bed, sit down, either on the floor or bed, with your back straight. Take a deep breath in through your nose; hold it for about seven seconds. Then open your mouth in an 'O' shape and breathe out like you're breathing out fire that burns up your worries. Do this two more times.

Day 23 - Mindful Colouring

Recently, colouring books have become popular for adults as well as children. But people have been colouring for clarity and meditation since ancient times. When you colour, you create a space where you are concentrating on keeping the colour in the lines and how the colours interact with each other to create the whole picture. When you choose a colour, there is a thought process and a purpose to it.

Find a picture to colour. You might already have a colouring book you can use. You can search online for something to print by searching for Mindful Colouring along with anything what you'd like to colour or search for mandalas. Also, there are You might be able to print something from school if you don't have a printer. If that is not an option, try to find a black and white picture from a newspaper or book that you are allowed to colour. Or maybe someone can draw something for you to colour in. There are also apps and websites where you can colour in pictures or colour by numbers searching for Colour Games online.

Day 24- Build a Story

Make a story one line at a time with at least one other person. This can be done in person, over the phone, through video chat or text message. Pick someone to go first and then take turns building upon each other. Sometimes the hardest part of this challenge is coming up with the first line so there are some examples below. You'll have to pay attention to what the person before you said in order for your line to make sense.

It might be fun if someone is able to write the story as you go along, and then afterwards you can draw scenes from your story to complete your book. After the story has ended, talk about what surprised you and what you liked about the story.

Examples of first lines:

Once a upon a time, there was a _____ who wished for _____.

There once was a _____ (animal) who wanted a _____.

I remember the day when I met _____.

_____ (name) didn't let on that they were scared of _____.

_____ enjoyed playing practical jokes.

Day 25 - Mood Mapping

Create a map with a few emotions, feelings or moods as locations. Maybe use the ones that come up often in your journal. Have both positive and negative emotions. Use colours that you might associate with the feelings. Or draw what that feeling would look like if it was place. Then create 'roads' that list how to get from one to the other.

For example, moving from angry to content you might list: deep breathing, exercise and listening to music. Then the other directions can be things that make you angry when you've been content, e.g. rudeness, someone messing up your things, or getting food on new clothing.

The map will serve as a reminder of what makes you feel better and when to do these activities.

Day 26 - 3 Questions

Answer the three questions in your journal

What is something you accomplished this week?

What is something new you tried or something you did for the first time?

What is something you are looking forward to?

DAY 27 - HEARTBEATS

Regular exercise is a great way to promote mindfulness. It makes you breathe deeply getting oxygen to the brain. It helps you use up energy that can otherwise build up and become anxiety or worries.

Today's challenge will have you racing. Not against anyone, but your heart. You can do the challenge on your own or with others. It will be handy to have a timer or a watch and some water. It's important to keep yourself hydrated when exercising to prevent cramping.

Please note that you should only do what is safe for you. If you feel any pain while doing the exercises then stop or go at a pace that is right for you. If you have health conditions that prevent you from getting your heart rate up, walk instead of run and sprint or march in place instead of star jumps.

Before you start

Take a deep breath in and out. Close your eyes and see if you can hear or feel your heartbeat. You might be able to feel it if put your right pointer and index fingers just below your left palm on your wrist or just above your left collar bone on your neck.

Exercise 1 - Walk for 5 minutes

Walk around your house, neighbourhood or a park. When the five minutes is up, stop somewhere safe, close your eyes and pay attention to your heartbeat. Is it faster? Take deep breaths in and out until your heart beat is the same rate as before.

Exercise 2 - Speed Walk for 3 minutes

When everyone is ready, you are going to walk as fast as you can, but you must have one foot on the ground at any time. If you have to do this in the home, you might want to set up a specific route so that you don't run into someone or something. If you are in a park as a household, walk in a line at your own rate, but don't make it a race. When three minutes is up, stop and breathe deeply focusing on how fast your heart is beating. Wait for about 30 seconds before the next exercise.

Exercise 3 - Star jumps for 3 minutes

Star jump at your own rate for three minutes. Instead of counting how many you are doing, pay attention to the muscles in your body that are moving, how you are breathing and how warm or cool you feel. It's okay if you need to pause or stop early. When you are done, compare your heart beat to before. Then, breathe deeply for 30 seconds letting your heart rate come down.

Exercise 4 - Jog for 5 minutes

Make sure to go at your own rate, or jog together a rate that is comfortable for everyone. You can also jog in place to stay together while going at your own rate. When the five minutes is over, check your heartbeats. Wait 30-45 seconds before you move on.

Exercise 5 - Run for 3 minutes

As before, go at your own pace, but make sure it is a bit faster that a jog. Run on the spot or around something if you have the space. When the time is up, remain standing and check your heart beat and your breath. If you feel you can't get enough air into your lungs, lift your arms above your head and puff out your chest as much as you can while you breathe in. Wait 30-45 second before the next exercise. If your heart rate is taking a while to come down, walk around slowly and skip the next one.

Exercise 6 - Sprint

If you are outside, pick a place that everyone can sprint to. You can do this as a race with your family if you like. When you have done the sprint, pause for 10 seconds noticing your breath and heartrate. Then, sprint back. If you are at home or would rather sprint in place, sprint for 15-30 seconds, pause for 10 seconds then sprint for another 15-30 seconds. When finished, check in with your heart and breathe deeply while your heart rate comes down.

Exercise 7 - Silly walks

Take turns walking in a silly way. First, show the others your silly walk. Use your whole body to move forward in the largest, strangest way possible. Then, everyone does your silly walk together. Take turns so that everyone gets to show off a silly walk. If you're outside, you might feel self-conscious at first, but that will fade away the sillier you get. Notice how your body and feels as you walk around in a silly way.

After - Stretches

Stretch out your legs and body. While you stretch, breathe in deeply through your nose and out slowly through your mouth. Stretching will help prevent soreness and tightness after exercising.

Do each stretch for 20-30 seconds. Change sides for stretches 1, 2, 5, 6, 7, 8 after 15 seconds.

When you are done stretching, think about how you felt before, during and after the exercises. Think about other times your heart beats faster and slower. What exercise did you like best and what other exercise you would like to do? You can talk about this as a group or write about it in your journal.

You can find exercise plans at the following sites:

NHS - https://www.nhs.uk/live-well/exercise/physical-activity-guidelines-children-and-young-people/?tabname=fitness-guides

Change4Life: https://www.nhs.uk/change4life/activities Sport England: https://www.sportengland.org/stayinworkout

Darebee - https://www.darebee.com

Day 28- Sunday

It is the last day of the Mindful Challenge, or is it?

There are many resources online for mindfulness including websites, videos and apps. There are also books and flyers for people of all ages. There might be some at school. Today you are tasked with finding a relaxation exercise online or making one. Each person in your home doing the Mindful Challenge can find one and show it to everyone else.

You can search with keywords like, 'mediation and relaxation exercise', whether it's for a certain age or for the whole family or parents.

Here are some resources:

Websites

Childline's Calm Zone: https://www.childline.org.uk/toolbox/calm-zone/

Wee Seeds: https://www.weeseeds.co.uk/exercises

Mindfulness for Teens: https://mindfulnessforteens.com/guided-meditations/

Videos

Butterfly Body Scan: https://www.youtube.com/watch?v=56_8aK3cLEA

Your Secret Tree House, Guided Meditation: https://www.youtube.com/watch?v=DWOHcGF1Tmc

13 Minute Body Scan for Teens and Adults: https://www.youtube.com/watch?v=X462QPGZQt4

Apps

A list of useful apps is available at CAMHS Resource: https://www.camhs-resources.co.uk/apps-1

Day 29 and Beyond....

Keep it going!

Mindfulness will be easier now. If you don't think so, look through your journal and be reminded of what you have accomplished. Remember; trying is practicing mindfulness. Keep writing or drawing about your emotions in your journal.

In a calendar, in your journal or using the template below, make a challenge for the next week. You might want to keep the same format or mix it up. For instance, instead of answering three graduated questions on Friday, you can answer one a day or every other day. You can use exercises from the challenges you have completed this last month or find more from the resources listed on Day 28.

If you think it will be hard to remember to practice mindfulness, try to schedule a specific time into your day to do the activity. Maybe use an alarm with a nice soft sound or write yourself a note.

Remember to have fun with it.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning:	Morning:	Morning:	Morning:	Morning:	Morning:	Morning:
Afternoon:	Afternoon:	Afternoon:	Afternoon:	Afternoon:	Afternoon:	Afternoon:
Evening:	Evening:	Evening:	Evening:	Evening:	Evening:	Evening:

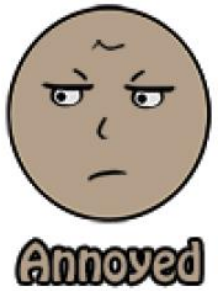
The next pages are for printing to help you though the challenges.

Mindful Challenge Calendar

Just Breath Monday	Craft Tuesday	Wednesday Connection	Feel It Thursday	Gratitude Friday	Saturday Adventure	Soothing Sunday
Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
3x3 Breaths Page 5	Journal time! Page 6	Card For Fun Page 7	Find a Feeling Page 8	3 Questions Page 8	Mission Possible Page 9	Light Meditation Pages 10-11
Day 8	Day 9	Day 10	Day11	Day 12	Day 13	Day 14
Square Breaths Page 12	Mindful Box Page 13	Interviewer Page 13	Cloudy with a Chance of Feelings Page 14	3 Questions Page 15	Spy Time Page 15	Muscle Relaxation Page 16
Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
Bee's Breath Snake's Breath Page 17	Rock Friend Page 18	Quiz Night Page 18	Face the Feeling Page 19	3 Questions Page 19	Safari Page 20	5,4,3,2,1 Relaxation Page 20
Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
Lion's Roar, Dragon's Fire Page 21	Mindful Colours Page 21	Build a Story Page 22	Mood Map Page 22	3 Questions Page 23	Heartbeats Pages 23-24	Finding Relaxation Page 25

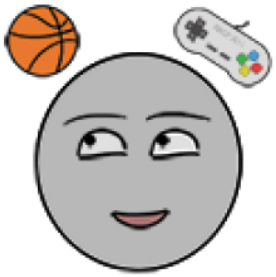
Keep track of what you accomplished by marking completed challenges

Sometimes it's hard to remember the name of what you are feeling. Here are some on pictures to remind you. To help you with challenge 18 you can print and cut the emotions out.



Hyper

Confident



Distracted

Confused

Disgust

Grief

Lonely

Guilt

Skeptical

Apathetic

Hungry

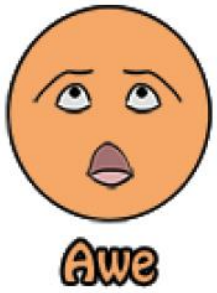
Embarrassed

Ashamed

Jealous

Worn-out

Overwhelmed


Awe

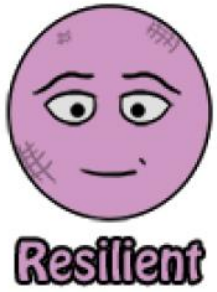
On Edge

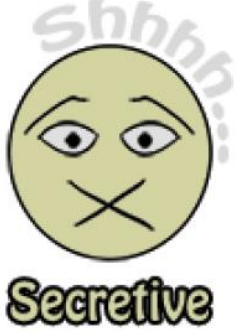
Invisible

Strong

Disobedient

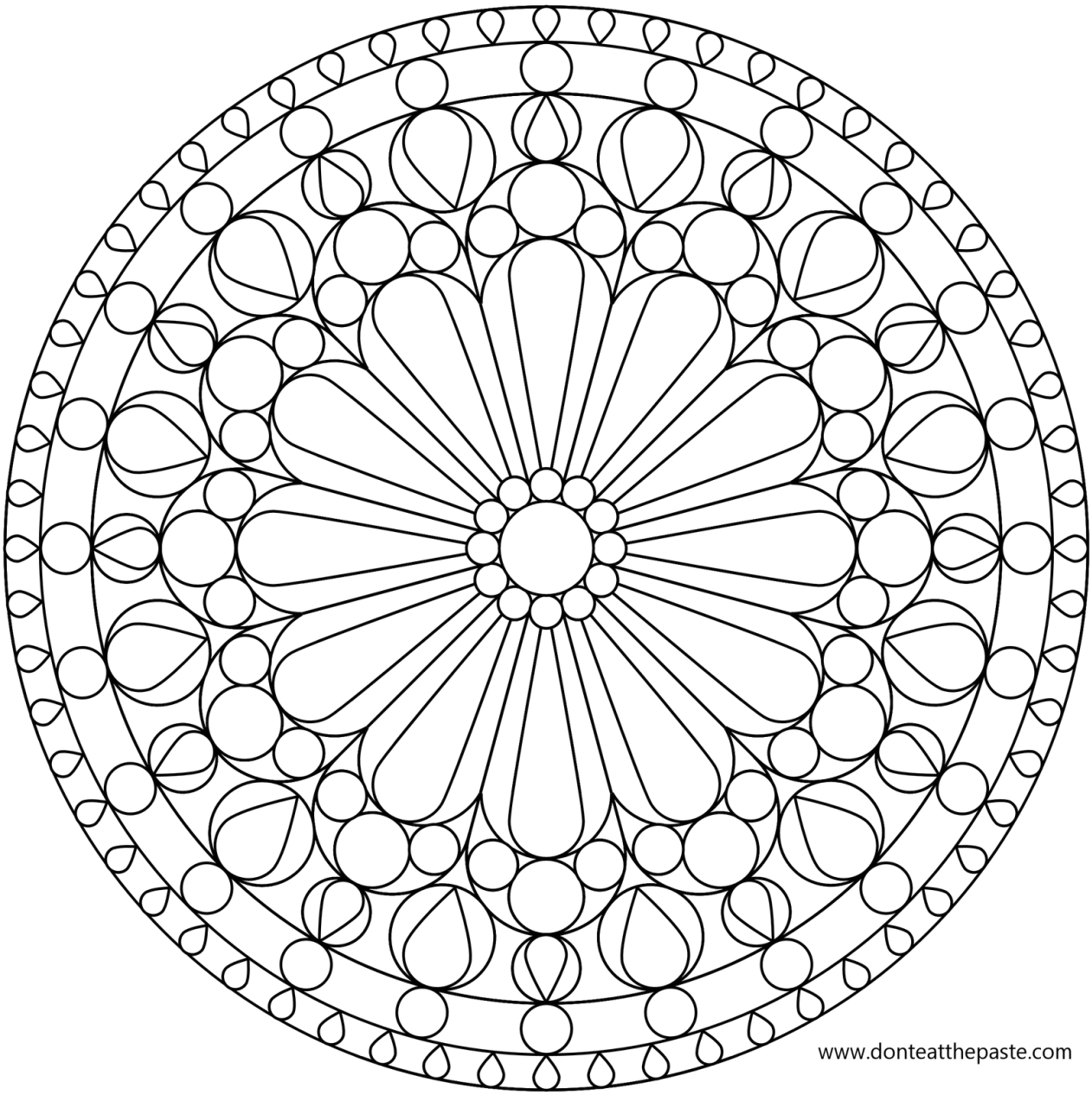
Friendly

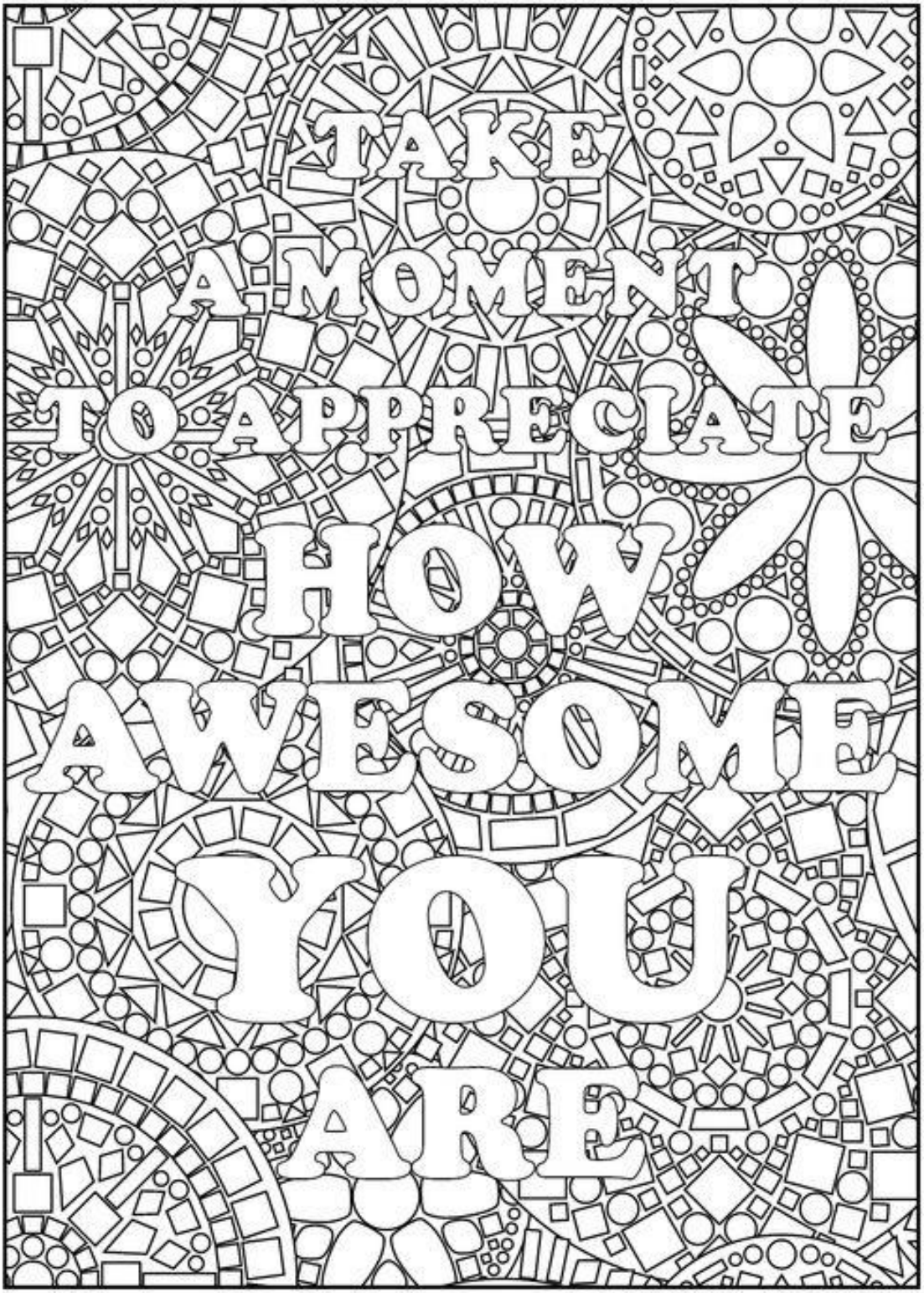

Resilient


Shhhh...
Secretive

Focused

Print out to colour for Day 23, or for whenever you would like to colour.


www.donteatthepaste.com


TAKE
A MOMENT
TO APPRECIATE
HOW
AWESOME
YOU
ARE