

Mindfulness Monday 18th January

https://www.youtube.com/watch_popup?v=fmWYD6aHLhg

https://www.youtube.com/watch_popup?v=8rp5bpFIUpg

https://www.youtube.com/watch_popup?v=RiMb2Bw4Ae8

Hi



Mindfulness means paying full attention to something. It means slowing down to really notice what you're doing.

Being **mindful** is the opposite of rushing or multitasking. When you're **mindful**, you're taking your time. You're focusing in a relaxed, easy way.

Being mindful helps you:

- pay attention better
- be less distractible
- learn more
- stay calm under stress
- avoid getting too upset about things
- slow down instead of rush
- listen better to others
- be more patient
- get along better
- feel happier and enjoy things more

If this sounds like a superpower, it is! Being mindful helps people in just about every part of life. Learning how to be mindful when you're young gives you a chance to get really good at it and use it always.

Squeeze and let go, tensing different muscles in the body for 5 seconds and then slowing releasing

Practice kind thoughts by thinking of 5 people you'd like to send kind wishes to-How can you do that? Say it,callthem,message them?

Have a 'mindful' snack by describing the smell, texture and taste of the food