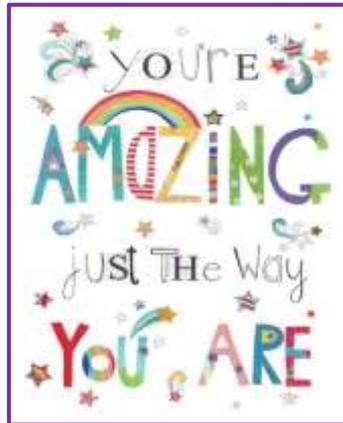


Mindful Monday – Week 4

Senses



Talk Time

After a week of mixed messages around lockdown, children are looking for answers to some challenging questions. The HSC has published useful tips on how to talk about Coronavirus with children of different ages. Some of these suggestions may help with those difficult conversations:

- Ask them what they already know. It will give you some thinking time, but it will also help you tailor your response. If you don't know the answer then you can be honest. You can say you'll research later and try to find the answer.
- Acknowledge what they have said. This helps to validate their thoughts and feelings and creates a safe space for them to share more information or process something that might have been troubling them.
- Correct anything that isn't true. Headlines can be misleading and children are unlikely to understand the bigger picture. You might ask them where they got their information and then explain the facts. Once this happens, you can focus on what we can all do to help ourselves stay safe.
- Encourage them to express how they feel in creative ways. They may want to draw a picture of how they feel or what they are concerned about. Then you can help them to come up with a plan that helps you all stay safe.

This week Miss Katie invites you to the beach to find your own magic shell

<https://soundcloud.com/katie-doherty-858495761/magic-shell/s-nZhk6PeF1wT>



Have a go at some beach yoga!



BEACH YOGA



I am a surfer.
WARRIOR 2 POSE



I am a beach chair.
CHAIR POSE



I am a sandcastle.
DOWNWARD-FACING DOG POSE



I am a swimmer.
LOCUST POSE



I am a sea star.
RESTING POSE

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Your Best

If you always try your best
Then you'll never have to wonder
About what you could have done
If you'd summoned all your thunder.

And if your best
Was not as good
As you hoped it would be,
You still could say,
"I gave today
All that I had in me."

From "Suzie Bitner Was Afraid of the Drain"
by Barbara Vance



Taking care of your mental health and wellbeing

If you are staying at home more than you usually would, it might feel more difficult than usual to take care of your mental health and wellbeing.

Please follow the link below for some information and support

<https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/#TakingCareOfYourMentalHealthAndWellbeing>

Five Senses

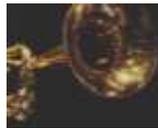
This exercise is called 'five senses'; it provides guidelines on practising mindfulness in nearly any situation. All you need to do is notice something you are experiencing with each of your five senses.



Look around you and bring your attention to five things that you can see. Pick something that you don't normally notice, like a shadow or a small crack in the concrete.



Bring awareness to four things that you are currently feeling, eg. the texture of your trousers, the feeling of the breeze on your skin, or the smooth surface of a table you are resting your hands on.



Take a moment to listen, and note three things that you hear in the background. This can be the chirp of a bird, the hum of the refrigerator, or the faint sounds of traffic from a nearby road.



Bring your awareness to smells that you usually filter out, whether they're pleasant or unpleasant. Perhaps the breeze is carrying a whiff of flowers if you're outside, or the smell of a fast-food restaurant across the street.



Focus on one thing that you can taste right now, at this moment. You can take a sip of a drink, chew a piece of fruit, eat something, notice the current taste in your mouth, or even open your mouth to search the air for a taste.

