

Mindful Monday – Week 5

Kindness



<https://happiful.com/how-to-have-things-to-look-forward-to-right-now/>

There's no denying that times are tough and, if you are struggling to find joy in your everyday, that's okay. It might be that none of the above works for you, and that's okay too.

WEATHER YOGA



It is sunny.
EXTENDED MOUNTAIN POSE



It is windy.
TREE POSE



I see lightning.
CHAIR POSE



It is raining.
STANDING FORWARD BEND



It is snowing.
CHILD'S POSE



Try out some weather yoga.
Which pose is your favourite?



<https://soundcloud.com/katie-doherty-858495761/sweep-and-sleep/s-wbS4yCrGnEy>

This week, Miss Katie will help you drift off for a peaceful night's sleep



KINDNESS to SELF

- Do something that makes you happy today
- Exercise for 10 minutes and get your heart pumping 
- Smile more often 
- Avoid complaining for the entire day
- Create a new game and play it with friends and family
- Take time to practice mindfulness
- Take long slow deep breaths for 3 minutes
- Listen to your favourite music 

KINDNESS to FAMILY

- Help with the dishes without being asked
- Express your gratitude to your family
- Play a game with a family member 
- Wash Mum or Dad's car
- Make a handmade card for someone in your family
- Tidy up after yourself
- Surprise a family member by doing their job for them 
- Cook a meal 
- Leave a special note under a family member's pillow

KINDNESS to OTHERS

- Write a letter or note to someone out of town and post it 
- Bake a cake or your favourite food and deliver it to a friend or someone in need 
- Find opportunities to give compliments today
- Say "thank-you" as much as possible
- Hold the door open for the person behind you
- Do something kind for a stranger
- Greet people with a Hug, High Five or Handshake 

KINDNESS to PLANET

- Use less plastic 
- Drink from a reusable water bottle
- Turn off the lights when you leave the room
- Use reusable shopping bags
- Pick up 5 pieces of litter 
- Walk more, drive less
- Recycle
- Make a piece of art work from recycled materials 



I CALL MY STUDENTS
"MY KIDS" BECAUSE
IN OUR YEAR TOGETHER
THEY AREN'T JUST KIDS
ON MY CLASS LIST,
THEY BECOME A PART
OF MY HEART.



I Love ME Because...

