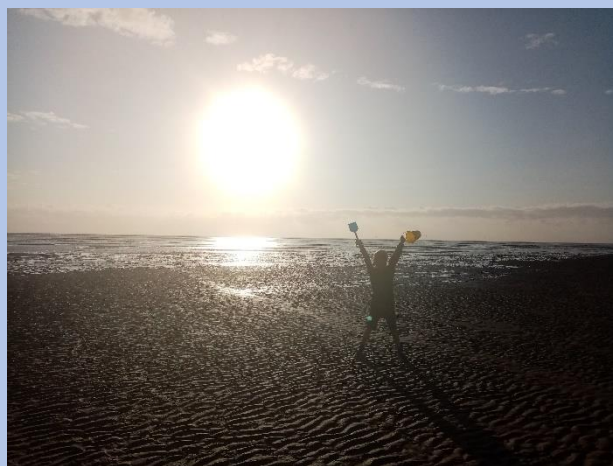




# Mindful activities for the family

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## Introduction

Hello and thank you for taking a look at the first ever book I have written. My name is Thomas, I am 8 years old and practice mindfulness and yoga at home and at school.

Through these I have learnt many methods of calming and finding focus, especially if I am upset, frustrated or finding it hard to concentrate.

I hope you enjoy this book and the activities within it.

Each activity focuses on ways to work as a family to join in together in 'golden time'. So put the phones away, stop with all the technology and enjoy!

I would also like to thank my mum Donna for helping me write this and Transition Northwich in supporting me.

Transition Northwich is a community group of local people working together to share ideas and create positive changes in Northwich to combat the Climate & Ecology Emergency. Everyone can get involved to help create a better, greener future in Northwich.

<https://transitionnorthwich.weebly.com/>



## Activity 1 - Explore Nature

Walking in nature can be lots of fun!

This is best being planned first. Find a good place to go, for example in Northwich and the local area, good places include Marbury Park, Delamere Forest and Marshalls Arms Nature Reserve.

Wear and pack weather appropriate clothing and footwear and remember to take a snack and something to drink.

Right now your all set, off you go!

### How to find mindfulness in the woods

*Look for a lovely big tree. Give it a hug!*

What does it feel like?

Think to yourself how old is this tree,  
why is it important to us?

What makes you thankful?



*Notice what you're walking on and where you are walking (be in the moment)*

What does the ground feel like?

What can you hear?

Can you feel the weather on your face?

How does all of this make you feel?



### Added activities

#### **Do a nature hunt**

Find bugs, flowers (please don't pick them)  
can you find anything interesting in colour or shape?

#### **Find an interesting twig**

Can it be a wand, a bow, a sword, or a broom stick etc. Make up a game using your imagination for all of you to play.

## Activity 2 - Flying Leaves

This activity is great for some quality time to enjoy and create laughter. As a family flying leaves creates some friendly competition and giggles, this will help with golden time and make you feel happy!

It helps with breathing as you have to take large breaths in and out. It is also great for linking with nature especially on a sunny day because you can do it anywhere.

### What to do

Find a clean leaf in your garden, at the park or even when on a walk. If you can't find a leaf you can also do this with a small piece of paper or a craft feather.

Once you've got your leaf, lie down on the floor (somewhere that isn't wet or muddy is preferred). Rest the leaf upon our lips, take a deep breath in through your nose. Once you've breathed in, breath out through your mouth, launching the leaf into the sky and watch it float down towards you.



How high can you shoot the leaf into the sky?

Who got theirs higher?

### **Added Activities**

Leaf racing - pop the leaves in a line on the floor, breath out and shoot the leaf forward, crawling forwards getting it to the finish line. This is a great way to create golden time.



### Activity 3 - Nature and Your Senses

This activity you can be done in any setting, from your garden to the beach. The idea is to calm you and help make you focus, by using your senses.

#### What to do

Find a nice place to sit, take a deep breath in and smell the air and take a deep breath out. Listen to what you can hear, for example the birds singing, the trees swaying in the wind. Feel the weather and the breeze on your face. Close your eyes and relax.

#### How to find mindfulness with your senses

How does it make you feel?

Do you feel relaxed?

What do you feel thankful for today?



#### **Activity 4 - Reading Outside**

Reading outside is a great way to get quality time with the family. Choose a book to read, it can be reading independently or an adult and child sharing the reading. To make it mindful find a nice place to sit outside, a park bench or under a tree are our favourite. Sit down, get comfy, and start reading.

Alternatives for this activity include, create a poem together about where you are, sing a song together or create a performance.



## Activity 5 - Yoga

Yoga is great for the mind, body and soul. Yoga can help you keep calm, focus, and also have fun as a family. It doesn't always have to be slow moving. Here are some yoga poses that flow well, you can try these as a family! Please make sure you warm up properly and if you have any injuries beware of your own ability levels.

### Pose 1 - Mountain

Stand tall and strong with good posture. Bring your hands to your centre and your feet hip width apart. Take 8 big breaths.



### Pose 2 - Giraffe

From Mountain Pose raise your hands up towards the sky, stretching the body nice and long. Go onto your tiptoes, you can either stand still on your toes or walk about being tall and strong.





### Pose 3 - Warrior

From Giraffe Pose, come onto your feet and lower your arms. Turn one foot out to the side, the other facing forwards. Bend your knee the direction of your turned out toes but don't go over them and arms out in line with your shoulders. Then do it again but on the other side. Warrior will make you feel focused and brave.



### Pose 4 - Downward Dog

From Warrior Pose bring your feet and face forwards and hip width apart. Lower your arms, tuck in the chin and bring your hands to the ground, shoulder width apart. You want to look like a triangle with a curved top (your bottom). You can also turn this into 'Cheeky dog', just lift a leg up and try and balance!



### Pose 5 - Cat

From Downward dog lower your knees to the ground and start with flat back, gently round your spine, tuck in your tail and your chin, you will almost look like a bridge or a stretching cat!



### Pose 6 - Cow

From Cat pose, gently bend your spine the other way with your belly button towards the floor, eyes facing forward. If you like you can do a few movements where you go from cat to cow.





### Pose 7 - Camel

From Cow Pose, keep your knees on the floor, but bring your body upwards, then gently bring your hand to your ankles going backwards with your chest towards the sky.



### Pose 8 - Child

Bringing yourself upright from Camel Pose, bring your heels to your bottom and lower your chest and forehead towards the floor. I like to have my hands by my feet, but you can have them in front of you if you prefer. This pose is great for calmness and is good to hold for a long time if you can.



## Pose 9 - Lion

From Child Pose, bring yourself more upright, bring your body close towards your bottom and take a deep breath in. On the breath out bring your head and your chest forward and roar! Or a quieter roar and stick your tongue out. Do this a few times its good fun, makes your giggle at each other and releases any bad feelings.





## Pose 10 - Good Sitting and Deep Breaths

Come to sitting crossed legged on the floor, with your back comfortably straight. If you cant sit on the floor you can still do this sat on a chair. Bring your hands to your knees, palms facing upwards and connect your thumb with the index finger. Close your eyes or focus on a spot in front of you. If you're outside a nice tree or flower will work. Take 3 big breaths in through the nose and out through the mouth nice and gently. Then sit quietly and stick to calm natural breathing. This will help calm the body, find some focus and relax. Enjoy!



## Activity 6 - Rollercoaster Breathing

This activity I have found really helps me when I've been angry, upset or even injured and its super easy to do and remember.

Place one hand in front of you, fingers spread out like a high-5. With your index finger from your other hand, start at the outside of your thumb. As the finger travels up thumb take a breath in and as it travels down the thumb take a breath out. Go up and down every finger nice and slowly watching your hand and concentrating on what your index finger is doing. This will help calm and focus you. Also this activity will help bring your breathing back to normal if your crying and are angry.

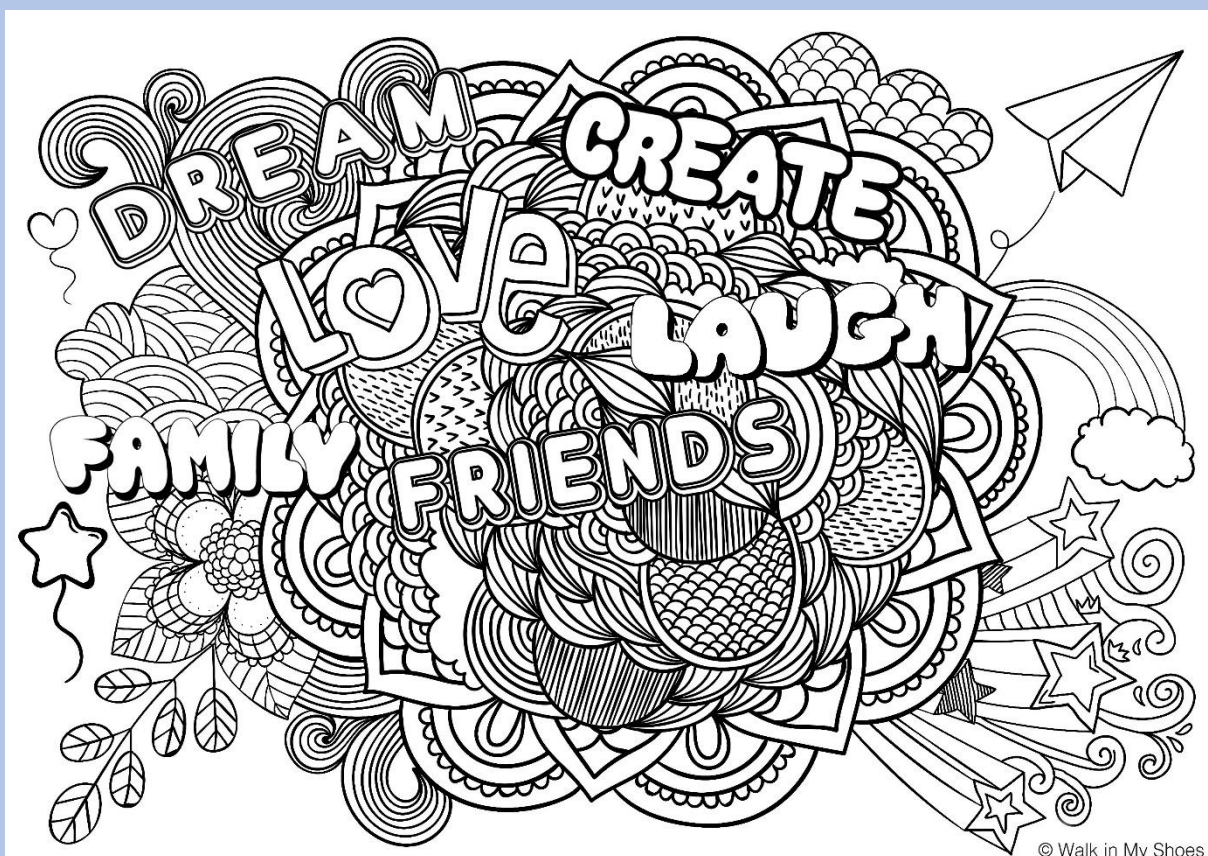




## Activity 7 - Mindful Colouring

Anyone can do mindful colouring you can either create your own or print a sheet off from a search engine. You only need colouring pens or pencils and some paper!

Find a picture or create one that has lots of areas to colour. Sit or lie down somewhere comfortable and take only 5-10minutes doing this activity. It works very well if you have nice music in the background. My favourite for this is when I ask my echo dot to play piano yoga. Mindful colouring helps you relax and focus on the activity in front of you. Its really good to do if you feel anxious and stressed as you are only focus on this activity when doing it.



### Other Mindful 'Gold Time' Activities

- Painting pebbles
- Planting seeds and watching them grow
- Creating a dance routine (or just dancing)
- Visiting a beach listening to the waves and looking for interesting shells or pebbles

To Conclude

Thank you for reading my first every book, it has been a pleasure to write it and finish it. I hope you have found these activities useful to you and your family.

Crape Diem!

Thomas

