

Mindfulness

Key Stage 3+

Time: 50 mins

Objective:

To define the practise of mindfulness and how it can positively impact on our mental wellbeing.



Activity One - Are you due a brain break?

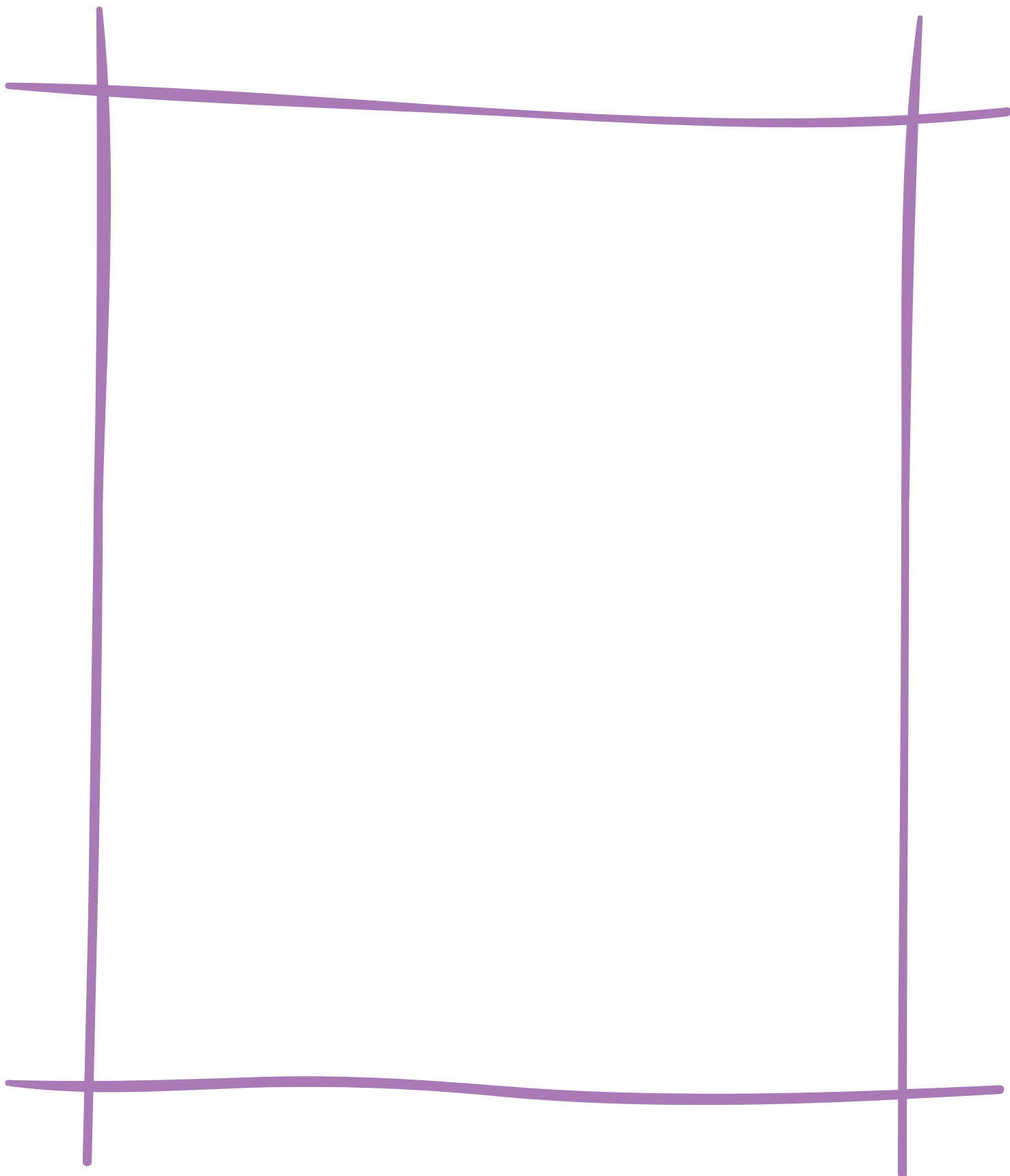
Inputs to the brain

Relaxation for the brain



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Activity Two - Get a mindful mentor



Activity Three - Labels

What labels might you add to the characters in this image?



Activity Four - What else do I label/judge?

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How can I be kinder?

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Activity Five - Get M-Fit

I did some mindful breathing for.....

Tick the boxes below to keep a record. Remember little
and often is great.

1 Minutes ☐

1 Minutes ☐

1 Minutes ☐

2 minutes ☐

2 minutes ☐

2 minutes ☐

2 minutes ☐

3 minutes ☐

at a time
is perfect.

3 minutes ☐

After practising mindful breathing I feel:

Thank you for completing the Key
Stage 3+ webinar workbook on
mindfulness

See <https://cwmind.org.uk/information-centre-for-young-people/>