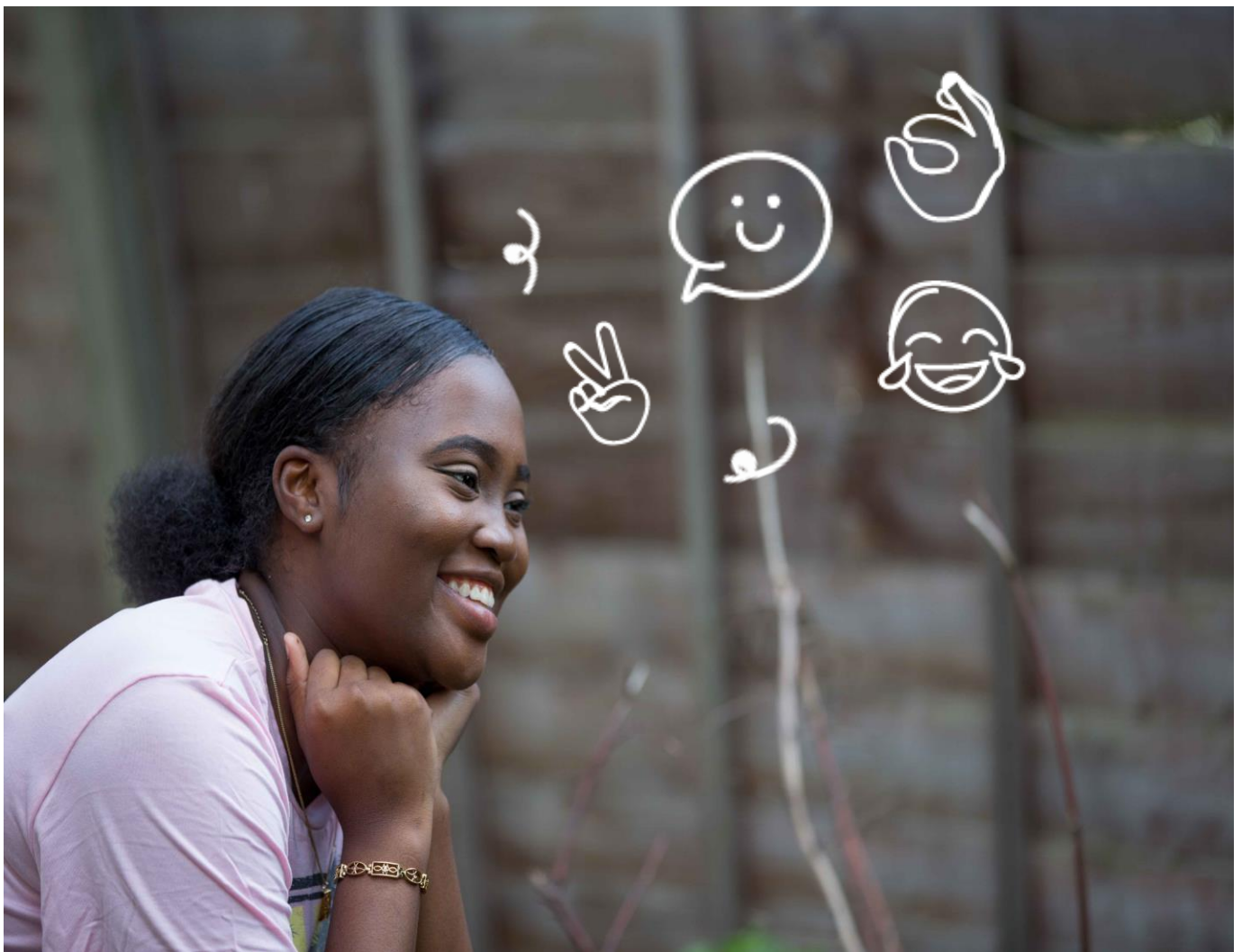
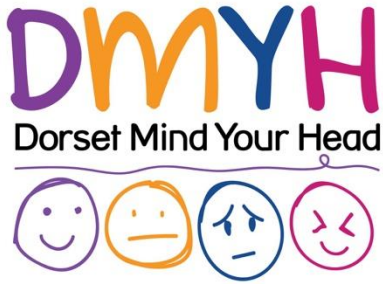


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# Mindfulness Resources for Schools

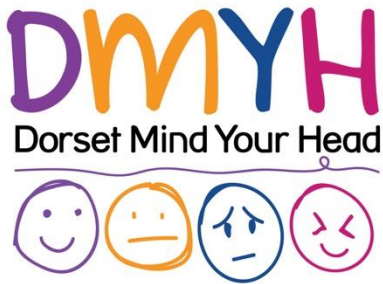




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## Introduction

At Dorset Mind Your Head, we recognise that this is a challenging time for both teachers' and students' mental wellbeing. This booklet gathers together a selection of mindfulness-based exercises that can easily be introduced at the beginning of teaching sessions, group tutorials and one to one meetings in school. The aim of the booklet is to support schools, their staff and students to experience mindfulness throughout the school day and develop the thinking habits which support mental wellbeing.

If you would like more information and support on how to support your staff and students' wellbeing, visit <https://dorsetmind.uk/> for staff or <http://dorsetmindyourhead.co.uk/> for students. Alternatively, email [dmyh@dorsetmind.uk](mailto:dmyh@dorsetmind.uk).

### Why use the Mindful Exercises

The exercises are designed and selected to be short and easy to lead in a range of school settings. They encourage emotional and mental development and support the aims of SEAL (Social and Emotional Aspects of Learning). Mindfulness is not therapy or religion and should be seen as a **whole school approach** to developing and maintaining mental and emotional wellbeing, resilience, the ability to focus and learn.

### How to deliver the Mindful Exercises

Research has shown, when leading mindfulness-based exercises, it is important that the leader participates fully in the exercise and models as well as leads. It is recommended a whole school approach is taken and exercises repeated at certain times to become part of the school/education routine. Exercises can be used at the beginning and /or end of each session taking as little as one-minute, supporting everyone's ability to settle into the session and focus.

### What are mindfulness exercises?

Mindfulness exercises help us to practice and develop the ability to direct the mind to the now and focus on the now by allowing us to acknowledge and notice thoughts whilst remaining in the now, and not automatically reacting or responding to thoughts. It enables us to recognise thoughts are just thoughts and they are not facts.

### Mindfulness in Schools and Colleges

Mindfulness is becoming increasingly a usual part of the school day; helping children, young people, and teachers to develop mental resilience and the ability to manage their stress levels. Drawing on research of schools' and college's experiences with mindfulness, here are some of the benefits:

- Feeling calmer and more fulfilled
- Increased self-awareness

- 
- Greater empathy and perspective – better relationships
  - Increased ability to focus, pay attention and learn
  - Better emotional resilience resulting in more positive behaviour
  - Effective management of stress, anxiety, and moods
  - Can lower rates and severity of depression
  - Mitigation or reduction of ADHD symptoms

### Leading and using the Mindfulness Exercises in this book

Leaders need to be:

**Authentic** - Leaders should practice the exercises themselves, be committed to extending their own mindfulness practice as well as sharing/leading mindfulness exercises in school/college.

**Participating** in the exercise as they lead.

**Reminding participants** it is natural for the mind to wander, just gently direct the mind back to the task.

**Finishing each exercise** with hand on heart and saying 'this practice was good enough'.

**Repeating** the exercises regularly so it supports participant engagement.

**Encouraging participants** to either sit or stand upright at the beginning of the exercise. Legs and arms uncrossed.

**Pace the group/individual** into the exercise. Pace is a useful technique to help people follow your instructions. State 3 or 4 things that are true, actually happening and then follow with your instructions. For example – As you come into the room, sit down and listen to my voice, get your books out, and you are ready to start our mindful breathing practice.

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## Mindfulness Activities

### Teachers

#### Noticing Breathing

This can be done sitting or standing.

1. Breathing through the nose only, focus on your breath see if you can feel the air coming into your nose and then leaving your nose.
2. Do not try to change the rhythm or depth of your breath, just focus on feeling the breath coming in and out of your nose.
3. If the mind wanders, remind yourself that is okay. Just gently direct your attention to your breath and feel it going in and out of your nose.

#### Even Breathing

This can be done sitting or standing.

1. Breathing through the nose only, take 3 deep, slow breaths - on the in breath count 1, 2, 3, pause and the out breath count 1, 2, 3, pause.
2. Do this for 3 or 4 breaths.
3. Focus on the breath, mind wandering is normal, just notice and direct your mind back to your breath and counting in and out to 3.

#### Naming Everything

This can be done sitting or standing.

Become aware of your breathing and breathe normally just through the nose. Look around and name everything you see, do this slowly and carefully. Now look around and name all the colours you see.

Take a single deep breath and come back to now ready to focus on what you are doing.

#### Memory Bank Exercise

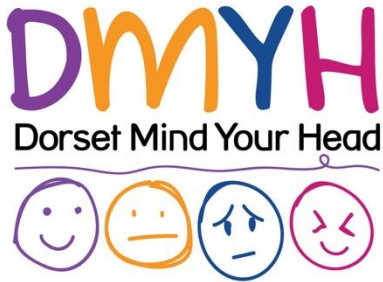
This can be done sitting or standing.

Softly close your eyes. Take three even breaths and allow your breath to settle. Think back to the happiest day of your life. Remember every detail. Enjoy the memory and allow yourself to feel you are actually there.

Take a deep breath and open your eyes. Focus on your next task.

#### 'Right Now I Feel' Exercise

This can be done sitting or standing.



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Take a deep breath and softly close your eyes.  
Complete the following questions in your mind.

Right now I feel...  
Right now I hear...  
Right now my feet feel...  
Right now my hands feel...

Take a deep breath and softly open your eyes.

### Personal Weather Report

This can be done sitting or standing.

Take a deep breath and softly close your eyes.  
Imagine if your mood, how you feel is your internal weather. What type of weather are you experiencing right now?  
Is it sunny and warm or a bit cloudy? Check in now and allow your mind to show you your internal weather. Just accept your internal weather and remember the weather changes all the time.

Take a deep breath and softly open your eyes.

### Noticing Mindfulness

This can be done sitting or standing.

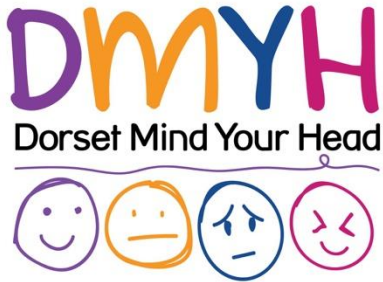
Take a deep breath and softly close your eyes.  
Notice the clothes on your body.  
Focus on your feet. How do they feel in your shoes?  
How does your sock feel against your skin?  
Continue moving up your body and notice how your clothes feel on your body.  
Just notice, try not to judge, it is what it is, avoid good or bad if you can. Just notice the feelings.

Take a deep breath through your nose and release through your mouth, open your eyes, blink, and return to now.

### Worry Tree Exercise

This is done sitting down. You can say stress instead of worry if you feel it is more appropriate.

Take a deep breath and softly close your eyes.  
Imagine a tree in a field. Any type of tree you want.



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Now notice any worries you may have now or previously in your mind. Ask for any worries to come into your mind.

As a worry comes in imagine being able to capture it and hang it on your tree. Notice how worries can come and go and be placed on the tree.

Now take three even breaths and open your eyes.

### Soothing Breathing

This can be done sitting or standing.

1. Breathing through the nose only, take 3 deep, slow breaths - on the in breath count 1, 2, 3, 4, pause and the out breath count 1, 2, 3, 4, 5, 6, 7, pause.
2. Do this for 3 or 4 breaths. The important thing is to make the in breath shorter than the outbreath.
3. Focus on the breath. Mind wandering is normal, just notice and direct your mind back to your breath and counting in a shorter inbreath and a longer outbreath.

### Follow a Mindful Breathing Guide

3-minute Mindful Breathing Meditation (Relieve Stress)

<https://www.youtube.com/watch?v=SEfs5TJZ6Nk>

or

'Guided Mindfulness Breathing for Kids, Teachers & Parents: A Quick Calming Exercise'

<https://youtu.be/AwgzdJWNwJY>

### Body Scan

'3 Minutes Body Scan Meditation'

[https://youtu.be/ihwcu\\_ofuME](https://youtu.be/ihwcu_ofuME)

### Mindful Walk

Go for a 5 to 10 minute 'Mindful Walk'. Spend this time noticing the sights, sounds, and smells around you. If any thoughts enter your head, acknowledge them, and then refocus your attention on your surroundings. If it would help, follow this 'Mindful Walking Meditation':

<https://www.youtube.com/watch?v=09EO9IJgOil>



### Get Creative

If you enjoy creative activities such as painting, drawing, or writing, have a go at one of these for 5 minutes in a 'mindfulness notebook'. When you are doing the activity, try to focus all your attention on what you are doing. Notice the sights and sounds of the activity, refocusing on these when your mind starts to wander.

### Tense and Release

This can be completed sitting down or standing up.

1. Starting at the feet, gently squeeze the muscles in the feet by tightening them, then slowly releasing
2. Next, squeeze the large muscles in the calves for 5 seconds, then gently release. Working your way up the body, squeeze the thigh muscles for 5 seconds then gently release.
3. Continue moving the body for more relaxation.



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## Secondary School and College Students (11-25 years old)

### Noticing Breathing

This can be done sitting or standing.

1. Breathing through the nose only, focus on your breath see if you can feel the air coming into your nose and then leaving your nose.
2. Do not try to change the rhythm or depth of your breath, just focus on feeling the breath coming in and out of your nose.
3. If the mind wanders, remind yourself that is okay. Just gently direct your attention to your breath and feel it going in and out of your nose. 'Mind wandering is normal just notice and direct your attention back to your breath'.

### Even Breathing

This can be done sitting or standing.

1. Breathing through the nose only, take 3 deep, slow breaths - on the in breath count 1, 2, 3, pause and the out breath count 1, 2, 3, pause.
2. Leader can count in breath 1,2,3 and outbreath 3,2,1. Do this for 3 or 4 breaths.
3. Encourage all to do on their own for a few more breaths, or you can specify for how many breaths.
4. Remind them to focus on the breath, mind wandering is normal, just notice and direct your mind back to your breath and counting in and out to 3.

### Naming Everything

This can be done sitting or standing.

Become aware of your breathing and breathe normally just through the nose. Look around and name everything you see, do this slowly and carefully. Now look around and name all the colours you see. Take a single deep breath and come back to now ready to focus on what you are doing.

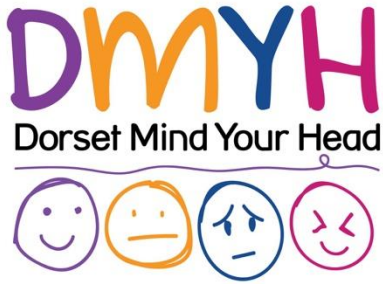


### Memory Bank Exercise

This can be done sitting or standing.

Softly close your eyes. Take three even breaths and allow your breath to settle. Think back to the happiest day of your life. Remember every detail. Enjoy the memory and allow yourself to feel you are actually there.

Take a deep breath and open your eyes. Focus on your next task.



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### 'Right Now I Feel' Exercise

This can be done sitting or standing.

Take a deep breath and softly close your eyes.

Complete the following questions in your mind (leader to allow 5/10 seconds between each statement)

Right now I feel...

Right now I hear...

Right now my feet feel...

Right now my hands feel...

Take a deep breath and softly open your eyes.

### Listening Exercise

This is a sitting exercise.

This exercise is best done with meditation bells or a musical instrument, anything that produces longer sounds. This may not be suitable for some hearing-impaired students.

Ask students to close their eyes and listen to the sound they hear. As they hear the sound, ask them to slowly raise their arm until the sound stops. Then relax and repeat. Helping the students to really focus on sound and to listen, vary the length of sounds used.

Use 3 to 5 sounds or more depending on time available and the age of the students.

### Check In With Our Feelings

Ask students to stand and put their hands, palms facing downwards in front of them.

Ask them to go inside their mind for a minute, softly close their eyes, and check what feelings they are experiencing right now.

Tell them where they are holding their hands is their okay point

Now ask them to either move their hands upwards for feeling happier than okay or downwards if feeling less than okay. Leader to do the same.

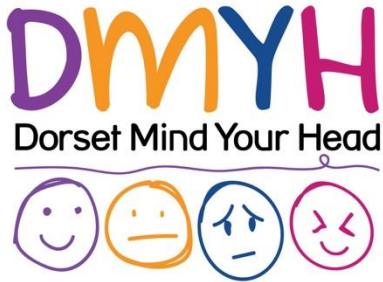
Then ask them to move their hands back to their okay point and recognise what okay feels like.

When they are ready, ask them to take a deep breath and come back into the now.

### Personal Weather Report

This can be done sitting or standing.

Take a deep breath and softly close your eyes.



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Imagine if your mood, how you feel is your internal weather. What type of weather are you experiencing right now?

Is it sunny and warm or a bit cloudy? Check in now and allow your mind to show you your internal weather. Just accept your internal weather and remember the weather changes all the time.

Take a deep breath and softly open your eyes.

### Noticing Mindfulness

This can be done sitting or standing.

Take a deep breath and softly close your eyes.

Notice the clothes on your body.

Focus on your feet. How do they feel in your shoes?

How does your sock feel against your skin?

Continue moving up your body and notice how your clothes feel on your body.

Just notice, try not to judge, it is what it is, avoid good or bad if you can. Just notice the feelings.

Take a deep breath through your nose and release through your mouth, open your eyes, blink, and return to now.

### Worry Tree Exercise

This is done sitting down. You can say stress instead of worry if you feel it is more appropriate.

Take a deep breath and softly close your eyes.

Imagine a tree in a field. Any type of tree you want.

Now notice any worries you may have now or previously in your mind. Ask for any worries to come into your mind.

As a worry comes in imagine being able to capture it and hang it on your tree.

Notice how worries can come and go and be placed on the tree.

Now take three even breaths and open your eyes.

### Soothing Breathing

This can be done sitting or standing.

1. Breathing through the nose only, take 3 deep, slow breaths - on the in breath count 1, 2, 3, 4, pause and the out breath count 1, 2, 3, 4, 5, 6, 7, pause.

2. Leader to count in breath 1-4, and outbreath 1 - 7. Do this for 3 or 4 breaths. The important thing is to make the in breath shorter than the outbreath.

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3. Encourage all to do on their own for a few more breaths, or you can specify for how many breaths.
  4. Remind them to focus on the breath. Mind wandering is normal, just notice and direct your mind back to your breath and counting in a shorter inbreath and a longer outbreath.

### Mindfulness Challenges

Choose one of the challenges from the attached challenge cards pdf to complete with the class/student. After reading the challenge, give the students a few minutes in silence to complete and repeat it.

### Follow a Mindful Breathing Guide

3-minute Mindful Breathing Meditation (Relieve Stress)  
<https://www.youtube.com/watch?v=SEfs5TJZ6Nk>

or

'Guided Mindfulness Breathing for Kids, Teachers & Parents: A Quick Calming Exercise'  
<https://youtu.be/AwgzdJWNwJY>

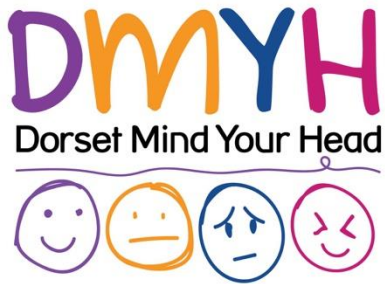
### Body Scan

'3 Minutes Body Scan Meditation'  
[https://youtu.be/ihwcu\\_ofuME](https://youtu.be/ihwcu_ofuME)

### Get Creative

If you enjoy creative activities such as painting, drawing, or writing, have a go at one of these for 5 minutes in a 'mindfulness notebook'. When you are doing the activity, try to focus all your attention on what you are doing. Notice the sights and sounds of the activity, refocusing on these when your mind starts to wander.





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### Tense and Release

This can be completed sitting down or standing up.

1. Starting at the feet, gently squeeze the muscles in the feet by tightening them, then slowly releasing
2. Next, squeeze the large muscles in the calves for 5 seconds, then gently release. Working your way up the body, squeeze the thigh muscles for 5 seconds then gently release.
3. Continue moving the body for more relaxation.

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## Primary School Students (5-10 years old)

### Even Breathing

This can be done sitting or standing.

1. Breathing through the nose only, take 3 deep, slow breaths - on the in breath count 1, 2, 3, pause and the out breath count 1, 2, 3, pause.
2. Leader can count in breath 1,2,3 and outbreath 3,2,1. Do this for 3 or 4 breaths.
3. Encourage all to do on their own for a few more breaths, or you can specify for how many breaths.
4. Remind them to focus on the breath, mind wandering is normal, just notice and direct your mind back to your breath and counting in and out to 3.

### Naming Everything

This can be done sitting or standing.

Become aware of your breathing and breathe normally just through the nose. Look around and name everything you see, do this slowly and carefully. Now look around and name all the colours you see.

Take a single deep breath and come back to now ready to focus on what you are doing.

### Memory Bank Exercise

This can be done sitting or standing.

Softly close your eyes. Take three even breaths and allow your breath to settle. Think back to the happiest day of your life. Remember every detail. Enjoy the memory and allow yourself to feel you are actually there.

Take a deep breath and open your eyes. Focus on your next task.

### Right Now I Feel Exercise

This can be done sitting or standing.

Take a deep breath and softly close your eyes.

Complete the following questions in your mind (leader to allow 5/10 seconds between each statement)

Right now I feel...

Right now I hear...

Right now my feet feel...

Right now my hands feel...

Take a deep breath and softly open your eyes.

### Sea Breathing Exercise

This can be done sitting.

Leaders to demonstrate and then ask students to softly close their eyes.

Breathe in through your nose and out through pursed lips. Imagine you are making the sound of the sea. Continue breathing through the nose and out through pursed lips for about 50 seconds.

### Listening Exercise

This is a sitting exercise.

This exercise is best done with meditation bells or a musical instrument, anything that produces longer sounds. This may not be suitable for some hearing-impaired students.

Ask students to close their eyes and listen to the sound they hear. As they hear the sound, ask them to slowly raise their arm until the sound stops. Then relax and repeat. Helping the students to really focus on sound and to listen, vary the length of sounds used.

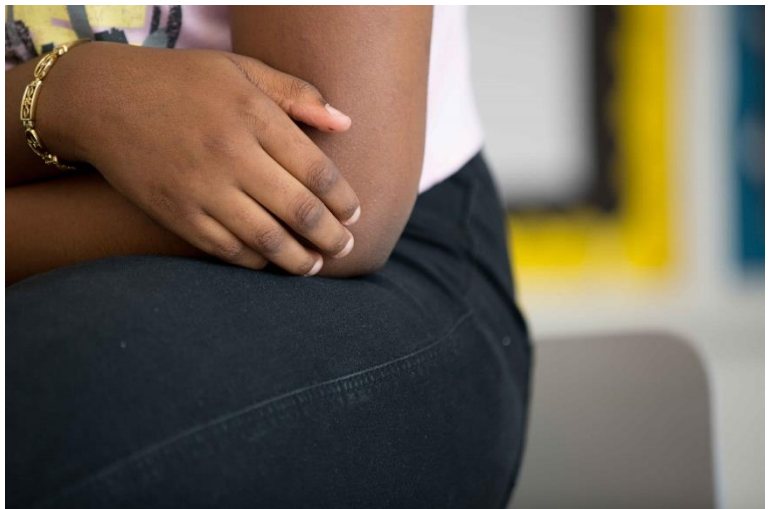
Use 3 to 5 sounds or more depending on time available and the age of the students.

### Touch Exercise

This can be done sitting or standing.

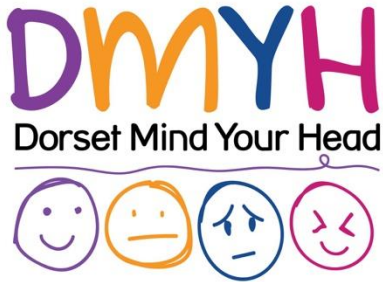
Lead students to take 3 deep breaths and softly close their eyes. Then ask them to feel their right hand using their left hand. Guide them to trace along the outline of their hand from the wrist following the sides of each finger. As they go, encourage them to notice how their right hand feels.

- Is it warm, cool, hot, cold?
- Is it dry, moist, wet?
- Is it smooth, slight bumps, lumps, rough?
- Is it hard, soft, firm, smooth?



Depending on time ask them to change hands.

### Check In With Our Feelings



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Ask students to stand and put their hands, palms facing downwards in front of them. Ask them to go inside their mind for a minute, softly close their eyes, and check what feelings they are experiencing right now. Tell them where they are holding their hands is their okay point. Now ask them to either move their hands upwards for feeling happier than okay or downwards if feeling less than okay. Leader to do the same. Then ask them to move their hands back to their okay point and recognise what okay feels like.

When they are ready, ask them to take a deep breath and come back into the now.

### Personal Weather Report

This can be done sitting or standing.

Take a deep breath and softly close your eyes. Imagine if your mood, how you feel is your internal weather. What type of weather are you experiencing right now? Is it sunny and warm or a bit cloudy? Check in now and allow your mind to show you your internal weather. Just accept your internal weather and remember the weather changes all the time.

Take a deep breath and softly open your eyes.

### Noticing Mindfulness

This can be done sitting or standing.

Take a deep breath and softly close your eyes. Notice the clothes on your body. Focus on your feet. How do they feel in your shoes? How does your sock feel against your skin? Continue moving up your body and notice how your clothes feel on your body. Just notice, try not to judge, it is what it is, avoid good or bad if you can. Just notice the feelings.

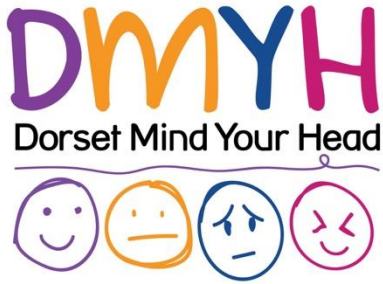
Take a deep breath through your nose and release through your mouth, open your eyes, blink, and return to now.

### Worry Tree Exercise

This is done sitting down. You can say stress instead of worry if you feel it is more appropriate.

Take a deep breath and softly close your eyes. Imagine a tree in a field. Any type of tree you want.





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Now notice any worries you may have now or previously in your mind. Ask for any worries to come into your mind.

As a worry comes in imagine being able to capture it and hang it on your tree. Notice how worries can come and go and be placed on the tree.

Now take three even breaths and open your eyes.

### Soothing Breathing

This can be done sitting or standing.

1. Breathing through the nose only, take 3 deep, slow breaths - on the in breath count 1, 2, 3, 4, pause and the out breath count 1, 2, 3, 4, 5, 6, 7, pause.
2. Leader to count in breath 1,-4, and outbreath 1 - 7. Do this for 3 or 4 breaths. The important thing is to make the in breath shorter than the outbreath.
3. Encourage all to do on their own for a few more breaths, or you can specify for how many breaths.
4. Remind them to focus on the breath. Mind wandering is normal, just notice and direct your mind back to your breath and counting in a shorter inbreath and a longer outbreath.

### Go Noodle

The Go Noodle Website (<https://www.gonoodle.com/>) is free to sign up and includes lots of exciting videos for primary aged students, including relaxation and calming content that can be used with a whole class or individuals.

### Breathing Exercises

As a class, or with a student, follow these online breathing exercises.

‘Mindfulness Meditation for Kids’ [https://youtu.be/Bk\\_qU7I-fcU](https://youtu.be/Bk_qU7I-fcU)

or

‘Guided Mindfulness Breathing for Kids, Teachers & Parents: A Quick Calming Exercise’ <https://youtu.be/AwgzdJWNwJY>

### Body Scan

‘3 Minutes Body Scan Meditation’ [https://youtu.be/ihwcu\\_ofuME](https://youtu.be/ihwcu_ofuME)

### Mindfulness Challenges

Choose one of the challenges from the attached challenge cards pdf to complete with the class/student. After reading the challenge, give the students a few minutes in silence to complete and repeat it.

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### Cosmic Kids

Cosmic Kids (<https://www.cosmickids.com/>) is a great website containing yoga and mindfulness videos specifically designed for children. Some of their videos are also accessible through YouTube.

### Tense and Release

This can be completed sitting down or standing up.

1. Starting at the feet, gently squeeze the muscles in the feet by tightening them, then slowly releasing
2. Next, squeeze the large muscles in the calves for 5 seconds, then gently release. Working your way up the body, squeeze the thigh muscles for 5 seconds then gently release.
3. Continue moving the body for more relaxation.

### Flowering/Shrinking Breathing

If you have access to a flowering/ shrinking ball, you can use it to teach the students how to regulate and focus on their breathing. As you open the ball up, they breathe in and as you shrink the ball down, they breathe out.



## Students with Special Needs

### Soothing Breathing

This can be done sitting or standing.

1. Breathing through the nose only, take 3 deep, slow breaths - on the in breath count 1, 2, 3, 4, pause and the out breath count 1, 2, 3, 4, 5, 6, 7, pause.
2. Leader to count in breath 1,-4, and outbreak 1 - 7. Do this for 3 or 4 breaths. The important thing is to make the in breath shorter than the outbreak.
3. Encourage all to do on their own for a few more breaths, or you can specify for how many breaths.
4. Remind them to focus on the breath. Mind wandering is normal, just notice and direct your mind back to your breath and counting in a shorter inbreath and a longer outbreak.

### Even Breathing

This can be done sitting or standing.

1. Breathing through the nose only, take 3 deep, slow breaths - on the in breath count 1, 2, 3, pause and the out breath count 1, 2, 3, pause.
2. Leader can count in breath 1,2,3 and outbreak 3,2,1. Do this for 3 or 4 breaths.
3. Encourage all to do on their own for a few more breaths, or you can specify for how many breaths.
4. Remind them to focus on the breath, mind wandering is normal, just notice and direct your mind back to your breath and counting in and out to 3.

### Naming Everything

This can be done sitting or standing.

Become aware of your breathing and breathe normally just through the nose. Look around and name everything you see, do this slowly and carefully. Now look around and name all the colours you see.

Take a single deep breath and come back to now ready to focus on what you are doing.

### Right Now I Feel Exercise

This can be done sitting or standing.

Take a deep breath and softly close your eyes.

Complete the following questions in your mind or using communication aids if the user is proficient. (Leader to allow 5/10 seconds between each statement)

Right now I feel...

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Right now I hear...  
Right now my feet feel...  
Right now my hands feel...

Take a deep breath and softly open your eyes.

### Sea Breathing Exercise

This can be done sitting.

Leaders to demonstrate and then ask students to softly close their eyes.

Breathe in through your nose and out through pursed lips. Imagine you are making the sound of the sea. Continue breathing through the nose and out through pursed lips for about 50 seconds.



### Touch Exercise

This can be done sitting or standing.

Lead students to take 3 deep breaths and softly close their eyes. Then ask them to feel their right hand using their left hand. Guide them to trace along the outline of their hand from the wrist following the sides of each finger. As they go, encourage them to notice how their right hand feels.

- Is it warm, cool, hot, cold?
- Is it dry, moist, wet?
- Is it smooth, slight bumps, lumps, rough?
- Is it hard, soft, firm, smooth?

Depending on time ask them to change hands.

### Tense and Release

This can be completed sitting down or standing up.

1. Starting at the feet, gently squeeze the muscles in the feet by tightening them, then slowly releasing
2. Next, squeeze the large muscles in the calves for 5 seconds, then gently release. Working your way up the body, squeeze the thigh muscles for 5 seconds then gently release.
3. Continue moving the body for more relaxation.

### Go Noodle

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The Go Noodle Website (<https://www.gonoodle.com/>) is free to sign up and includes lots of exciting videos for primary aged students, including relaxation and calming content that can be used with a whole class or individuals.

### Bucket Time

Although not always a quiet activity, bucket time does allow students to focus their attention on what is happening in the now.

1. Collect in a box or bucket a number of small sensory toys- they need to be as exciting as possible
2. One by one, take a toy out and give the students a chance to watch it- noticing out loud the different sensory elements- sounds, lights, feel, and movement.
3. Repeat with up to 3 toys

### Flowering/Shrinking Breathing

If you have access to a flowering/ shrinking ball, you can use it to teach the students how to regulate and focus on their breathing. As you open the ball up, they breathe in and as you shrink the ball down, they breathe out.



### Sensory regulation time

For students with additional needs (especially autism), sensory regulation time can help students calm and be ready to focus on the next activity. Depending on the student's individual sensory needs and preferences, this could include:

- Making the room dark and then using toys and videos with different coloured soft lighting
- Providing tactile experiences such as soft brushing, deep pressure, or squeezing playdough
- Listening to relaxing music and timing the other sensory experiences to fit with the beat of the music
- Smelling different smelly items such as flavoured lip balm, peppermint essence

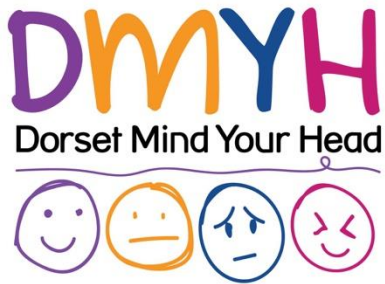
### Go Noodle

The Go Noodle Website (<https://www.gonoodle.com/>) is free to sign up and includes lots of exciting videos for primary aged students, including relaxation and calming content that can be used with a whole class or individuals.

### Breathing Exercises

As a class, or with a student, follow these online breathing exercises.

'Mindfulness Meditation for Kids' [https://youtu.be/Bk\\_qU7I-fcU](https://youtu.be/Bk_qU7I-fcU)



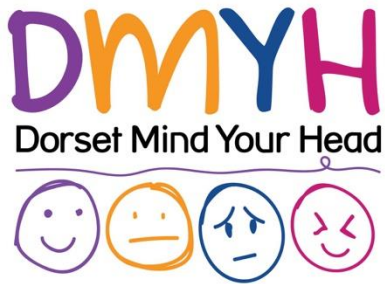
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or

'Guided Mindfulness Breathing for Kids, Teachers & Parents: A Quick Calming Exercise'  
<https://youtu.be/AwgzdJWNwJY>

#### Cosmic Kids

Cosmic Kids (<https://www.cosmickids.com/>) is a great website containing yoga and mindfulness videos specifically designed for children. Some of their videos are also accessible through YouTube.



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