

Mindfulness

These activities are designed to make you more mindful during this challenging time. They should remind you to take notice of your thoughts, feelings, body sensations and the world around you. It can be easy to rush through life without stopping to notice much. Paying more attention to the present moment – to your own thoughts and feelings, and to the world around you – can improve your mental wellbeing. Some people call this awareness "mindfulness". Mindfulness can help us enjoy life more and understand ourselves better. You can take steps to develop it in your own life.

What is mindfulness?

Professor Mark Williams, former director of the Oxford Mindfulness Centre, says that mindfulness means knowing directly what is going on inside and outside ourselves, moment by moment.

"It's easy to stop noticing the world around us. It's also easy to lose touch with the way our bodies are feeling and to end up living 'in our heads' – caught up in our thoughts without stopping to notice how those thoughts are driving our emotions and behaviour," he says.

"An important part of mindfulness is reconnecting with our bodies and the sensations they experience. This means waking up to the sights, sounds, smells and tastes of the present moment. That might be something as simple as the feel of a banister as we walk upstairs."

"Another important part of mindfulness is an awareness of our thoughts and feelings as they happen moment to moment."

"It's about allowing ourselves to see the present moment clearly. When we do that, it can positively change the way we see ourselves and our lives."

There are three activities to choose from each week. **Select one** (or more if you feel they are useful) and feel free to let me know how you get on.

Dates	Monday 20 th April – Friday 24 th	Lessons	1
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- Call a relative or friend who is far away and have a chat with them.
- Make a drink for someone and sit for 10 minutes and have a chat. Find out 5 things about their life that you didn't already know.
- Look at the resources and information available on the Young Minds website <https://youngminds.org.uk/>

Dates	Monday 27 th April – Friday 1 st May	Lessons	1
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- Visit a virtual museum! Go online and explore the collections. <http://www.virtualfreesites.com/museums.museums.html>
- Make a card to send to the elderly and vulnerable members of your community to show support and combat loneliness.
- Turn your devices off and enjoy spending some time with a sibling or parent/carer.

Dates	Monday 4 th May – Friday 8 th May	Lessons	1
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- Send a positive message to all of your friends.
- Listen to your favourite song and make up a dance routine or a backing track.
- Explore the Titanic as an online tour. <http://titanicvr.io/>

Dates	Monday 11 th May – Friday 15 th May	Lessons	1
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- Play a game that you haven't played in a while with someone else in your house.
- Go on an online tour -parks <https://artsandculture.withgoogle.com/en-us/national-parks-service/welcome?fbclid=IwAR1327B5YShvzfxZolMnnaaJaVfBiKS3C0DRitZgnCNloxUSeIbKO9pXcl4>
- Learn how to cook a meal and eat together.

Dates	Monday 18 th May – Friday 22 nd May	Lessons	1
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- Watch a film with someone at home and make sure you turn your phone off.
- Research and produce a mind map and fact file about all the places in the world you would like to go.
- Write down 5 things you are thankful for in your life.