



Mindfulness



Mindfulness is a type of meditation.



Mindfulness means paying attention to your **body** and **what is going on around you**.



There are lots of **different ways** to be mindful.



You don't have to do it for a long time, but it helps to do it **regularly, every day**.

Doing mindfulness **often** can really help you.



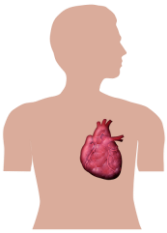
Mindfulness can make you feel **happier** and **less stressed**.



Mindfulness can help with some **mental health** conditions like depression and anxiety.



Some **doctors** even found out that mindfulness can help **improve sleep**.



The doctors also found mindfulness can help treat **heart disease** and **lower blood pressure!**



If you don't know where to start or think you don't have time, **DON'T WORRY!**



Anyone can 'Be Mindful' and mindfulness doesn't need to take very long. You can start with just a minute a day!



Mindfulness Activities

Here are some ideas to get you started on practising mindfulness for a minute or less.



1. Do a **big yawn** and **stretch** for 10 seconds.



2. **Go outside** – or stay in your room. **Close your eyes** and **listen** to the sounds for **1 minute**. What could you hear?



3. Wrap your arms around yourself to give yourself a **tight hug** and take **3 deep breaths**. How do you feel afterwards?



4. When you wake up set yourself a **small goal**. It could be to be on time for work– or it might be just to notice the colour of the sky today.



5. Eat your **favourite food** slowly – think about the feel and taste of it. How many swallows can you take?

Some other activities which help us be mindful



There are other activities which can help you focus on small things too.



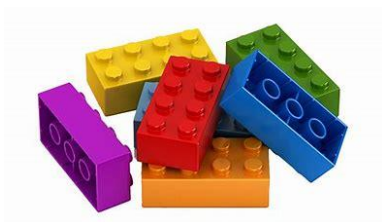
1. **Blowing bubbles** – focus on your breathing, and watch where the bubbles go.



2. **Colouring** – lots of people find colouring helpful to stay calm and focused.



3. **Gardening** is a great mindful activity. Focus on the **smells** of the fresh earth or flowers, the **sounds** in the garden and the **feel** of earth or leaves.



4. **Building with Lego** can be a good mindful activity, whether it's a kit or a free form shape, or even just sorting colours.



5. It is good to get away from technology but some people find **playing games on iPads or phones** relaxing, and there are some great apps.

Mindfulness Apps and other apps



These are just some of the apps the Include Champions find helpful - we are sure you know many more.

1. Meditation App

Headspace - [Guided Meditation and Mindfulness - The Headspace App](#)

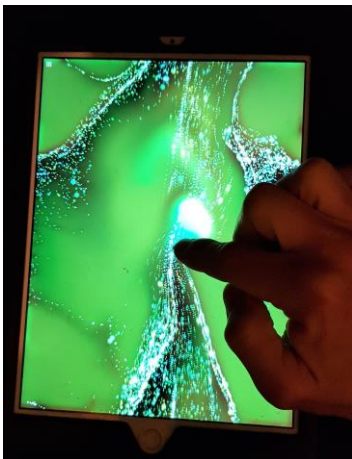


2. Colouring app

← Happy Color - [Happy Color](#)

3. Sensory app

← Fluidity - [fluidity HD on the App Store \(apple.com\)](#)



4. Sensory app

Aqua Bubbles - [Aqua - bubbles - Sensory App House](#)

5. Mindfulness Tools

Smiling Mind - [Smiling Mind Creates - Smiling Mind](#)

We hope you found this resource helpful and wish you many hours of happy, mindful calm.

Do let us know if you think we have missed anything you think is particularly helpful by commenting on our [blog](#). Audio version is also on our blog.

