

Wellbeing Boost for Schools – Week Four - Awareness

Welcome to our fourth Wellbeing Boost this term, which is about ‘Awareness – living life mindfully.’ Different people will think different things when someone uses the word mindful. I will give you a few suggestions to use for yourself, your family, your pupils or with your colleagues. Have fun doing these!

Happy Fact: ‘Scientists have found that our mind wanders at least 50% of the time and that we feel less happy when our mind is wandering than when it is focused on the present.’

So let’s start now! Focus on the here and now.

- ❖ What can you see around you?
- ❖ What can you smell?
- ❖ What sort of temperature are you – hot, cold or just right?
- ❖ What do you feel in your hands/feet right now?



After doing this, what did you notice that you don’t usually notice? Is your mind often really full and sometimes overflowing? How does that feel for you?

How about trying ‘mindful’ instead of ‘mindfull?’ Research shows that by being mindful and focusing on one thing at a time, you can get more done and you can feel a lot calmer.

ACTIVITIES

- ❖ If you like drawing, draw a picture to represent ‘mindfull’ and then a second picture to represent ‘mindful.’
- ❖ Choose something you do every day; such as eating, drinking, walking, listening to music and do it mindfully. What does the food really taste like? What do you notice as you walk outside; sounds, smells, textures etc.
- ❖ Try clearing your mind by counting backwards from 100 in 2’s, think of an animal for every letter of the alphabet.
- ❖ Use the 5,4,3,2,1 technique: 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell, 1 thing you can taste. Notice how you feel after doing this.
- ❖ Turn off your phone, laptop and TV and see what you notice.
- ❖ Make a list of what you intend to do, to live more mindfully this week, and then, when you have done some of those things, write down (maybe in a journal or new notebook) the differences you notice.

Little things that could make a big difference:

- ♥ Letting someone know you're grateful for what they do for you
- ♥ Smiling at people you make eye contact with
- ♥ Paying someone a compliment
- ♥ Asking "how are you" and being there to listen
- ♥ Letting a friend in need know that you are there for them
- ♥ Being gentle with yourself

Best wishes for a happier week ahead and feel free to share this and the other wellbeing boosts when you connect with friends, colleagues and family.

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