

# Mindfulness activities for pupils



## Primary school activity: Hand breathing

When we feel worried or nervous, let's use our hands to help refocus and stay calm. Stretch your fingers as wide as you can, and start to take slow deep breaths in and deep breathes out as you trace the outline of your hand with your pointer finger. Repeat this until you have traced all your fingers!



# Mindfulness activities for pupils



**Secondary school activity: Grounding techniques**

Sometimes when we feel anxious, it can feel like there's no way out, can be very isolating, and can be hard to talk to others about how we feel. During tutor time, this simple exercise can help ground pupils at the start of the day, reduce feelings of anxiety and panic, and encourage them to reach out in times of need.

## 5 SENSES MINDFULNESS EXERCISE



**5 things you can see.**



**4 things you can hear.**



**3 things you can touch.**



**2 things you can smell.**



**1 things you can taste.**