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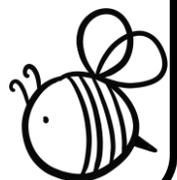
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MINDFULNESS CHALLENGE CARDS

Mindfulness Challenge
Try using a camera, could even be your phone camera if you have one and taking a photograph of something. Take lots of photographs of the same item from different angles and notice what you notice about the photographs.

Mindfulness Challenge
Take a video of yourself talking about something you are passionate about. Watch the video back and notice everything about your face, your voice and your facial expressions. How do you do it?

Mindfulness Challenge
Down a normal day so that you are aware of what you might be brushing, shaving a shower, or putting your clothes on. Take your time and slow everything down so you can give each step more focus.

Mindfulness Challenge
Try doing something differently like climbing stairs using a different foot than normal. Make sure you hold onto the banister. Try writing or drawing with the opposite hand to normal. How strange does it feel? Does it make you focus more?

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MINDFULNESS WORKBOOK

Bee-Linda's Mindfulness Workbook

What are you seeing? What are you hearing? What are you feeling? What are you thinking?

	What are you seeing?	What are you hearing?	What are you feeling?	What are you thinking?
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

What is happening right now?

past present future

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Week 8



NOTICE



Name



#mindfulmonday

Teacher/ELSA Ideas/suggestions



Noticing is about mindfulness and using the senses is a good start. This week pupils are asked to 'notice' different sounds. Begin with a circle time and use a range of different items to listen to. It might be some musical instruments, crinkly paper, bunch of keys, ticking clock, a seashell or anything you can think of that you could put in a bag. Play a game where they need to close their eyes before listening to something. Can they guess what it is? What sort of sound does it make? Can they describe the sound? (This will help with phonics too for younger pupils).



Go for a 'sound' walk around school or outdoors and make a list of the different things the pupils heard. Did they like the sounds? Can they describe them?



Mindful listening can really improve pupils focus and attention. Introduce a one minute of silence each day so pupils just sit and listen for one full minute. What did they hear? Make a list or just ask pupils to feedback on what they heard.



For home work encourage pupils to spend a minute at home just listening to the sounds they can hear. It might be just before they go to sleep at night-time or they could do it with family members.



When pupils are anxious, a good coping strategy could be to just listen to sounds for a minute whilst slowing their breathing down. Can they notice 5 different sounds?



Introduce a 'bell' into the classroom. When a bell is rung you can hear the sounds for quite some time. When you want the class to be silent and to get their attention, give them a warning. 'I am ringing the bell which indicated everyone stops what they are doing. Ask them to close their eyes and stand still, then ring the bell. They listen until they no longer hear the bell. Then they can open their eyes.



Use some relaxing music and ask the pupils to listen. How did it make them feel? Talk about how music can feel relaxing when they actually listen to it. You could also talk about how music evokes memories.



Introduce the worksheet and list(if appropriate). This week encourage pupils to be mindful of the sounds around them, ask them to take notice of them and make a list of them. They can choose their top 5 sounds to fill in their worksheet.

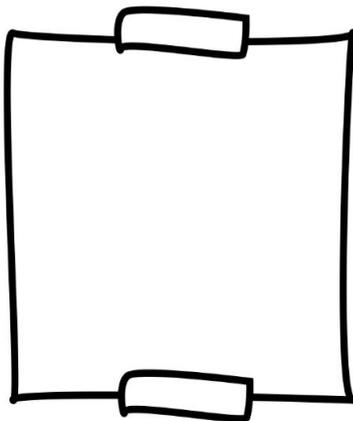
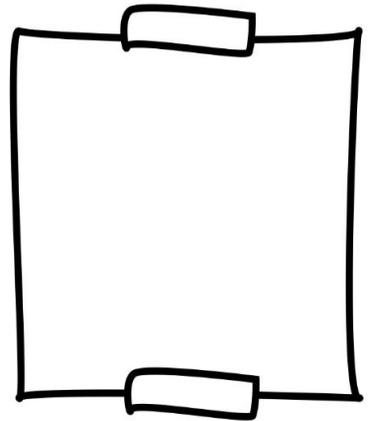
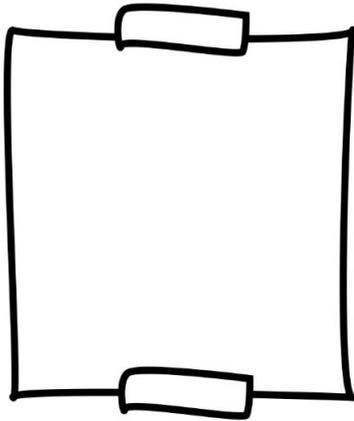
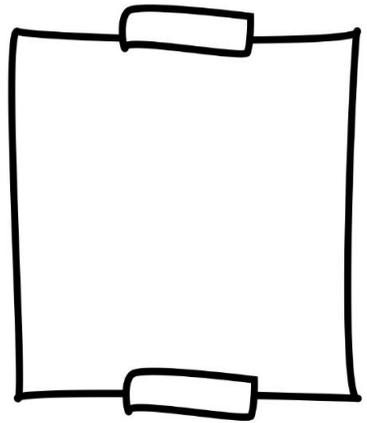
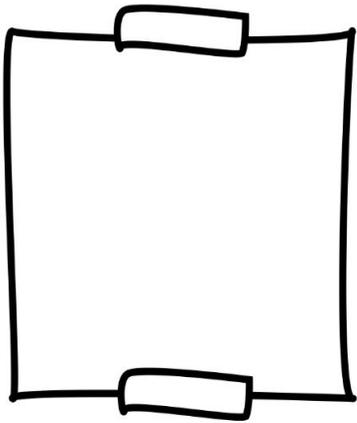


What sounds do you notice this week?

#mindfulmonday



NOTICE



Name



AWESOME

On completing the

WOW

**Notice 'sounds'
Challenge**

Presented to:

Signed:

Date:



AWESOME

On completing the

WOW

**Notice 'sounds'
Challenge**

Presented to:

Signed:

Date:

