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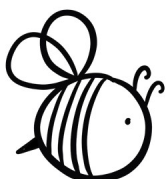
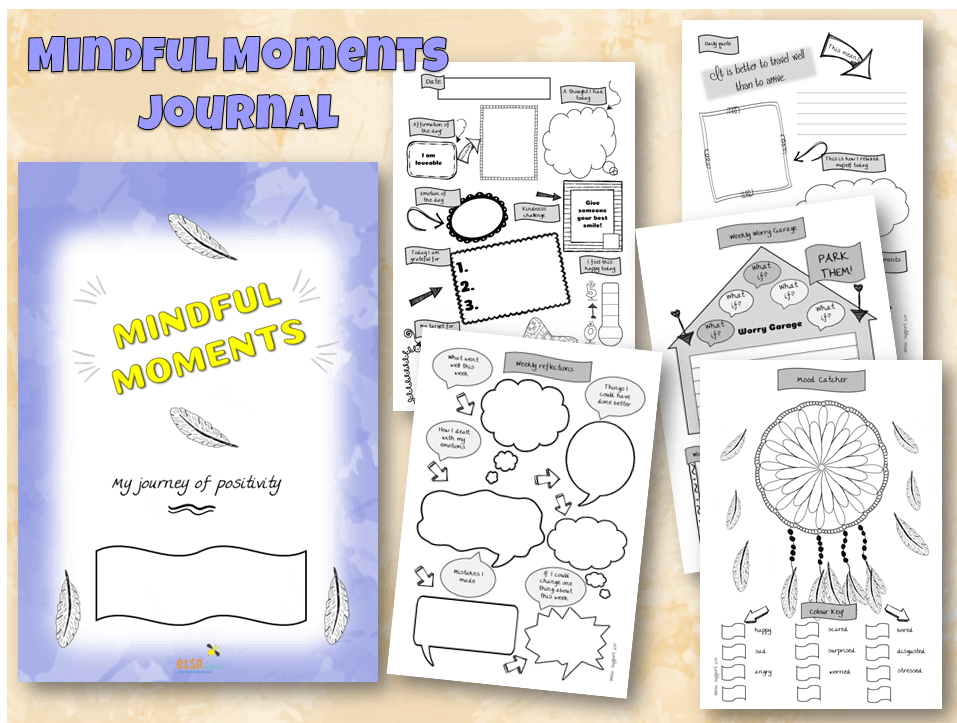




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#mindfulmonday

Resource Pack



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Mindfulmonday

Contents

Week 1	Grateful Jar
Week 2	Relax me
Week 3	Proud of me
Week 4	Like yourself
Week 5	Notice with your nose
Week 6	Smile
Week 7	Kindness starts with me
Week 8	Notice with your ears
Week 9	Braver than you think
Week 10	Notice with your eyes
Week 11	Connect
Week 12	Self-care

Other resources

Happiness scale

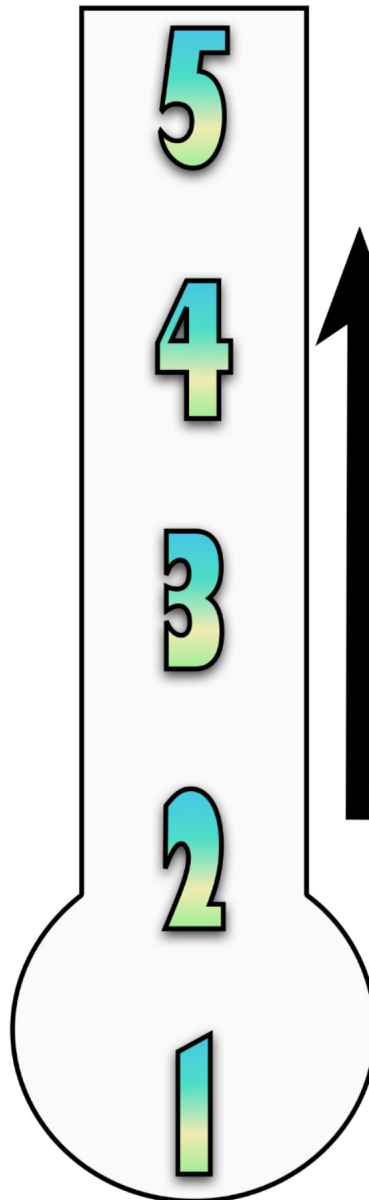
Assessing how happy you feel



Assess how happy you feel before the activity and after the activity. Choose a number from 1 to 5. 1 being not happy and 5 being very happy. Did your happiness go up?

Number before

Number after



← Very happy

← Not happy



Week 1



GRATEFUL



Teacher/ELSA Ideas/suggestions



Introduce the worksheet and ensure pupils understand what 'grateful' or 'thankful' means. Go through some examples of things you might be grateful or thankful for such as 'having food to eat', 'clothes to wear', 'friends to play with'. Use circle-time to get the pupils talking about being grateful or thankful. Use the sentence stem 'I am grateful for...' This week pupils can list things they are grateful for.



Ask the pupils to be mindful of things they might be grateful or thankful for this week. They can use the list if they wish before filling in their jar. Ask them to set a time each day to really reflect on things they are grateful for. It might be just before they go to sleep at night. This will help them be more positive. They can either draw a picture on their jar or they can write on their jar. Remind them it can be the tiniest thing that they are thankful for. They can also enjoy colouring the stars and the word 'GRATEFUL'. Encourage them to be proud of their sheet and make it look amazing!



You could make a 'Grateful jar' together using a jam jar and label it 'Things I am grateful for' or you could make one for your class. Pupils could write things they are grateful for on slips of paper and add to the jar. These could be read through at the end of the week. Celebrate all those things to be grateful or thankful for.



Monitor pupils happiness by checking how happy they feel before the activity and how they feel after the activity. This could also be used before the 12 week block and after the 12 week block. Did their happiness increase?



Being grateful is proven to promote well-being and make you feel happier. Make gratefulness part of your everyday life and promote it often with your pupils. We can all find something to be grateful for if we think hard enough and look for it.

Week 1

Grateful Jar



Fill the jar with things you are thankful for

#mindfulmonday

GRATEFUL



Name

Week 1

Grateful Jar




List all the things you are grateful for during the week and then fill in your Jar all at once


This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Name





congratulations



AWESOME


On completing the


**Grateful Jar
Challenge**

WOW


Presented to:

Signed: Date:





congratulations



AWESOME

On completing the

**Grateful Jar
Challenge**

WOW

Presented to:

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