

My Daily Mindful Moments

Mindfulness can help us to feel calm, relaxed and content. It is all about paying attention to the present moment. It can help us to settle our busy minds and racing thoughts, especially when we are feeling stressed, worried or anxious. Mindfulness can also help us to appreciate ourselves and the world around us. Making time each day to have a mindful moment can help our minds to feel and stay well.

Use this calendar to take a mindful moment each day of the month to help you look after yourself and your mental health.

1 Find a quiet space. Breathe in for three seconds and out for five seconds, three times. Close your eyes and just be.	2 Go outside and find a quiet space. Look at the sky and take time to really notice what it is like.	3 Create a doodle on a piece of paper. Let it go wherever it likes. Notice how it feels.	4 Write down three things that make you special. Notice how it feels to focus on you.	5 Blow up an imaginary balloon – deep breath in and slow breath out. Release the balloon along with any stress or worry.	6 Sit comfortably. Look around the space you are in. Slowly, name each thing you see.	7 Sit comfortably. Focus on the sounds you can hear and acknowledge each one in your mind.
8 Write down three things that make you feel happy. Notice how it feels to focus on the positive.	9 Make a hot drink – sit comfortably and smell it. Really notice all of the aromas.	10 Sit or lie down. Starting at your toes, notice how each part of your body feels until you reach your head.	11 Make a creation of your choice. Really notice and appreciate it.	12 Write down three things you are grateful for. Notice how it feels to focus on these.	13 Listen to a relaxing piece of music and notice how your body and mind feel.	14 Think of three things you love about yourself. Notice how it feels to focus on these.
15 In a quiet space, eat your lunch and notice how each bite feels in your mouth.	16 Go on a mindful walk, really noticing what you see, hear and feel.	17 Create a colour pattern to show how you are feeling.	18 Sit comfortably. Tense all the muscles in your body – hold the squeeze for three seconds. Then, flop and relax your muscles for five seconds. Repeat.	19 Sit comfortably. When you drink, really notice how the process feels.	20 Look closely at your evening meal. Acknowledge and describe what you see.	21 Write down three things you are looking forward to today. Notice how it feels to focus on these.
22 Find a moment to feel the breeze on your face. Really notice how it feels.	23 Sit comfortably. Touch items of different textures. Really notice how they feel.	24 Find a moment to colour in a picture mindfully, really noticing the colours and shapes.	25 Make time to learn something new about a subject of your choice. How does it feel?	26 Share kindness with someone else. Notice how it feels.	27 Throughout the day, as you move, really notice how your body feels.	28 Chat with a friend. Really notice what they are saying with their words and body.
29 Trace your finger in a pattern on a flat surface. Notice how it feels.	30 Sit quietly for one minute. Focus on your breath and let your mind and body settle.	31 Take a mindful moment in any way you choose.	 visit twinkl.com			

Well done for making time to be mindful each day this month! How has it impacted your mental health and wellbeing? How are you going to use your experience going forwards?

