

# Kingslea Community 28 Days Mindful Family



Take time to do something 'mindful' once a day.

Chat about mental health. What does it mean to your family?	Practise some mindful breathing as a family.	Do something creative.	Complement one another.	Have a device free day.	Practise a day of positive self-talk. I think I can, I think I can...	Make a list of all your favourite family memories.
Set a family goal.	Listen to some music together, sing along, dance, relax.	Share a book, reading for pleasure.	Set a family goal.	Spend some time in silence. Enjoy the quiet and be calm.	Practice active listening. Take a deep breath before replying to someone.	Eat mindfully. Appreciate the texture, flavour and smell of your food.
Do some Yoga.	Go nature spotting, watch the clouds go by.	Movie, munchies, duvet, pjs	Make one another laugh, tell jokes, be silly.	Write a song or poem about your family.	Ring someone you love to let them know.	Write a letter or a postcard to a family member or friend.
Chat about things that might be worrying.	Everyone say five things they like about one another.	Create a daily routine when not in school.	Say I love you.	Find a fun way to do 15 minutes of exercise as a family.	Talk about your likes and dislikes. Are there similarities/differences?	Make a family savings box. What will you use the money for?

# CALM DOWN YOGA FOR KIDS



**I am strong.**

Use your strength to catch tricky waves



**I am kind.**

Stretch high and spread kindness all around



**I am brave.**

Be brave and fearless as you fly down the ski run.



**I am friendly.**

Stretch like a dog wagging its tail.



**I am wise.**

Be a wise owl perched on a tree branch.



Childhood 101 & Kids Yoga Stories

# Just One Breath

## BREATHING ACTIVITY



Find a relaxing place, sit comfortably, and set a timer for one minute.

Breathe deeply in and out while paying attention to any sensations you notice or sounds you hear.



Take another slow deep breath, imagine the air moving down into the lungs and back up.

Take one more deep breath and hold for a moment, then release it.



Big Life Journal - [biglifejournal.com](http://biglifejournal.com)

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# GROWTH MINDSET SELF-TALK

**A**TTITUDE & EFFORT DETERMINE HOW MUCH I LEARN

**B**E BRAVE & STEP OUT OF MY COMFORT ZONE

**C**HALLENGES HELP ME GROW

**D**IFFERENT STRATEGY

**E**FFORT MAKES ME STRONGER

**F**EEDBACK I CAN WELCOME

**G**ETTING BETTER TAKES TIME

**H**OW CAN I BUILD ON MY STRENGTHS?

**I** CAN CHOOSE A GROWTH MINDSET

**J**OURNEY IS A LEARNING

**K**EEP AN OPEN MIND

**L**EARNING IS MY GOAL ... NOT PERFECTION

**M**ISTAKES HELP ME IMPROVE

**N**EW THINGS ARE OPPORTUNITIES FOR ME TO LEARN

**O**K TO NOT KNOW SOMETHING

**Q**UESTIONS, I LEARN WHEN I ASK

**S**UCCESS OF OTHERS INSPIRES ME

**P**LAN B MIGHT WORK

**R**ISKS IT'S OKAY TO TAKE

**W**HAT CAN I LEARN FROM THIS?

**T**Ry AGAIN I CAN CHOOSE TO


**U**NSUCCESSFUL ATTEMPTS ARE ALL PART OF THE PROCESS

**V**ALUABLE INFORMATION CAN BE FOUND IN EVERY FAILURE

**Y**ET! I DON'T KNOW HOW TO DO THIS...






**X**YZ DIDN'T WORK I'LL TRY ABC


**Z**ANY IDEAS CAN LEAD TO AMAZING THINGS





 **NHS**  
Greater Manchester Neuro-Rehabilitation Operational Delivery Network

## Active listening...

... is a communication technique which involves listening carefully while someone else speaks, and acknowledging what the speaker has said without judgement.


-  **Find somewhere quiet**  
to talk to reduce distractions
-  **Be attentive**  
to what the person is trying to say to you
-  **Give feedback**  
by nodding, smiling, and encouraging them to continue
-  **Seek clarification**  
by double-checking anything that is unclear to you
-  **Summarise** what they have said or **repeat** back key words



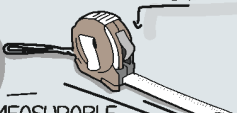
- Use simple, open-ended questions**  
like "What makes you feel that way?" 
- Keep an open mind**  
and allow the speaker to finish their points 
- React** to what is being said.  
You do not have to remain silent 
- Name the emotions**  
the speaker might be feeling –  
"It sounds as though you feel really fed up." 

## SMART GOAL SETTING


**S**PECIFIC




**M**EASURABLE




**A**CHIEVABLE



**SMART GOAL SETTING**



**T**IMELY



**R**EALISTIC

