

0-25 Specialist Teaching & Support Service  
Social, Communication, Interaction & Learning (SCIL) Team  
Communication & Interaction

## Mindfulness Activities

Mindfulness is a practice that helps us to focus on the present, rather than the past or the future.

Mindfulness can be practiced anytime! Some of the best times to practice mindfulness include right before a big test, after a noisy lunch, before or after a transition from one activity to another, or just in the morning as a positive start to the day.

Mindfulness should be practised regularly, so have a daily or weekly slot for it.

Children with autism will benefit from learning how to practice mindfulness, to help them self-regulate. It can be done anywhere. It is a life skill that they will be able to use now and in the future.

## Five activities to try

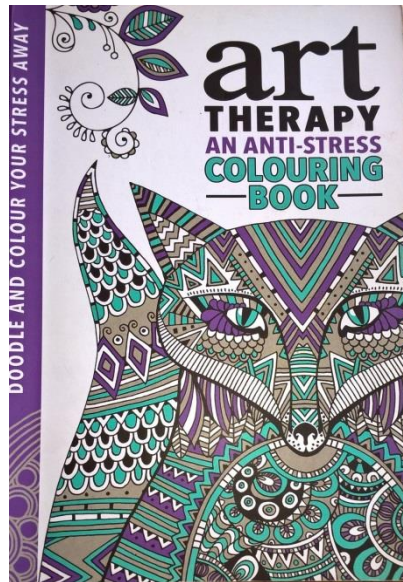
### 1. Mindfulness Breathe Boards



The 5 finger breathing (especially as it's a visual without the need for a visual – you just need your hand/fingers)

<http://www.thecalmcorner.com/2018/11/material-share-monday-5-finger-breathing.html>

## 2. Mindfulness Colouring



[www.mombooks.com](http://www.mombooks.com)

You can buy lots of different colouring books or you can find free colouring sheets on line.

Let students choose their colouring page and give them access to crayons or felt pens. Encourage the students to colour quietly on their own. You can dim the lights and play calming music while they colour.

## 3. Practice Guided Meditations

There are many free guided meditation videos on you tube and other video platforms. Have students sit comfortably or lie down on a rug. Have them close their eyes and practice their deep breathing. Turn the lights off (if this is ok for your child) for an added calming effect! As they get comfortable, start the guided meditation and let it play through. Kids might feel silly at first, but with just a few minutes, they will notice the calming effect this meditation can bring!

#### 4. Positive Affirmations

Positive self-talk can increase children's self-esteem and confidence. Teaching kids to read positive affirmations aloud to themselves or just in their heads can bring a sense of calm.

Name: _____	Date: _____
<h2>POSITIVE THOUGHTS &amp; AFFIRMATIONS</h2>	
<ol style="list-style-type: none"> <li>1. There is no one better to be than myself.</li> <li>2. I am enough.</li> <li>3. I get better every single day.</li> <li>4. I am an amazing person.</li> <li>5. All of my problems have solutions.</li> <li>6. Today I am a leader.</li> <li>7. I forgive myself for my mistakes.</li> <li>8. My challenges help me grow.</li> <li>9. I am perfect just the way I am.</li> <li>10. My mistakes help me learn and grow.</li> <li>11. Today is going to be a great day.</li> <li>12. I have courage and confidence.</li> <li>13. I can control my own happiness.</li> <li>14. I have people who love and respect me.</li> <li>15. I stand up for what I believe in.</li> <li>16. I believe in my goals and dreams.</li> <li>17. It's okay not to know everything.</li> <li>18. Today I choose to think positive.</li> <li>19. I can get through anything.</li> <li>20. I can do anything I put my mind to.</li> <li>21. I give myself permission to make choices.</li> <li>22. I can do better next time.</li> <li>23. I have everything I need right now.</li> <li>24. I am capable of so much.</li> <li>25. Everything will be okay.</li> <li>26. I believe in myself.</li> </ol>	<ol style="list-style-type: none"> <li>27. I am proud of myself.</li> <li>28. I deserve to be happy.</li> <li>29. I am free to make my own choices.</li> <li>30. I deserve to be loved.</li> <li>31. I can make a difference.</li> <li>32. Today I choose to be confident.</li> <li>33. I am in charge of my life.</li> <li>34. I have the power to make my dreams true.</li> <li>35. I believe in myself and my abilities.</li> <li>36. Good things are going to come to me.</li> <li>37. I matter.</li> <li>38. My confidence grows when I step outside of my comfort zone.</li> <li>39. My positive thoughts create positive feelings.</li> <li>40. Today I will walk through my fears.</li> <li>41. I am open and ready to learn.</li> <li>42. Every day is a fresh start.</li> <li>43. If I fall, I will get back up again.</li> <li>44. I am whole.</li> <li>45. I only compare myself to myself.</li> <li>46. I can do anything.</li> <li>47. It is enough to do my best.</li> <li>48. I can be anything I want to be.</li> <li>49. I accept who I am.</li> <li>50. Today is going to be an awesome</li> </ol>



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### 5. Mindfulness 5-4-3-2-1

Have students sit comfortably and just look around the room. Tell them to use their senses to observe the immediate environment. Slowly go through the list. Have them identify 5 things that they can see, 4 things they can touch, 3 things they can hear, 2 things they can smell, and 1 thing they can taste. Take your time. You can use just see, touch and hear.



Mindfulness practice is good for adults too.

<https://www.thepathway2success.com/5-free-mindfulness-activities/>