

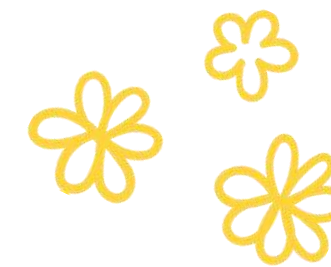
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# The Calming Classroom



# Session overview

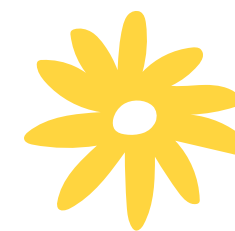


- The calming kit
- What are Now minutes?
- What is mindfulness?
- Silence and listening
- Breathing activities
- Mindfulness activities
- Positivity and gratitude



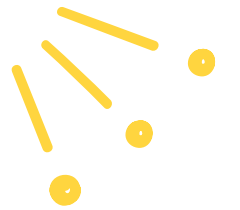


# The calming kit





Is anyone practising  
mindfulness or calming  
activities?



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# Introduction to Now Minutes!

# WHAT ARE NOW MINUTES?

- 1 – 10 minutes time out when you practise:

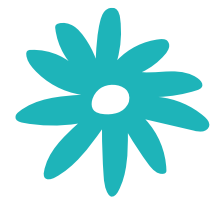


- Attention (mindfulness)
- Breathing
- Relaxation
- Positivity
- Gratitude





Now Minutes as punctuation



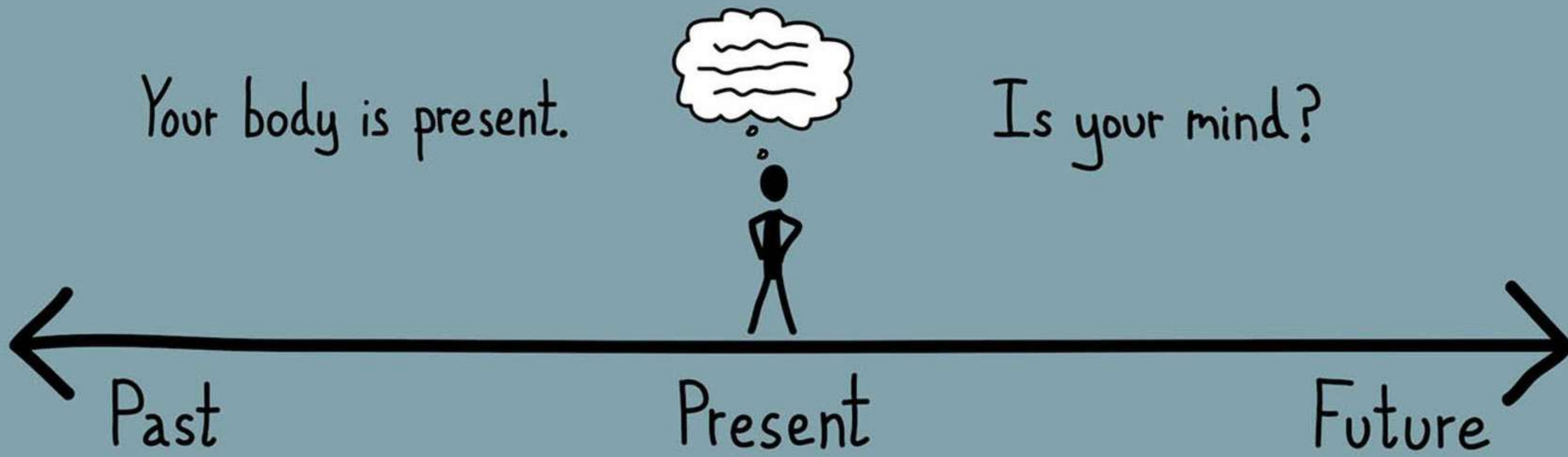
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# What is mindfulness?



- Mindfulness can be described as the practice of paying attention in the present moment.
- Mindfulness is intentional and non-judgmental.
- Mindfulness can be formal or informal.



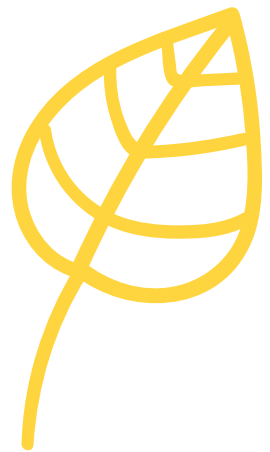


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# Mindfulness is the tool of awareness!



- It's about pausing, switching off autopilot and building awareness of thoughts, emotions, urges and actions.
- It allows us to pause consciously so we can make different choices based on our values rather than being reactive.
- Respond mindfully instead of reacting.



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# Clap and Wiggle



Notice your urges and switch off your autopilot:

- stop and walk
- jump and squat
- clap and wiggle





# The lime story



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# The river analogy

As the river of constant thought flows, we are dragged by the current.

Mindfulness helps us to put our head above the water to see where we are, check where we are heading and adjust our direction.





# The benefits Of Mindfulness:

- Find more peace within you.
- Feel better in your own skin.
- Feel better in your relationships.
- Improve your concentration.
- Increase your happiness!



If you aren't present. It's not possible to learn.

Neuroscientist, Neurosurgeon and expert  
on visualisation and manifestation Dr. Jim Doty

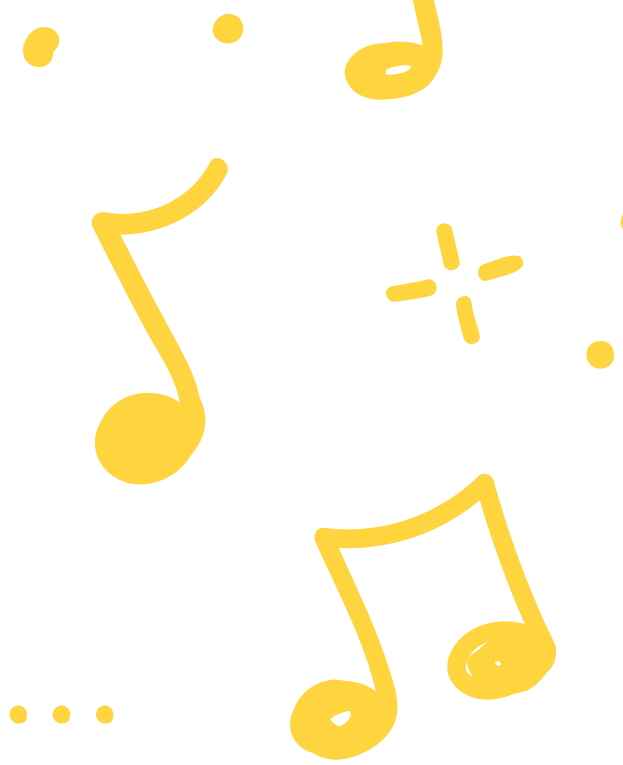
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Mind Full, or Mindful?



# Listen carefully ...



Training silence with bells and listen for the sound to fade out.

.





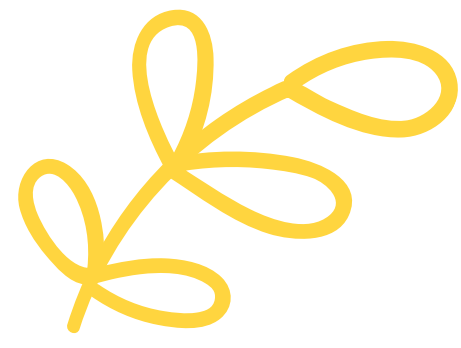
Guess the time!

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# Flower and Candle Breathing





# Square breathing



## SQUARE BREATHING

inhale 2... 3... 4

rest 2... 3... 4

breathe



hold 2... 3... 4

exhale 2... 3... 4

ZENCARE  
FOR YOUR IDEAL EXPERIENCE

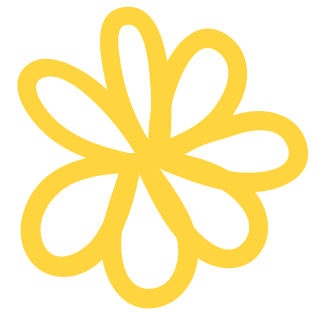
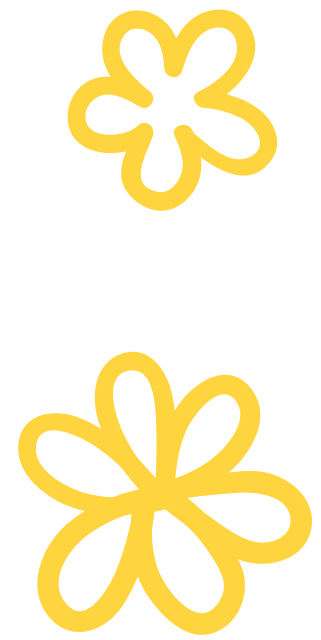
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5.5 second  
breathing

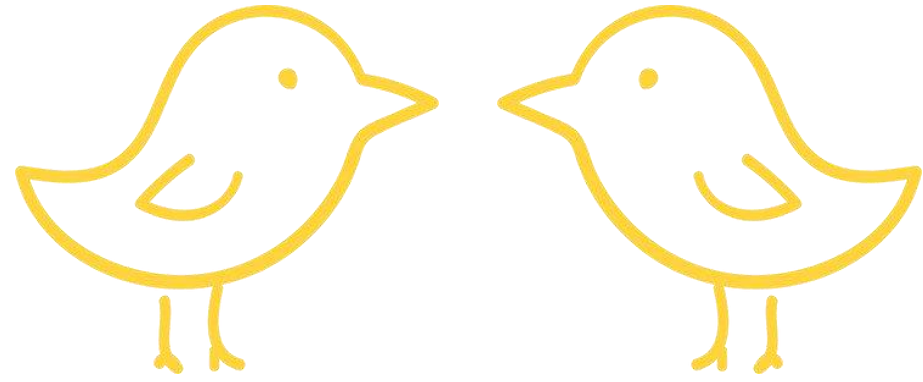


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# The Silent Sitting Game

## Counting round the circle



# The Power Of Eye Contact

- The Eyes Up Game
- The Scanning Clockwise Game





## Mirror hands

- Touching hands mirroring
- Leave a space mirroring
- Whole body mirroring

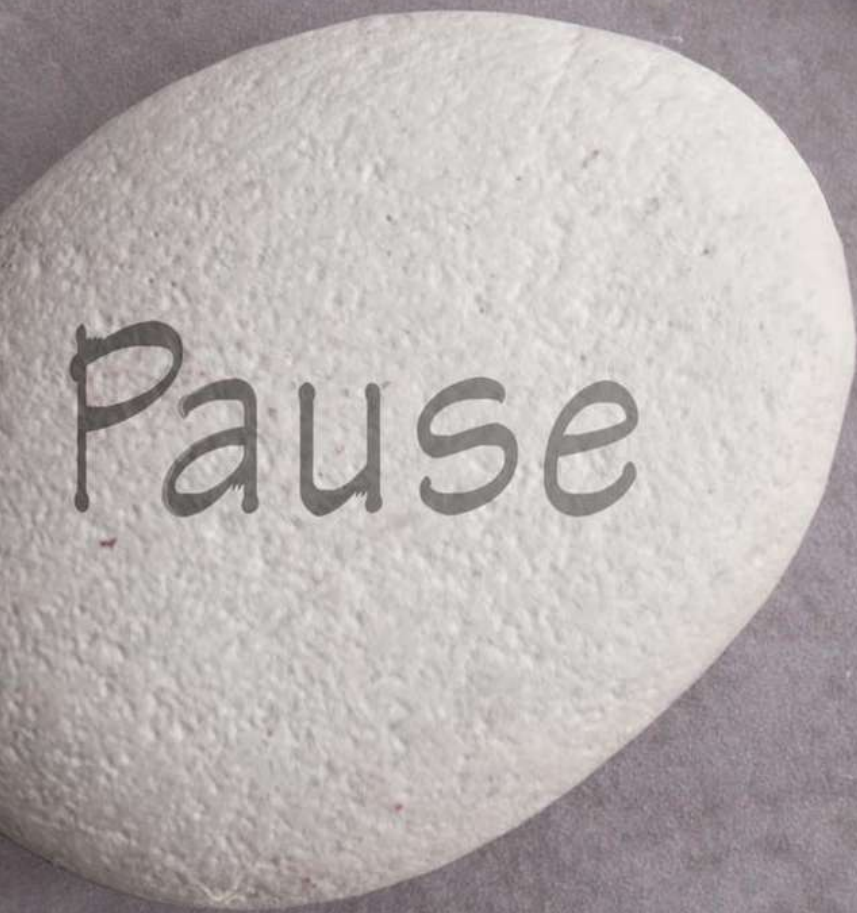




# Hoop Swapping

- Eye contact in silence
- High five and compliment
- Music and travel modes





## Let's take a moment

- How are feeling right now?
- Which activity did you particularly enjoy for yourself?
- Which activity would you like to try with your students?



Smart  
Teachers  
Play  
More