THE YOGI GROUP

Yoga • Resilience • Mindfulness

Year 6 – Pre-SATs calming mindfulness strategies

STOP

S stop
T take a breath
O observe
P proceed

Take a breath - Breathing practices

Find your breath

- One hand on chest – is the breath mainly here?
- One hand on tummy – does the breath go here?
- One hand on chest, one on tummy – send breath to both areas
- Send breath just into the tummy
- Hands on the ribs – is the breath there?
- Send the breath out into the ribs

Breathe this way for 10 breaths. Remember – it takes 10 breaths to calm your body down.

SATs paper breath

Breathe around a piece of paper, breathe along the short side, breathe along the long side.

Draw around your hand breath

Place your hand on the table or hold in front of you. Breathe up one finger and down the next

Noting

Notice how you are feeling right now. Can you give it a label (nervous, worried, stressed)? Where do you feel this in your body? Close your eyes and focus on this area. Imagine you can breathe in to it. Imagine you can breathe out of it Breathe in calm. Breathe out stress. Repeat this 8 times.

Turn your troubles into bubbles

Mindfulness teaches us to notice worries. We can imagine them as bubbles that gently pop and disappear. Mindfulness teaches us to let things go

- Blow a bubble
- Concentrate on the bubble
- Look at the shapes
- Look at the colours

Practice turning your troubles into bubbles

Loving Kindness

May I be calm
May I be confident
May I be focused
May I be positive
May I cope well with my challenges today
Breathe in and out. Bring to mind your friends

May you be calm
May you be confident
May you be focused
May you be positive
May you cope well with your challenges today

May we be calm
May we be confident
May we be focused
May we be positive
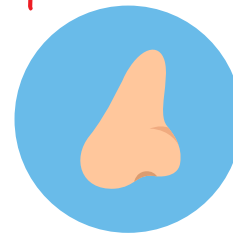*May we* cope well with our challenges today

The 5,4,3,2,1 Technique
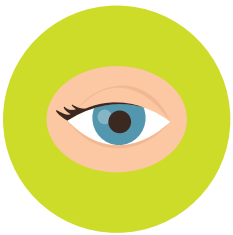
5 things you can
SEE

4 things you can
HEAR

3 things you can
FEEL

2 things you can
SMELL

1 thing you can
TASTE

Always remember...

- Nothing is permanent
- The sun and the moon rise and then set
- The bright clear day is followed by the deep dark night
- From hour to hour, everything changes