

## What is mindfulness?

Mindfulness is about training your brain to pay attention in a specific way. When a person is mindful, they:

- Focus on the present moment,
- Try not to think about anything that went on in the past or that might be coming up in future,
- Purposefully concentrate on what's happening around them, and
- Try not to be judgemental about anything they notice, or label things as 'good' or 'bad'

We can spend so much time thinking over the things that have happened in the past, or worrying about things that may happen in the future, that often we actually forget to appreciate or enjoy the moment. This is true when we're feel anxious, depressed or have trouble managing frustrations.

This is an example of the way in which you might try your Mindfulness skills out.

## The Mindful Countdown

This can be a very helpful way to have children stop and pay attention to their senses, in order to aide them in being more calm, all in a helpful visual format.



Stop what you're doing right now



Close your eyes and notice **5** things that you can hear right now



Open your eyes, and notice **4** things you can see right now



Notice **3** things that you can feel/touch right now



Notice **2** things that you can smell right now



What is **1** thing that you can taste right now?