

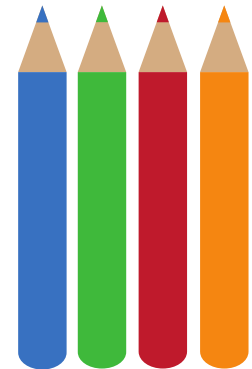
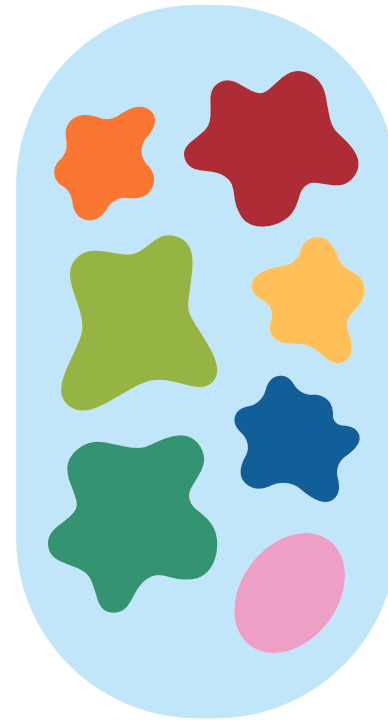


MINDFUL MOMENTS ACTIVITY PACK

Mindful moments help children stay in the present instead of worrying about the past or future. They allow us to manage symptoms of anxiety while improving behaviour and emotional regulation.



MY HAPPY PLACE



DOSE

MY HAPPY PLACE



Crafts you might need to make your picture

- Paper or card
- Coloured Pencils or pens
- Glue
- Tissue paper
- Paint
- Glitter
- Scissors

Take five minutes to sit in a quiet space and think of everything that makes you feel happy.

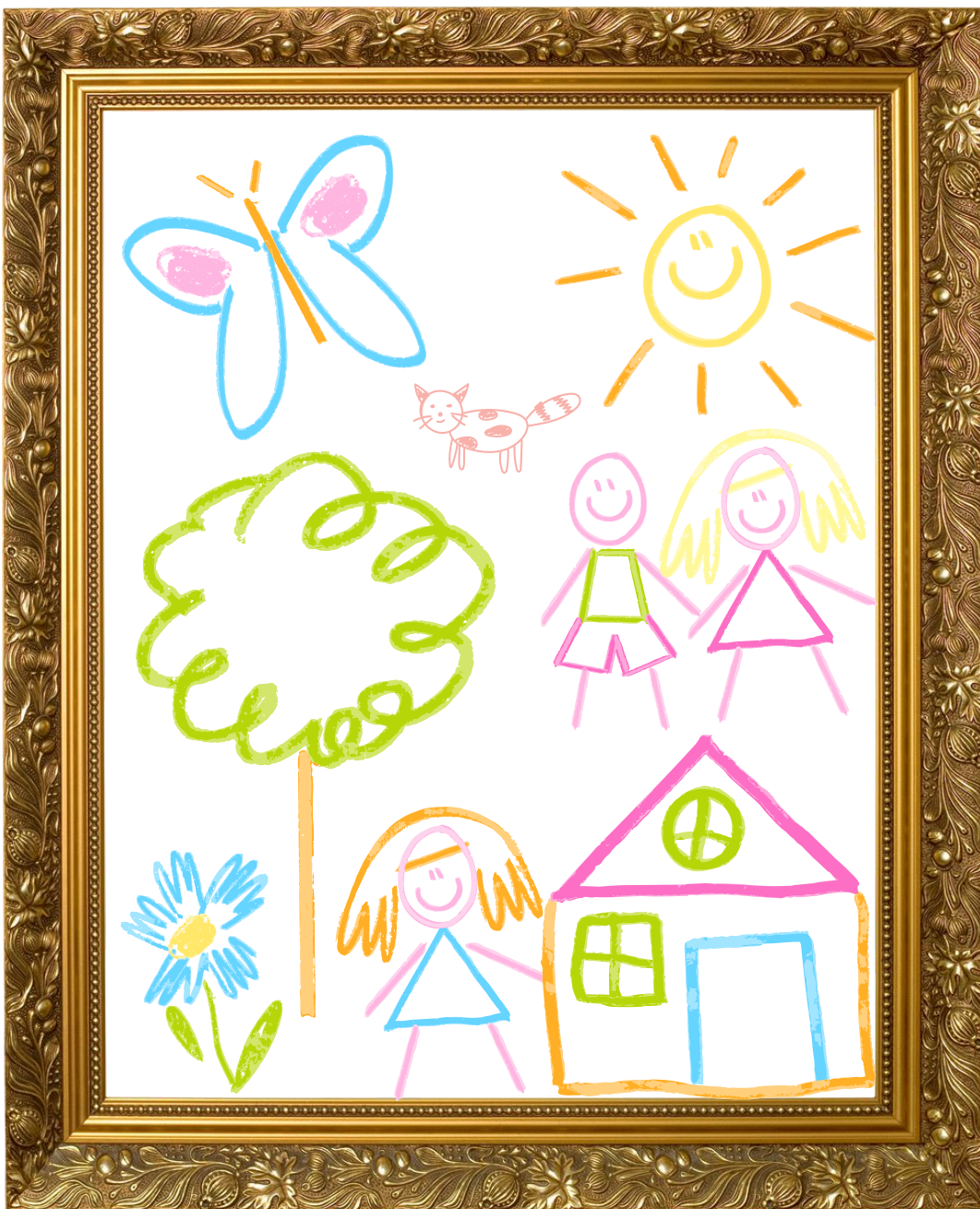
Then using a mixture of crafts design and create a Happy Place Picture. The picture will include everything that makes you feel happy, it is a collage of happiness.

You can use any craft items to draw paint or stick your happy items. You might want to cut images out of magazines or stick photos to your picture.

Questions to ask yourself

- Who makes me feel happy? Which of my friends and family makes me feel happy?
- What do I love to do?
- What food do I love?
- Where do I love to visit?
- What happy memories do I have?
- What is my favourite smell?
- What makes me laugh?
- What do I like to play?

DOSE



MY HAPPY PLACE

Now find a special place in your bedroom for your Happy Place Picture. Each night look at it and think about why each thing on your picture makes you feel happy. Smile as you remember how each thing on your picture makes you feel happy.

Talk to your family about why it makes you feel happy.

DOSE



THERAPEUTIC INSIGHT

ACTIVITY: My happy place

OBJECTIVE:

This activity encourages children to think about all the things that make them happy. When you think happy thoughts, it triggers happy hormones. This has a positive impact on the body and mind.

INSIGHT FROM A PSYCHOTHERAPIST

This activity empowers children to tap into happiness by exploring all the things that make them happy. This enables the development of self-awareness but also a set of strategies they can use when they feel unhappy or sad and want to change the way they feel.

When we feel happy we can become more confident in exploring, taking healthy risks and tolerate stress and anxiety.

HAPPY HORMONES:



Triggers all of the happy hormones giving us that full DOSE (Dopamine, Oxytocin, Serotonin, Endorphins) of happiness



WWW.DOSEMAGAZINE.CO.UK

MINDFUL BREATHING



VOLCANO BREATHING

Hold your hands out in front of you in a praying position.

Take a deep breath in as you push your hands together with all of your might until they feel like they are rumbling. Imagine you are a volcano ready to explode.

Hold your breath to the count of three.

Then let your breath explode out like lava out of a volcano. Let your hands reach up towards the sky as the lava would fly out of the volcano.

What sound would a volcano make as the lava explodes out?



DOSE

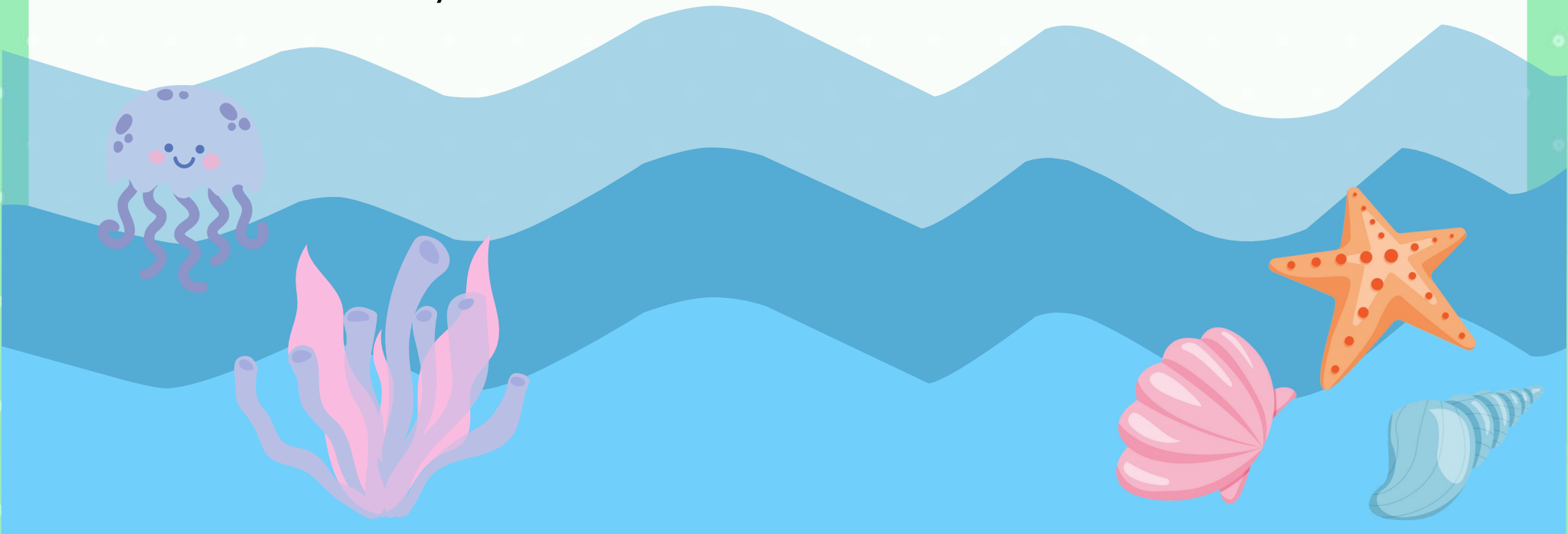
WWW.DOSEMAGAZINE.CO.UK

BREATHE LIKE THE SEA

Imagine you are standing on the beach, with your feet in the water, looking out to sea. You can see the waves coming towards you the water quickly covers your feet, but then just as quickly returns.

Imagine your breath could control the sea, as you breathe in the waves are pulled towards you and as you breathe out you are pushing the water back towards the deep sea.

Breathe in as deeply as you can pulling the water towards you then slowly push the water back with your breath. Do this ten times.





THERAPEUTIC INSIGHT

ACTIVITY: Breathing exercises

OBJECTIVE:

These exercises will enable children to engage in breathing techniques by using fun creative strategies. It's really important when we use this exercise to get children to breathe in deeply for 4 and breathe out for a longer breathe of 5.

INSIGHT FROM A PSYCHOTHERAPIST

Deep breathing is a miraculous healing exercise. It informs our body that we can relax by triggering the part of the nervous system that is responsible for this. Breathing relaxes the body, refocuses the mind, reduces stress and anxiety, lowers the heart rate, and increases the body's oxygen levels.

You can actually feel it calm you down and tame the racing mind helping us to slow down and become more mindful. The outcome of which would be more regulated behaviours expressed by our children.

HAPPY HORMONES:

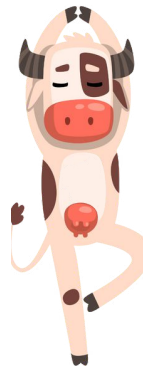
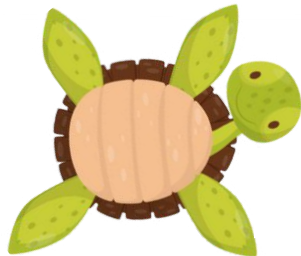
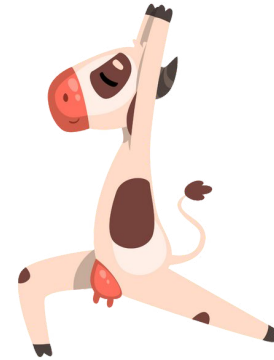


Deep breathing releases dopamine and endorphins



WWW.DOSEMAGAZINE.CO.UK

HAPPY ANIMAL YOGA



DOSE

THE FLYING COW

1

GET READY TO ZOOM!
STAND UP TALL WITH
YOUR FEET TOGETHER

2

TAKE A DEEP BREATH IN, FOCUS AND STRETCH
ONE LEG OUT BEHIND YOU

5

RETURN TO THE START
POSITION AND REPEAT
WITH THE OPPOSITE
LEG

4

HOLD THE POSITION
FOR A FEW SECONDS,
REMEMBERING TO BREATHE

3

ONCE YOU ARE STEADY ON
ONE LEG, TIP YOUR BODY
FORWARD AND STRETCH
YOUR ARMS OUT IN FRONT
OF YOU JUST LIKE AN
AEROPLANE



THE HERO SHEEP

1

LIE FLAT ON YOUR TUMMY WITH YOUR LEGS STRAIGHT AND YOUR HEAD FACING FORWARD. PLACE YOUR ARMS OUT STRAIGHT IN FRONT OF YOU.



2

TAKE A DEEP BREATH IN, ARCH YOUR BACK AND LIFT YOUR ARMS AND LEGS HIGH INTO THE AIR LIKE A SUPERHERO, FLYING!



4

THEN REPEAT THE MOVE BY LIFTING YOUR ARMS AND LEGS HIGH INTO THE AIR AGAIN, HOLD FOR 3 SECONDS. REPEAT THE POSE 3 TIMES



3

HOLD THIS POSITION FOR 3 SECONDS THEN RELAX. WHILST RELAXING REMIND YOURSELF HOW MUCH OF A HERO YOU ARE.



DOSE

THIS IS A GREAT POST FOR STRETCHING YOUR BACK, ARMS AND LEGS. THIS POSITION IS ALL ABOUT FOCUSING ON HOW STRONG AND POWERFUL YOU ARE, YOU ARE A SUPERHERO.

SIT SMART UNICORN



BUILD BRIDGES MR FOX

1

FIND A COMFORTABLE SPOT ON THE FLOOR, LIE ON YOUR BACK AND LOOK UP TO THE CEILING.

2

BEND YOUR KNEES KEEPING YOUR FEET FLAT ON THE FLOOR

3

TAKE A DEEP BREATH IN AS YOU PUSH YOUR TUMMY UP INTO THE AIR WHILE PRESSING YOUR ARMS DOWN INTO THE GROUND

4

BREATH OUT AND HOLD THIS POSITION TO THE COUNT OF 5. REMIND YOURSELF YOU ARE A STRONG BRIDGE

5

IF YOU WANT TO MAKE YOUR BRIDGE TALLER, JOIN YOUR HANDS TOGETHER AND PRESS DOWN INTO THE FLOOR, ARCHING YOUR BODY HIGHER UP INTO THE AIR



DOSE

THIS IS A STRONG POSITION FOR THE BODY AND THE MIND. IT STRETCHES THE SPINE AND BACK MUSCLES AND STRENGTHENS THE LEG MUSCLES.

PUPPY DOGS RULE

1

POSITION YOURSELF ON ALL FOURS WITH YOUR HANDS DIRECTLY UNDER YOUR SHOULDERS AND YOUR KNEES UNDER YOUR HIPS LIKE A PUPPY DOG

2

NOW TAKE A BIG BREATH IN AND RAISE YOUR HEAD ABOVE YOUR SHOULDERS LIKE A DOG SNIFFING THE AIR, HOLD FOR 3 SECONDS



4

REPEAT THE MOVEMENT 5 TIMES, DON'T FORGET TO BREATHE IN WHEN YOU ARCH AND LIFT YOUR HEAD AND BREATHE OUT WHEN YOU ROUND YOUR BACK AND CURL IN YOUR HEAD

3

BREATH OUT WHILE DROPPING YOUR HEAD DOWN AND UNDER TO LOOK AT YOUR BELLYBUTTON

DOSE

THIS POSE STRENGTHENS WRISTS, ARMS AND SHOULDERS. THIS POSE EXPANDS THE CHEST AND LUNGS TO IMPROVE LUNG CAPACITY.

STRETCH AND GRAZE

1

GENTLY KNEEL DOWN AND PLACE BOTH HANDS ON THE FLOOR IN FRONT OF YOU AND FACE FORWARD



2

KEEP YOUR HANDS FIRMLY ON THE FLOOR AND PUSH OFF FROM YOUR TIP TOES UNTIL YOUR BUM IS IN THE AIR



3

STRETCH UP UNTIL YOUR BACK IS STRAIGHT



4

DROP YOUR HEAD DOWN TO THE FLOOR AS IF YOU ARE A UNICORN EATING GRASS



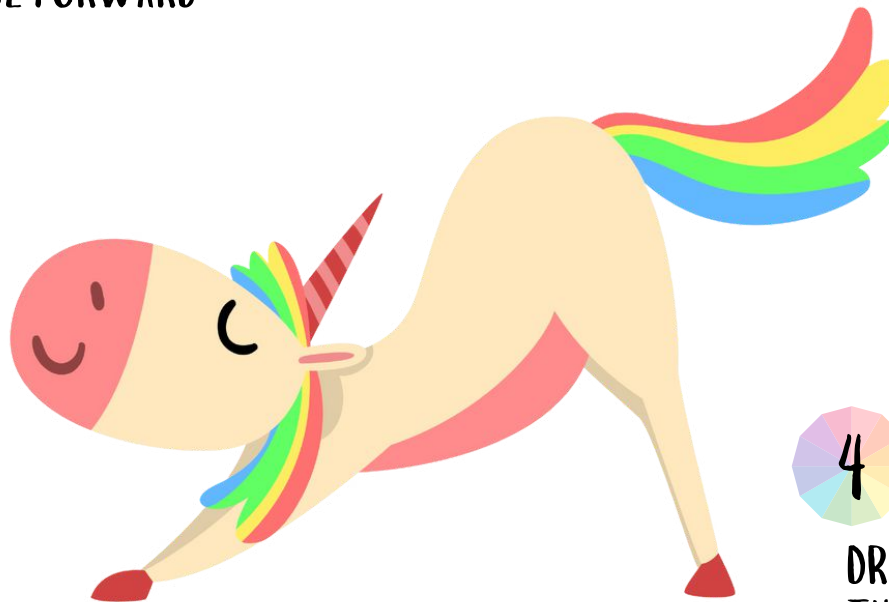
6

LOWER YOURSELF BACK DOWN ONTO ALL FOURS AND PAUSE BEFORE REPEATING THE STRETCH AGAIN. REMEMBER TO BREATHE



5

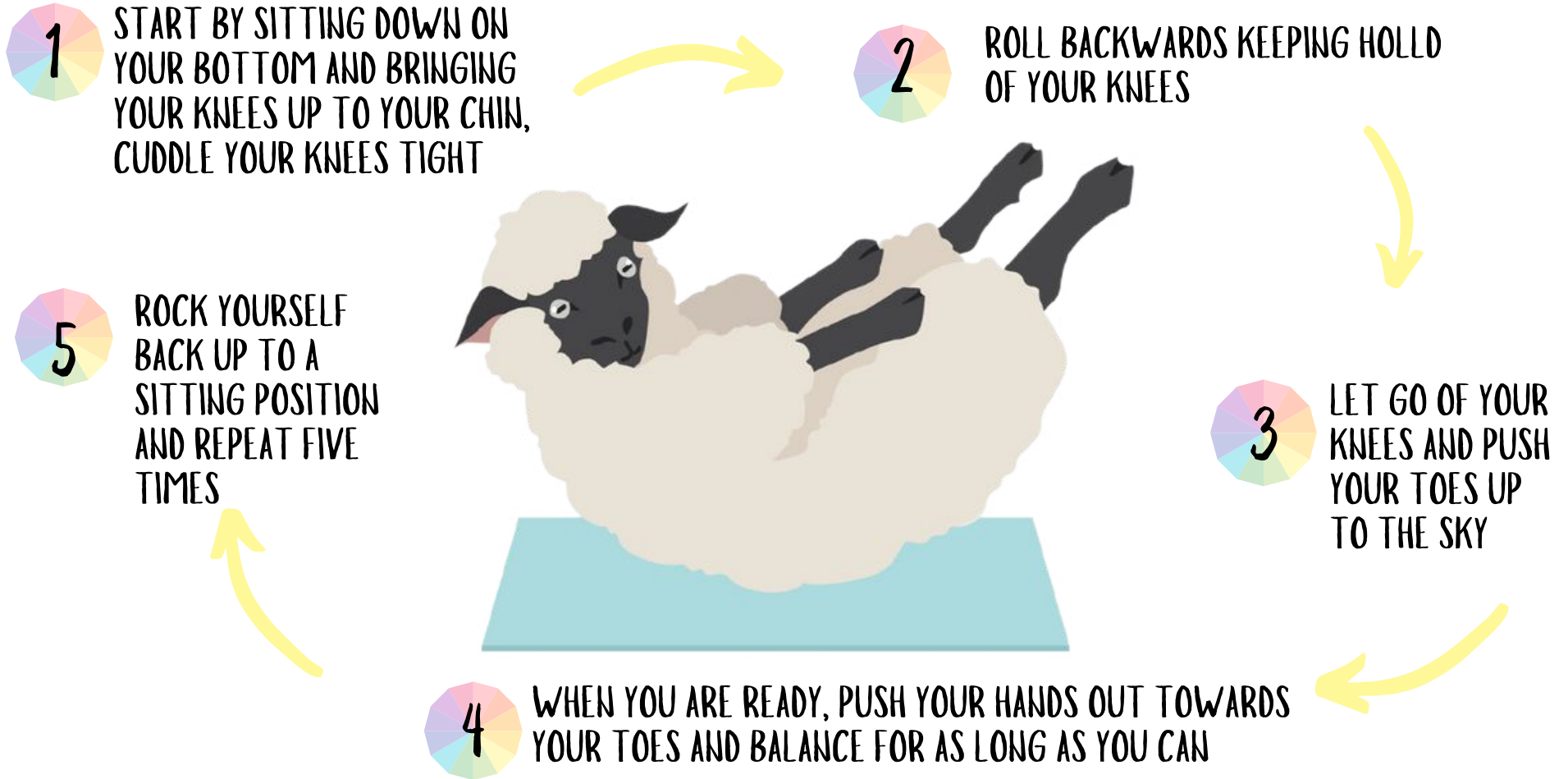
STAY STRONG IN YOUR POSE AND HOLD FOR A FEW SECONDS



DOSE

THIS IS GREAT FOR REDUCING TENSION IN THE SHOULDERS AND STRETCHING THE BACK. BEING A UNICORN IS FUN AND HELPS CHILDREN RELAX.

ROCK AND ROLL SHEEP





THERAPEUTIC INSIGHT

ACTIVITY: 7 days of Animal Yoga

OBJECTIVE:

Yoga practice focuses our mind and stretches our muscles which lowers the stress hormones in our bodies while boosting our happy hormones.

INSIGHT FROM A PSYCHOTHERAPIST

Animal yoga poses are a fun and relatable way for children to learn yoga. The main aim of Yoga is to help us develop a state of harmony between our mind, body and our breathing so we can be in a more positive, healthier and present state of being.

The movement creates heat in the body and increases the heart rate which helps to create an awareness of the body and our kinesthetic sense.

Yoga creates a sense of relaxation by using slow and intentional movements which helps with self-regulation.

Therapists use this within their practice to help empower children by giving them a tool to ease their worry and give them instant access to feel-good happy hormones.

HAPPY HORMONES:



This would trigger the Serotonin and Endorphin happy hormones



WWW.DOSEMAGAZINE.CO.UK