



TODAY'S TOPIC:
Mindfulness

You are welcome to use this lesson to inspire spiritual conversation in your family or youth classroom. It is written for elementary age but could be adjusted as needed.

THINKING JOB: Ask a “thinking job question” to get everyone thinking about something pertinent to the lesson. This could be asked moments or hours before your conversation.

What helps me be calm and relaxed?

Lesson

Materials	Things to Prepare	Today's Goal
<ul style="list-style-type: none"> None 	<ul style="list-style-type: none"> Read and practice mindfulness exercises. 	Know the definition of mindfulness and some mindfulness exercises.

*Lesson inspired by and exercises credited to **Mindful Kids** by Whitney Stewart and Mina Braun.*

MOVE: Have everyone stand up and **Shake the Sillies Out**

- Stand still like a statue. Breathe in and hold your breath.
- Breathe out and shake out your arms. Shake them high. Shake them low.
- Shake out your legs. Shake this this way. Shake them that way.
- Shake your body until it's loose. Shake, shake, shake your sillies out. See them fly off you like water droplets.
- Flop down gently and slowly onto the floor. Now let your last silly out with a big :Ahhh!:
- Take three soft, slow, mindful breaths. Fill your nose, your lungs, your tummy.

ASK: Have everyone look around and quietly notice what they are thinking, what they are feeling, what is going on in the room.

ASK: Have you ever heard this word “mindfulness”? What is mindfulness?

Mindfulness means **you notice your thoughts, feelings, bodily sensations, and surrounding environment**, through quiet looking. It is paying attention to what is going on inside and outside of you right NOW.

ASK: Is it easy or hard to quietly look and check in with how you feel? Does anyone have an idea how you can do this? Take all answers. Does it take a long time or can it be short?

TRY THIS: Staying in your spot, have everyone do their best monkey impression. Are monkeys quiet? Do they tend to move around a lot and change direction?

SAY: Some people use this phrase “monkey mind” when your thoughts and even your body feel out of control because your thoughts are loud and your body is all over the place.

MOVE: Try these mindfulness exercises.

Fist Squeeze

1. Stand or sit and relax your arms by your sides. Take three soft, slow, mindful breaths. Pay attention to what you are thinking and feeling.
2. Imagine all your busy thoughts and energy especially if you feel out of control or mad. Imagine it gathering like red-hot energy in your hands. Breathe in and squeeze your fists as tightly as you can.
3. Breathe out and open your hands, soft and loose. Imagine the red-hot energy flying away like sparks from a fire.
4. Breathe in and squeeze your fists again. Let the energy build.
5. Breathe out, open your hands, and let the energy go.
6. Repeat two more times.
7. After you're done, swing your arms gently side to side to loosen up.

Happy Hum

1. Sit mindfully with your spine straight and body relaxed.
2. Close your eyes if you want. Close your lips. Hum to yourself a little bit.
3. Breathe in deeply. With your out breath, hum one note out loud.
4. Press your hands to your chest to notice the vibration of your humming. What do you feel in your hand and body?
5. Breathe in. Breathe out and hummm! Let your humming send calm, loving thoughts into your heart.
6. End with three soft, slow breaths.

ASK: Did you like one of these more than the other? Do you feel any different? Does mindfulness take a long time or can it be short? I notice a lot of these involve taking a few slow breathes. And that is our affirmation.

POSSIBLE TAKE HOME: <https://mindfulnessbox.com/wp-content/uploads/2022/04/21-One-Minute-Mindfulness-Exercises.pdf>

AFFIRMATION –I pause and take a breath. repeat 4X

Note: Printable affirmations and coloring sheets for this lesson are available at <https://www.milehichurch.org/youth-family/> .