

# KS2 Skills Club Pack - Moving Mindfulness

This pack contains handy resources to help in the organising and running of a KS2 mindfulness club. The pack contains find a club register, six activities, praise cards to send home and a certificate to present to club members at the end of the half-term.

Activities	General Health and Safety
<ul style="list-style-type: none"><li>• Mindfulness Doodling</li><li>• Rainbow Mindfulness Collaborative Colouring Activity</li><li>• Senses Mindfulness Challenge Cards</li><li>• Mindfulness Balloons Activity</li><li>• Outdoor Guided Meditation Activity</li><li>• Relaxation Yoga Activity</li></ul>	<ul style="list-style-type: none"><li>• Check if the children have any allergies before conducting the flower and raisin activities, which take place in week 3.</li></ul>

**Disclaimers:** We hope you find the information on our website and resources useful. This resource is provided for informational and educational purposes only. It is intended to offer general information and should never be taken as professional advice on mental health. As information on mental health is complex and is a developing area, we do not warrant that the information provided is correct. You and your students should not rely on the material included within this resource and we do not accept any responsibility if you or your students do. As mental health is complex, you should undertake proper and relevant training before teaching on mental health. These resources are intended to support you once you have received such training. It is up to you to contact a suitably qualified health professional if you are concerned about your mental health and it is up to you to advise your students to contact a suitably qualified health professional if they are concerned about their mental health. When using this resource, you are responsible for the safety of those involved with using this resource, including staff and students. It is up to you to follow your school or organisation's safeguarding policies and procedures should your use of this resource raise anything covered by the policies or procedures.

The description of any physical, flower or food-related activity contained within this resource is intended as a general guide only. It may not fit your specific situation. You should not rely on the resource to be right for your situation. It is your responsibility to decide whether to carry out the activity at all and, if you do, to ensure that the activity is safe for those participating. You are responsible for carrying out proper risk assessments on the activities and for providing appropriate supervision. We are not responsible for the health and safety of your group or environment so, insofar as it is possible under the law, we cannot accept liability for any loss suffered by anyone undertaking any activity or activities referred to or described in this resource. It is also your responsibility to ensure that those participating in the activity are fit enough to do so and that you or the organisation you are organising it for has the relevant insurance to carry out the activities. It is also your responsibility to note that ingredients or materials used might cause allergic reactions or health problems and to ensure that you are fully aware of the allergies and health conditions of those taking part. If you are unsure, always speak to a suitably qualified health professional.

# Overview

Session	Skills/Equipment
1. Mindfulness Doodling	<p><b>Skills</b></p> <p>Focusing on one task and pencil control.</p> <p><b>Equipment</b></p> <p>Colouring pencils/pens and doodling template (choice of 2).</p> <p>You may also like to play some quiet, calming music in the background.</p>
2. Rainbow Mindfulness Collaborative Colouring Activity	<p><b>Skills</b></p> <p>Focusing on one task, working collaboratively and accurate colouring in.</p> <p><b>Equipment</b></p> <p>Colouring pencils/pens, scissors/paper cutter, colouring templates and sticky tack to display.</p> <p>You may also like to play some quiet, calming music in the background.</p>
3. Senses Mindfulness Challenge Cards	<p><b>Skills</b></p> <p>Speaking and listening and focusing on one task.</p> <p><b>Equipment</b></p> <p>Card selection and relevant equipment, such as snow globe, bell, music, flowers, raisins, small teddy, pencil, colouring pencils, rubber and paper.</p> <p><b>Health and Safety</b></p> <p>Check if the children have any allergies before conducting the flower and raisin activities.</p>
4. Mindfulness Balloons Activity	<p><b>Skills</b></p> <p>Deep breathing, focusing on one task, drawing and writing.</p> <p><b>Equipment</b></p> <p>Balloon activity template.</p>

Session	Skills/ Equipment
<p>5. Outdoor Guided Meditation Activity</p>	<p><b>Skills</b></p> <p>Following instructions, deep breathing, focusing on one task, observation, speaking and listening.</p> <p><b>Equipment</b></p> <p>The script and something comfortable to sit on, depending on your outdoor setting.</p> <p><b>Please note, that the script is specific to springtime but it can be adapted for any season.</b></p>
<p>6. Relaxation Yoga Activity</p>	<p><b>Skills</b></p> <p>Listening, following instructions, focusing on one task and deep breathing.</p> <p><b>Equipment</b></p> <p>Carpeted area/mats and yoga cards.</p> <p><b>Health and Safety</b></p> <p>Session to take place on a carpeted floor or use mats, with enough space for children to stretch out arms and legs.</p> <p><b>Instructions to go through with your club members in advance of the session:</b></p> <p>Hold each pose for at least two breaths and always change sides when instructed to do so.</p> <p>Keep breathing, move slowly into the pose, never overstretch and if any pain is felt you must stop immediately.</p>