

Learning journal

Pause
Breathe
Smile



Brought to schools
by Southern Cross

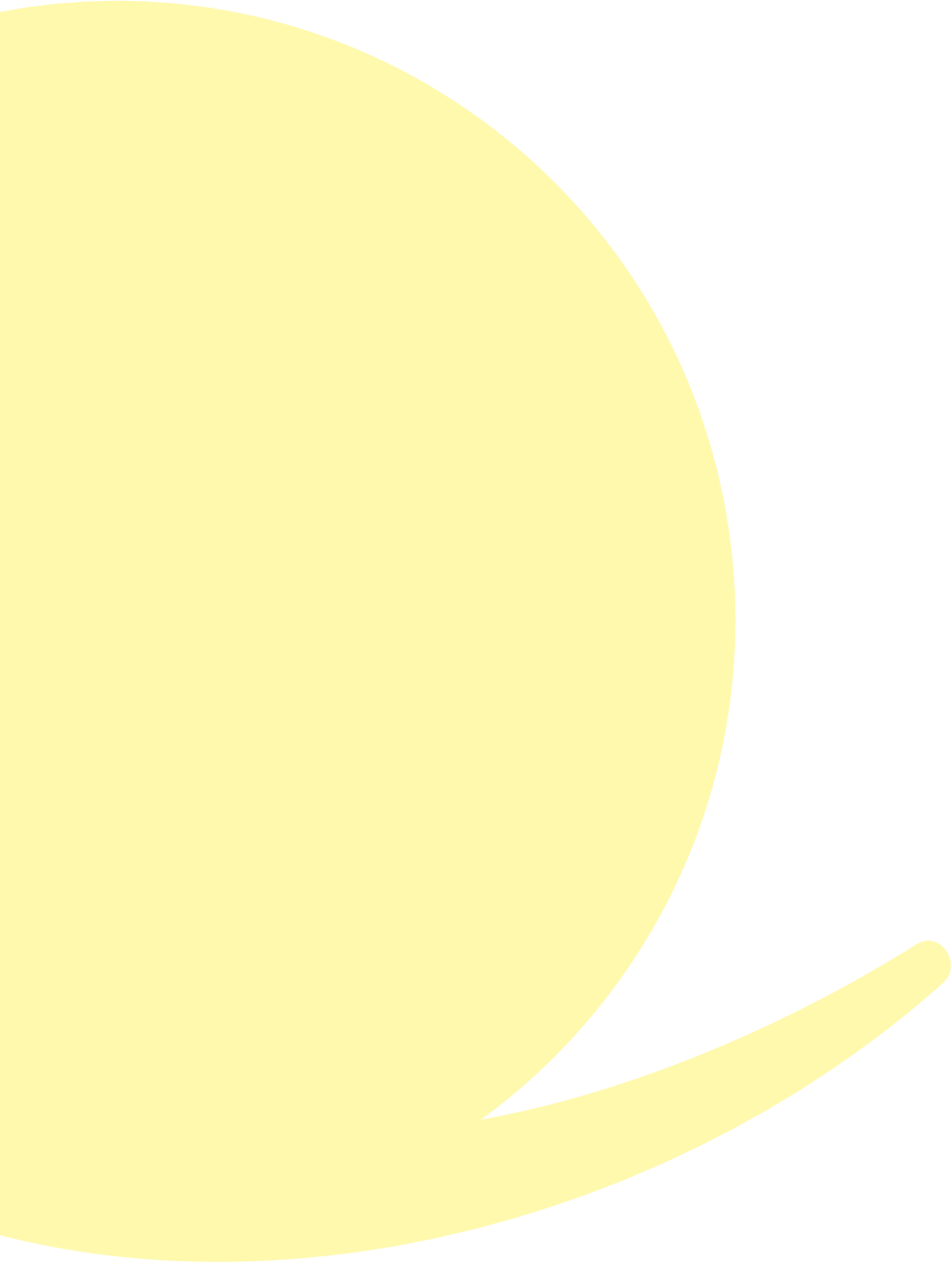
Draw your picture here / Tuhia tō pikitia ki raro nei



Delivered under licence from:

 **Mental Health Foundation**
mauri tū, mauri ora OF NEW ZEALAND
www.mentalhealth.org.nz

Name / Ingoa



Southern Cross

Committed to
supporting healthy minds

Understanding hauora

The house of your belonging

In the space below draw a house with four walls.

Label each of the walls of Hauora and write three or four key words to explain what that wall is about.



The final task is to find your own way to show that being present and mindful is what makes each wall healthy and strong.

Lesson one

Coming home

How did you feel when you noticed your breathing?

- | | | | | |
|----------------------------------|-----------------------------------|-------------------------------------|--------------------------------------|------------------------------------|
| <input type="checkbox"/> Relaxed | <input type="checkbox"/> Focused | <input type="checkbox"/> Peaceful | <input type="checkbox"/> Tense | <input type="checkbox"/> Worried |
| <input type="checkbox"/> Kind | <input type="checkbox"/> Happy | <input type="checkbox"/> Content | <input type="checkbox"/> Grateful | <input type="checkbox"/> Energised |
| <input type="checkbox"/> Bored | <input type="checkbox"/> Restless | <input type="checkbox"/> Thoughtful | <input type="checkbox"/> Comfortable | <input type="checkbox"/> Other |

What do you notice when you practise being mindful?

Describe what it is like to eat mindfully.

Red Zone / Green Zone

We can have many different kinds of feelings! Noticing and accepting our feelings is part of being more mindful. It's okay to feel what we are feeling.

When we are having a green zone feeling, we might feel calm, clear, and connected. Sometimes we go into our red zone when we feel upset or angry.

Mindfulness can help you calm down when you're in your red zone and it can help you feel happier when you're in your green zone.

Fill in the two circles below by naming different feelings. See how many you can come up with!



Now draw a picture of what it feels like or looks like when you are up in your red zone.

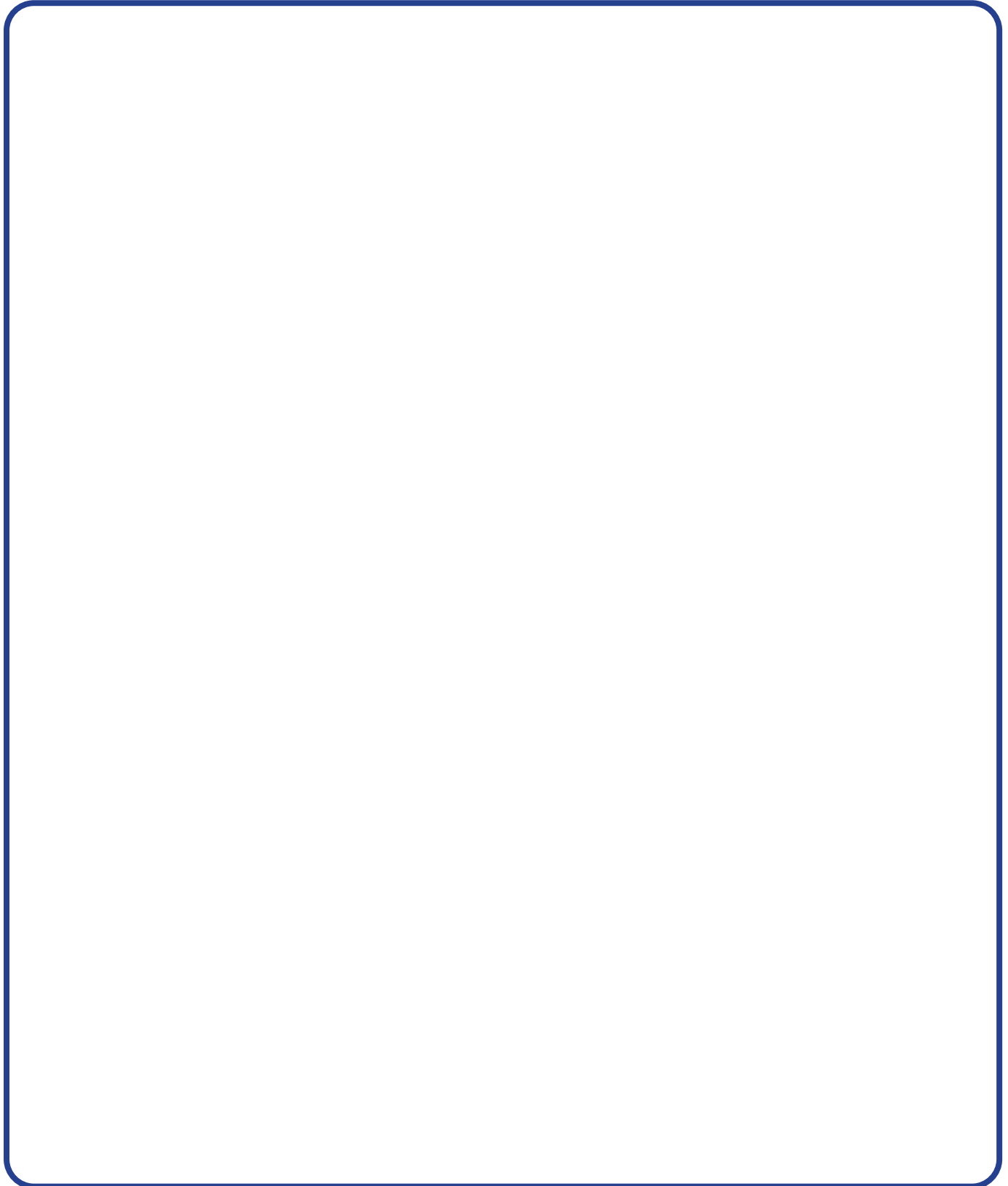


In this box, draw a picture of what it feels like or looks like when you are in your green zone.



Draw a picture of yourself breathing mindfully, with a soft belly and a straight back.

You can use thought bubbles, colours, patterns, a collage, anything that works for you. Can you be mindful while you are drawing?



Home practice 1: Try brushing your teeth with mindfulness. What did you notice? Write a little bit about it over the page or share in class.



**This week I am
grateful for...**

**This week
I noticed...**

**This week
I learnt...**



**This week
I am practising...**

Lesson two

Happiness here and now

Can you remember the two types of happiness?

Think about what makes you feel happy and the differences between treat happiness and peace-inside happiness. There is nothing wrong with treat happiness sometimes. Can you see the good things about peace-inside happiness?

Treat happiness are things like...

Draw or write about what you learnt this week.



Peace-inside happiness comes from doing things like...



Home practice 2: When you are by yourself try pausing, feeling your feet on the floor and becoming aware of your body breathing. See if you can smile as well.



**This week I am
grateful for...**

**This week
I noticed...**

**This week
I learnt...**



**This week
I am practising...**

Lesson three

Everything for the first time

What did you discover when you let yourself experience something for the first time?

You might have discovered something new about the way your body moves.

Use creative writing and images to describe what you noticed in this lesson.



Home practice 3: Tell your family about what you have been learning at school in the mindfulness lessons. Show them how to do mindful eating together at dinner time, and talk about what everyone noticed.

**This week I am
grateful for...**

**This week
I noticed...**

**This week
I learnt...**

**This week
I am practising...**

Lesson four

All things rising and falling

Exploring our emotions

After doing the “Feelings are the language of the body” practice together in class, draw the feelings that you noticed in your body.

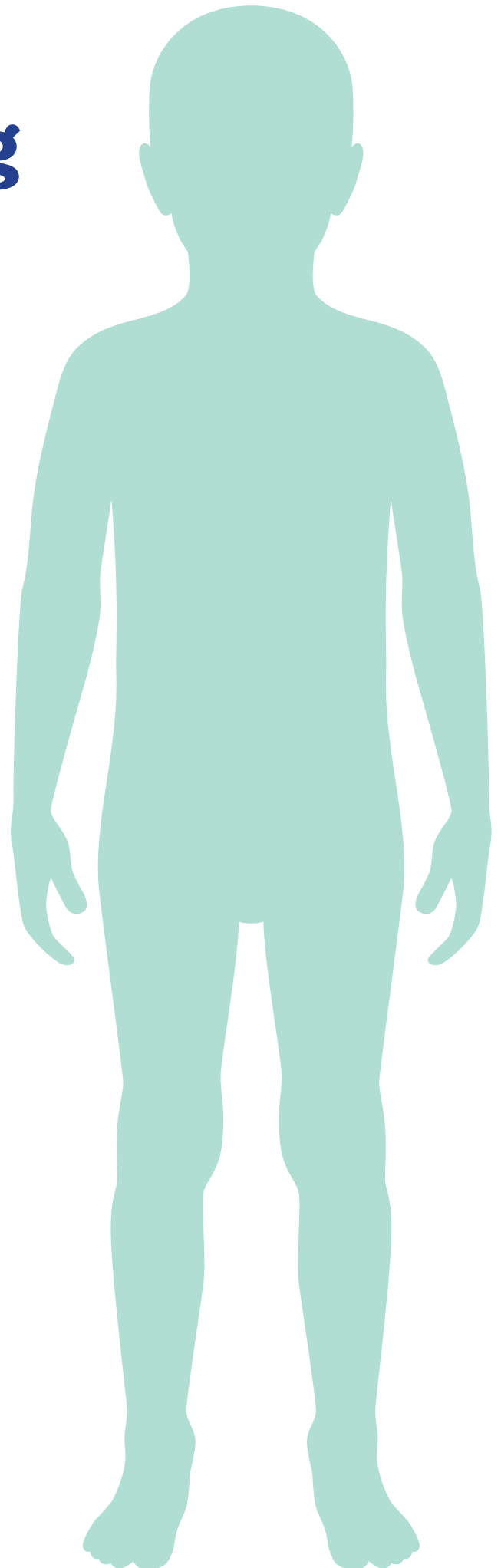
You might have noticed that emotions and body sensations are connected to each other. Worry could be tightness in the belly, sweaty palms and an uncomfortable feeling, or happiness might be smiling and a calm feeling.

Perhaps you can notice how your body feels when you can't name the feeling or are unsure about it?

Here are some ideas about different emotions and feelings: Cheerful, dreamy, happy, angry, wondering, excited, sad, lonely, thoughtful, tired, shocked, hot, cold, bored, spacious, itchy, pulsing, jittery, nervous, tight, blank, confused...

Use different colours, shapes and patterns to show what you noticed.

What other emotions and feelings can you think of?



**When you feel
upset, here's
something that
can help.**

Sometimes, when our thoughts and feelings get strong, we can feel like a little boat being rocked by a stormy sea.

When you feel **scared, upset, overwhelmed,** or other **big feelings,** remember:

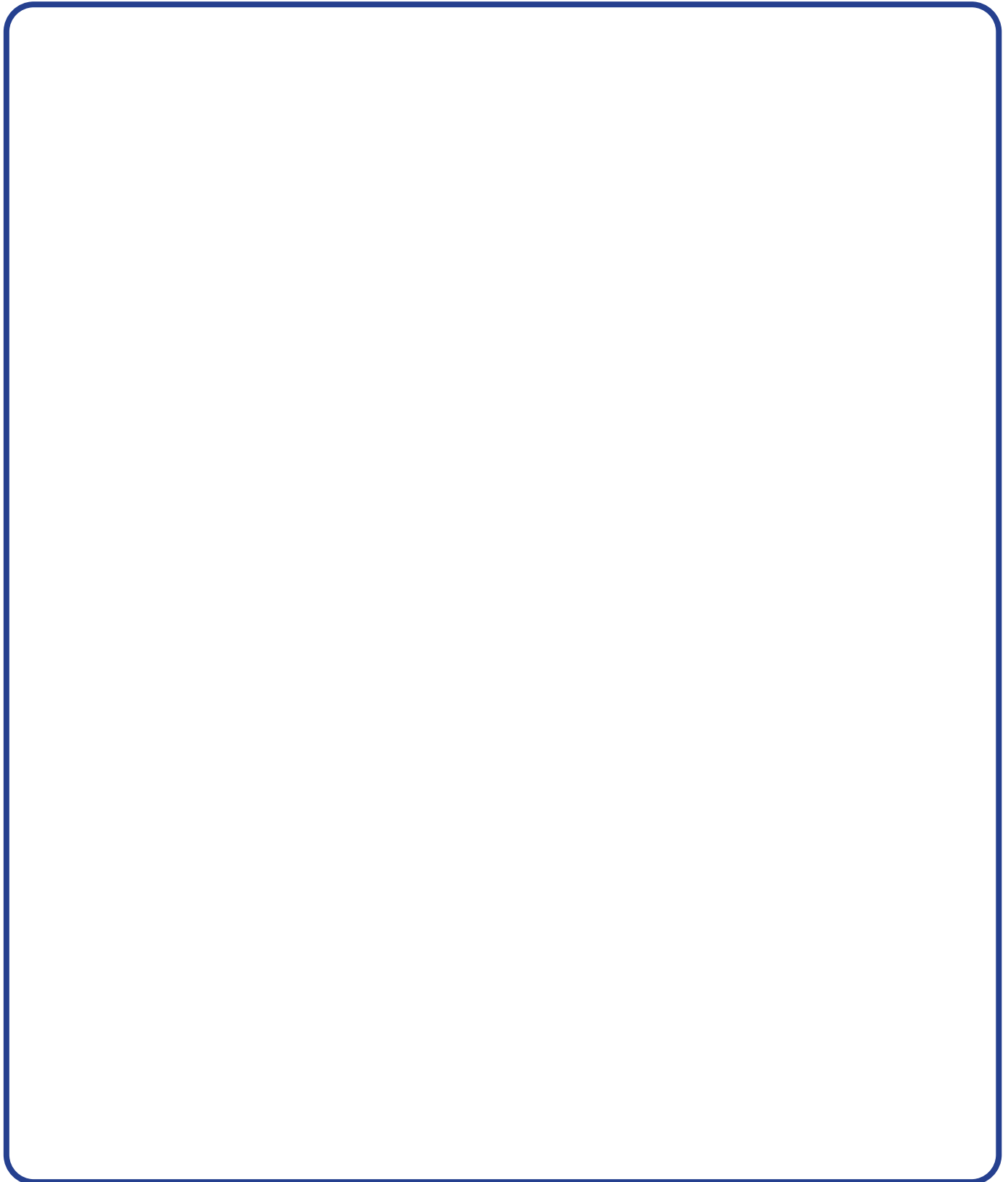
**Pause
and drop
anchor
into your
body**

When you notice your breathing and drop anchor into your body, you can settle, just like a boat dropping anchor in a stormy sea.



Drawing a breathing circle

In the space below draw or paint a breathing circle based on the mindfulness lesson this week.



Home practice 4: Notice how you feel at different times of the day... like when you get out of bed, when you get home from school, and before you go to sleep. Practise mindful breathing at these times and notice how and where you are feeling the feeling. Does the feeling change or stay the same as you practise mindfulness?

**This week I am
grateful for...**

**This week
I noticed...**

**This week
I learnt...**

**This week
I am practising...**

Lesson five

Neurons that fire together, wire together

Imagine yourself as a great thought detective.

Investigate the kinds of thoughts that go through your mind and record them in the thought bubble below. Share with a friend or the class something you have discovered about the thoughts and stories that go through your mind.



Home practice 5: Make a mind jar and use it at home while practising mindful breathing.



**This week I am
grateful for...**

**This week
I noticed...**

**This week
I learnt...**



**This week
I am practising...**

Lesson six

Kind heart, happy heart

This week we learnt about strengthening the muscles of our hearts through kindness.

We practised feeling kindness for ourselves, for our family and for other people. Write or draw an image below to show some of the kind acts you do with other people, animals and living creatures.



Home practice 6: Your mission, should you choose to accept it, is to perform at least three random acts of kindness. The rules are that you must do these kind acts in secret.

**This week I am
grateful for...**

**This week
I noticed...**

**This week
I learnt...**

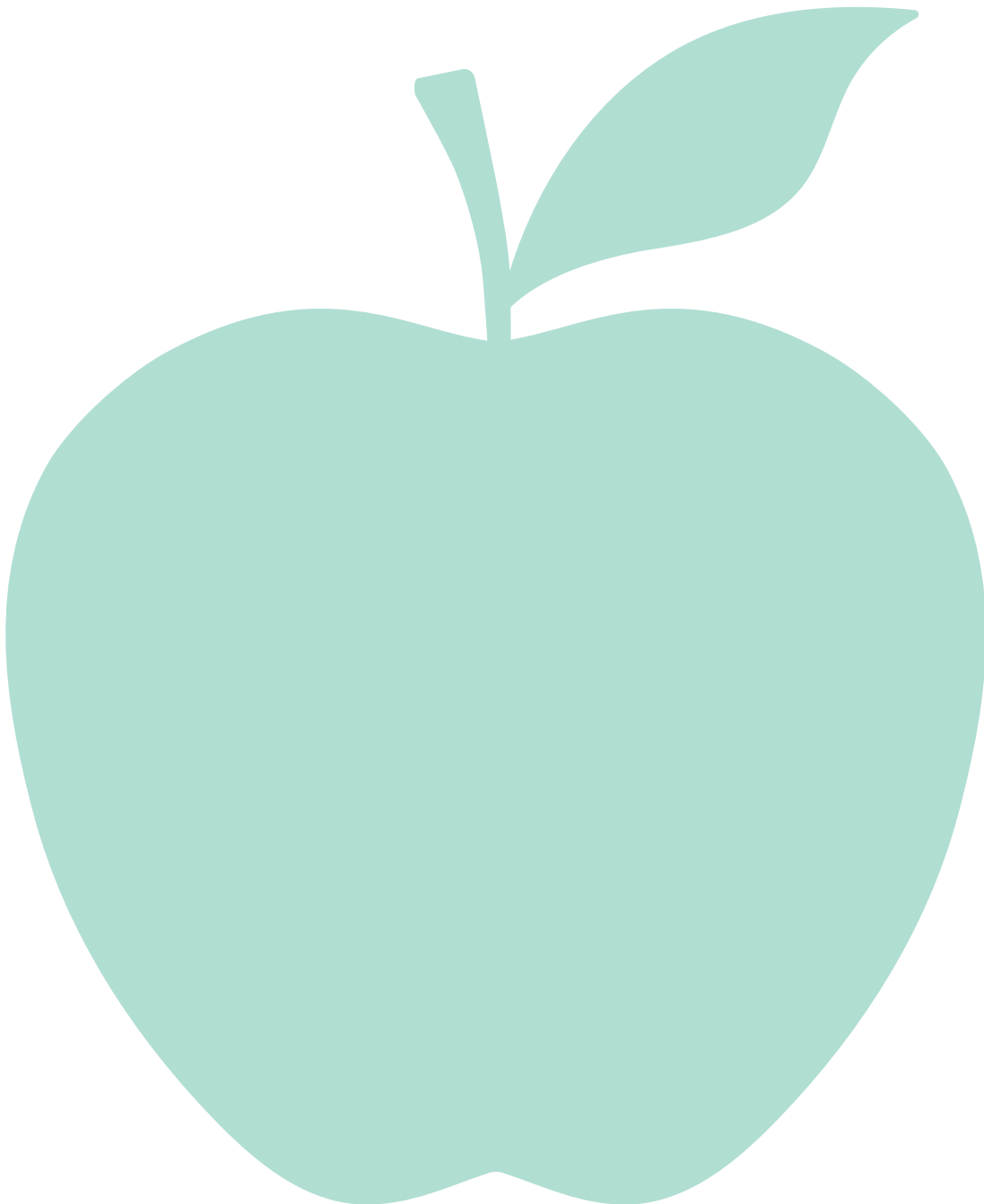
**This week
I am practising...**

Lesson seven

Everything is connected to everything else

Draw and label everything that has gone into making an apple.

Talk about it in small groups. See how many different things your group can think of that are all part of an apple.



Home practice 7: Explore a few other objects to see how everything is connected to everything else.

Preparing for lesson eight

Touching base, touching stillness

Write a few sentences about what has been especially helpful or interesting for you during the Pause Breathe Smile lessons.

Think about what you have noticed or become more curious about in your body, feelings and thoughts. Which mindfulness practices have you enjoyed, found helpful or tried outside of these lessons? Perhaps there is something that you are grateful for or some connections that you have noticed. Share your writing with your class in the 'Touching Base' circle together in the final lesson.



What is the best thing you've learned in the mindfulness course?

A large, empty rounded rectangular box with a dark blue border, intended for writing an answer to the question above.

**This week I am
grateful for...**

**This week
I noticed...**

**This week
I learnt...**

**This week
I am practising...**



Southern Cross

Committed to
supporting healthy minds



Southern Cross

Committed to
supporting healthy minds