

# Mindfulness Finger Tracing KS2

## Activity Pack Guidance

Mindful activities can help us feel more aware of what is happening in the present moment. They can help us to focus on our body and our senses and really notice how we are feeling. Mindfulness can help us to become more self-aware, help us to observe the thoughts and feelings we are experiencing and help us to feel calm. This can support us to process our emotions and big feelings we may experience through the day.

Mindfulness can help children improve their focus, build self-esteem, cope with stress and face challenges. It can also help children to practise self-care and be more tolerant and compassionate to themselves and others. Mindfulness can help us to keep our mind and body healthy.

Focusing on our breathing can be a useful tool to begin mindfulness. It can help us to feel calm and act as an anchor for a busy mind in a busier world. It can also be helpful to focus on how our body feels, strengths we have and things we are grateful for.

Supporting children to take this time to focus on the present moment and allow themselves some self-care can be helpful. They can use these activities to feel calm at the time as well as to help them reflect on and manage big emotions as and when they experience them.

This pack of Mindfulness Finger Tracing KS2 Activities includes many activities to help children calm their breathing and concentrate on the present moment. By following the instructions on each card, children can focus on what they are feeling at the time and begin to use this to develop self-regulation as they confront challenges or big emotions through the day.