



# OpenView Education

TRAINING THROUGH THEATRE

**Mental Health & Wellbeing**

**Activity Pack**

**Reception – Year 3**

# Welcome to your Wellbeing Activity Pack

Thank you for arranging OpenView Education to visit your school. In this pack, you will find learning activities to support our mental health and wellbeing workshops.

These plans are a great way of ensuring that your students get the most from our visit.

If you are playing the videos in this pack on YouTube, please ensure you have the auto-play feature turned off.

All resources can be accessed through the clickable links throughout this pack.

## Outcomes:

- ★ Students will learn that acts of kindness can make us and others feel happier.
- ★ Students have an experience of using mindfulness breathing techniques.
- ★ Students identify actions we can take to look after our wellbeing.

# Activity One: Easy Mindfulness

## Why mindfulness?

A mindfulness practice simply involves holding our conscious attention on one thing or activity for a period of time. When our mind wanders, we bring the attention back to that one thing. This could be focusing on our breathing, the sounds that we hear in our environment or the food we are eating.

There's been a lot of research into the benefits of mindfulness practices, and more recently research has shown benefits specifically for children and young people.

Regular Mindfulness can improve our ability to focus, help us to manage our emotions and, over time will lead to improvements in our overall *wellbeing and mental health*.

## So how can we start to practice mindfulness with children?

Explain to your children or students that mindfulness is resting our attention or focus on one thing at a time, when we notice that our mind has wandered, we gently bring our attention back to the thing we intended to focus on.

Before trying a mindfulness practice with your students:

- **Have realistic expectations:** It is normal and expected that children will fidget and get distracted. Let the children know they cannot fail at mindfulness.
- **Debunk Mindfulness Myths:** Mindfulness is not about trying to stop our thoughts, we're just becoming more aware of our thoughts.
- **Have a sense of humour:** Trying mindfulness for the first time may feel strange for parents, teachers and students. It is okay if there is some laughter or giggles.

# 1. Breathing Buddies

This is ideal for children aged three to six years old. Get the children to find a soft toy that will be their *Breathing Buddy*. Ask them to find a space to lay down on the floor.

They can now place their soft toy on their belly. Say to your students:

*'As you breath in and out, watch the rise and fall of your breathing buddy on your belly. If your mind wanders off, just return your focus to your breathing buddy going up and down.'*

*Note: If you don't have soft toys available. Ask children to place their hands on their belly instead, and watch them rise and fall.*

# 2. Listening Meditation

With a listening meditation, the focus of our attention is on the sounds we can hear in our environment. It doesn't matter what these sounds may be, the meditation is simply about paying conscious attention to them.

While sitting, with straight but comfortable posture, ask your students to close their eyes, then guide them in taking three deep breaths, in through the nose and out through the mouth. Then direct them to listen to the sounds they can hear.

Ask them:

- *What sounds can you hear right now?*
- *Where are the sounds coming from?*
- *Are they far away or near?*
- *Are they high pitched or low pitched?*

# 3. Breathing Meditation

For this activity, we will focus on our breath. Ask your students to place one hand on their chest and one hand on their belly. To start, guide them in taking three deep breaths, in through the nose and out through the mouth. Say to your students:

*'Feel the breath causing your chest to raise and expand, then feel your breath leave and notice how your hand moves with the breath. Where does the breath feel*

*strongest, in your chest or in your belly? Are the breaths deep or shallow? Notice the pause in-between the breaths. If your attention wanders off, just bring it back to your breath.'*

With all of the activities above, remember:

- **Little and often works best:** The real benefits of mindfulness practice come from doing it every day, and making it part of your daily routine. If you do this, you'll start to notice positive changes like increased focus and improved mood in no time at all.
- **Sit like a King/Queen:** When doing sitting mindfulness, encourage students to sit with a relaxed yet tall posture.
- **Hands still and soft:** Encourage students to keep their hands still during mindfulness. Their hands can be resting on their desk, or placed on their lap.

## Activity Two: Watch 'I Want to Change the World'

'I want to Change the World' is a story about what we can do to support the people around us. It's about small actions and choices that we can make, and how these can make a big difference for our friends, families and for everyone at our school.

## Watch 'I Want to Change the World.'

Now [Download the 'I Want to Change The World' Activity Sheet.](#)

You can print out the activity sheet for each student in your class, or use the questions as discussion points in your lesson.

# Activity Three: Milly's Wellbeing Tips

In this video the characters Milly and Philip explain some simple things that we can do to look after our own wellbeing.

Watch with your class, and then talk about it using the discussion points below.

## Watch Milly's Wellbeing Tips

### **Tip Number One: Keep Active.**

#### **Discussion Points:**

- Do you think we have been keeping active?
- Is there anything that could make keeping active more fun?
- Are there any activities you would like to do to help keep us active?

### **Tip Number Two: Show appreciation and be thankful.**

#### **Discussion Points:**

- Is there anything you think we could show more appreciation for?
- Is there anyone you would like to say thank you to?
- Can you think of a creative way to say thank you?

### **Tip Number Three: Talk About It**

#### **Discussion Points:**

- How have you been feeling recently?

# Great job!

If you would like to receive more activities and lesson plans and resources you can join our mailing list here:



[www.openvieweducation.co.uk/sign-up](http://www.openvieweducation.co.uk/sign-up)



@openviewd



[www.facebook.com/openviewd](http://www.facebook.com/openviewd)



[info@openvieweducation.co.uk](mailto:info@openvieweducation.co.uk)



0207 459 4473