

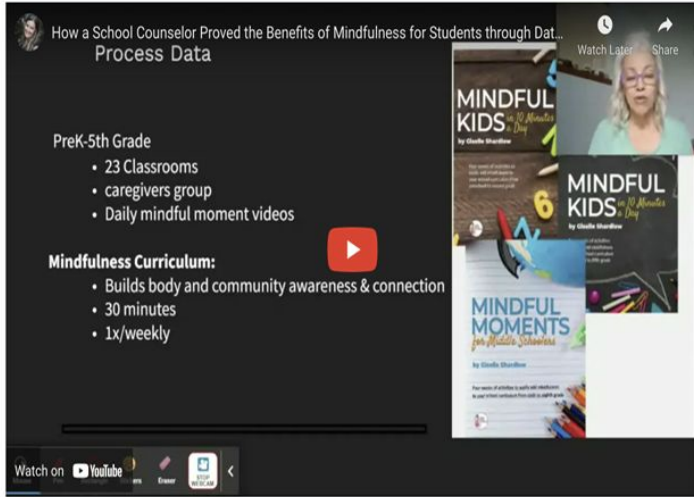
KIDS WEEKLY MONTHLY MINDFULNESS

By Jen Baradi

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Inspired by the book & research using,
Mindful Kids in 10 Minutes a Day!
by Giselle Shardlow



How a School Counselor Proved the Benefits of Mindfulness for Students through Data Process Data

PreK-5th Grade

- 23 Classrooms
- caregivers group
- Daily mindful moment videos

Mindfulness Curriculum:

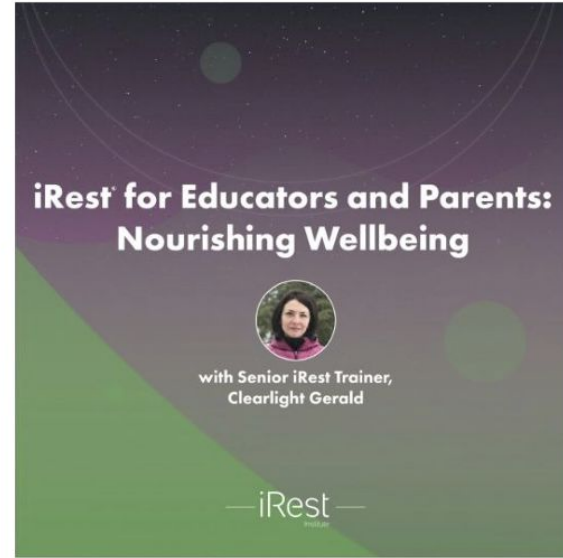
- Builds body and community awareness & connection
- 30 minutes
- 1x/weekly

Watch on YouTube, Embed, Add to Playlist

The video player shows a thumbnail with the book cover for 'Mindful Kids in 10 Minutes a Day!' and 'Mindful Moments for Middle Schoolers' by Giselle Shardlow. The book covers feature colorful illustrations of children and objects like a pencil and a paper airplane.

<https://www.kidsyogastories.com/mindful-kids-in-10>

Inspired by **iRest® Course**
for Educators and Parents: Nourishing Wellbeing
with Clearlight Gerald



**iRest for Educators and Parents:
Nourishing Wellbeing**

with Senior iRest Trainer,
Clearlight Gerald

iRest
Institute

The cover features a dark purple and green background with a circular portrait of Clearlight Gerald. The iRest Institute logo is at the bottom.

<https://www.irest.org/catalog/product/irest-educators-and-parents-nourishing-wellbeing>

TDSB Monthly Themes

September - Respect
October - Responsibility
November - Empathy
December - Kindness & Caring
January - Teamwork
February - Fairness
March - Honesty
April - Cooperation
May - Integrity
June - Perseverance

***NOTES:** Scripts offer synonyms / explanations / examples / variations for you to choose from.

Scripts may be modified / adjusted according to the monthly theme / community needs & to what feels right for you.

Scripts are engaging & effective when read slowly, with pauses, & with natural, gentle, soothing expression.

Like most things, repeated practice supports learning & mastery.

<https://www.tdsb.on.ca/High-School/Your-School-Day/Character-Development>

<https://schoolweb.tdsb.on.ca/Portals/heatherheights/docs/Monthly%20Character%20Education%20Traits.pdf>

TCDSB Monthly Themes

September - Hospitality

October - Gratitude

November - Peace Making

December - Charity

January - Courage

February - Love

March - Forgiveness

April - Justice

May - Compassion

June - Faithfulness

<https://www.tcdsb.org/o/nurturingourcatholiccommunity/page/virtue-of-the-month>

SCRIPTS:



MINDFUL MONDAY

*set intentions / goals (quote)

SCRIPT (*read slowly / pause):
Sitting comfortably. (pause) **Start the week with an intention / goal; why for this moment / day / week.** (pause) **If it's helpful, you may write your intention down, perhaps in your planner.** (pause)

Perhaps it's ... (relate it to monthly theme e.g. **to show respect with your words and actions to your classmates / to responsibly do your best** etc). (pause)

Feel this intention in the body. (pause) **Maybe you feel it in the ...** (describe different body parts e.g. **heart tingling / muscles energized, etc**) **Feel this intention with the whole body and mind as being already true at this moment.** (pause) **Recognizing that you're enough and that you're doing your best.** (pause)

Notice how the intention appears throughout the day / week. (pause)



RAINBOW TUESDAY

*look around room for colour/s

SCRIPT (*read slowly / pause):
Sitting / standing / moving comfortably (*depending on what your teacher thinks is safe for the space you're in.) (pause) **Begin to open the sense of sight.** (pause) **Take your time.** (pause) **Be curious.** (pause)

Spot something ... (say colours one by one slowly / pause e.g. **red / orange / yellow / green / blue / indigo / violet**). (pause)

(*variation: say shades one by one slowly / pause e.g. **light blue / dark blue / bright blue / sky blue / ocean blue, etc**)

(*variation: say locations with colours / shades one by one slowly e.g. **look up & spot something white / look down & spot something shiny / look left & spot something light green, etc**)

Take a moment to check-in with the body & mind. (pause) **How does it feel when you are absorbed by the sense of sight?** (pause) **Maybe ...** (describe different body parts e.g. **breath deepens / heartbeat steadies / muscles release** etc)

Throughout the day / week, whenever you need calm / focus, remember you can open the sense of sight. (pause) **Taking your time.** (pause) **Being curious about the colours around you.** (pause) **Feeling this experience with the whole body and mind.** (pause)



WINDY WEDNESDAY

*do breath practice/s

SCRIPT (*read slowly / pause):
Sitting / standing / moving comfortably (*depending on what your teacher thinks is safe for the space you're in.) (pause) **With your eyes open or closed.** (pause) **Breathing through the nose** (*for healthier breathing, producing O₂, CO₂, & nitric oxide; warming / moisturizing / filtering air.)

Perhaps placing ... (depending on practice say body part slowly / pause e.g. **one hand on the belly / chest**)

Feel the breath here. (pause) **The body breathes all by itself.** (pause) **Nothing to change or fix.** (pause)

(*variation-add: Let's do **Finger Breathing**, tracing each finger with the other pointer finger. (slowly / pause i.e. **Breathe in / inhale up the pinky, exhale down the pinky ...**)

(*variation-add: Let's do **Bee Breathing**. (pause) **Breathe in / inhale.** (pause) **Closing your mouth, quietly hum like a bee as you breathe out / exhale.** (pause) (*repeat 3+ times e.g. **again / one more time / last time**)

(*variation-add: Let's do **Square Breathing, counting the breath.** (count down slowly / pause for relaxation / parasympathetic nervous system e.g. **Breathe in / inhale 3-2-1, Breathe out / exhale 3-2-1**) (count up for energizing / sympathetic nervous system e.g. **Breathe in / inhale 1-2-3, Breathe out / exhale 1-2-3**) (*repeat 3+ times e.g. **again / one more time / last time**)

(*variation-add: Let's do **Sun Breathing**. (pause) **Start with the arms down by your sides.** (pause) **Slowly breathe in / inhale while lifting the arms up to the sky.** (pause) **Slowly breathe out / exhale while lowering the arms back down by your sides.** (pause) (*repeat 3+ times e.g. **again / one more time / last time**)

Gradually feel back into the natural breath. (pause) **The body breathes all by itself.** (pause)

Throughout the day / week, whenever you need calm / focus, remember you can connect to the breath. (pause) **Taking your time.** (pause) **Feeling this experience with the whole body and mind.** (pause)

SCRIPTS:

THINGY THURSDAY

*use 5 senses to explore something

SCRIPT (*read slowly / pause):
Sitting comfortably. (pause) **Hold an object in your hands** (*depending on what your teacher thinks is safe for the space you're in.) **Begin to open the senses.** (pause) **Take your time.** (pause) **Be curious.** (pause)

Quietly explore this object. (pause) **Describing in detail for yourself.** (pause)

What does it feel like? (pause) **Is it ...** (suggest adjectives slowly / pause e.g. **hard / soft / cold / warm / heavy / light / rough / smooth** etc.)

What does it look like? (pause) **Is it ...** (suggest adjectives slowly / pause e.g. **circular / square / colourful / dull / shiny / faded** etc.)

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What does it sound like? (pause) **Is it ...** (suggest adjectives slowly / pause e.g. **musical / echoing / vibrating / rattling / quiet** etc.)

What does it smell like? (pause) **Is it ...** (suggest adjectives slowly / pause e.g. **odourless / sweet / flowery** etc.)

Take a moment to check-in with the body & mind. (pause) **How does it feel when you are absorbed by the senses?** (pause) **Maybe ...** (describe different body parts e.g. **breath deepens / heartbeat steadies / muscles release** etc)

Throughout the day / week, whenever you need calm / focus, remember you can open the senses. (pause) **Taking your time.** (pause) **Being curious about a specific object.** (pause) **Feeling this experience with the whole body and mind.** (pause)

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FUN FRIDAY

*use 5 senses all around room

SCRIPT (*read slowly / pause):
Sitting / standing / moving comfortably (*depending on what your teacher thinks is safe for the space you're in.) (pause) **Begin to open the senses.** (pause) **Take your time.** (pause) **Be curious.** (pause)

Quietly look around you. (pause) **Exploring the environment / space / room.** (pause) **Describing in detail for yourself.** (pause)

5 things you can see? (pause) (suggest nouns slowly / pause e.g. **rectangular window, brown desk, bright light,** etc.)

4 things you can hear? (pause) (suggest nouns slowly / pause e.g. **birds singing, paper shuffling, lights buzzing,** etc.)

3 things you can touch? (pause) (suggest nouns slowly / pause e.g. **cold water bottle, soft sweatshirt, smooth book,** etc)

2 things you can smell? (pause) (suggest nouns slowly / pause e.g. **fresh air, sweet flowers, hand sanitizer, crayons,** etc)

1 thing you can taste? (pause) (suggest nouns slowly / pause e.g. **water, salty / sweet snack,** etc)

Take a moment to check-in with the body & mind. (pause) **How does it feel when you are absorbed by the senses?** (pause) **Maybe ...** (describe different body parts e.g. **breath deepens / heartbeat steadies / muscles release** etc)

Throughout the day / week, whenever you need calm / focus, remember you can open the senses. (pause) **Taking your time.** (pause) **Being curious about the environment / space / room around you.** (pause) **Feeling this experience with the whole body and mind.** (pause)

REVIEW INTENTION

*review intentions / goals (quote) during the week

SCRIPT (*read slowly / pause):
Sitting comfortably. (pause) **Let's reflect on your intention/s / goal/s; why for a specific moment / day / week.** (pause) **If you wrote it down in your planner, you can look back at it now.** (pause)

Perhaps it was ... (relate it to monthly theme e.g. **to show respect with your words and actions to your classmates / to responsibly doing your best** etc). (pause)

Feel this intention in the body. (pause) **Maybe you feel it in the ...** (describe different body parts e.g. **heart tingling / muscles energized,** etc) **Feel this intention with the whole body and mind.** (pause) **Recognizing that you're enough and that you're doing your best.** (pause)

Notice how the intention might continue to support you in your daily life. (pause)

SCRIPTS:



MINDFUL MONDAY

***set intentions / goals (quote)**

SCRIPT (*read slowly / pause): **Sitting comfortably.** (pause) **Start the week with an intention / goal; why for this moment / day / week.** (pause) **If it's helpful, you may write your intention down, perhaps in your planner.** (pause)

Perhaps it's ... (relate it to monthly theme e.g. **to show respect with your words and actions to your classmates / to responsibly do your best** etc). (pause)

Feel this intention in the body. (pause) **Maybe you feel it in the ...** (describe different body parts e.g. **heart tingling / muscles energized**, etc) **Feel this intention with the whole body and mind as being already true at this moment.** (pause) **Recognizing that you're enough and that you're doing your best.** (pause)

Notice how the intention appears throughout the day / week. (pause)

SCRIPTS:

RAINBOW TUESDAY

*look around room for colour/s

SCRIPT (*read slowly / pause): **Sitting / standing / moving comfortably** (*depending on what your teacher thinks is safe for the space you're in.) (pause) **Begin to open the sense of sight.** (pause) **Take your time.** (pause) **Be curious.** (pause)

Spot something ... (say colours one by one slowly / pause e.g. **red / orange / yellow / green / blue / indigo / violet**). (pause)

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Take a moment to check-in with the body & mind. (pause) **How does it feel when you are absorbed by the sense of sight?** (pause) **Maybe ...** (describe different body parts e.g. **breath deepens / heartbeat steadies / muscles release** etc)

Throughout the day / week, whenever you need calm / focus, remember you can open the sense of sight. (pause) **Taking your time.** (pause) **Being curious about the colours around you.** (pause) **Feeling this experience with the whole body and mind.** (pause)

SCRIPTS:

WINDY WEDNESDAY

*do breath practice/s

SCRIPT (*read slowly / pause): **Sitting / standing / moving comfortably** (*depending on what your teacher thinks is safe for the space you're in.) (pause) **With your eyes open or closed.** (pause) **Breathing through the nose** (*for healthier breathing, producing O2, CO2, & nitric oxide; warming / moisturizing / filtering air.)

Perhaps placing ... (depending on practice say body part slowly / pause e.g. **one hand on the belly / chest**)

Feel the breath here. (pause) **The body breathes all by itself.** (pause) **Nothing to change or fix.** (pause)

(*variation-add: **Let's do Finger Breathing, tracing each finger with the other pointer finger.** (slowly / pause i.e. **Breathe in / inhale up the pinky, exhale down the pinky ...**)

(*variation-add: **Let's do Bee Breathing.** (pause) **Breathe in / inhale.** (pause) **Closing your mouth, quietly hum like a bee as you breathe out / exhale.** (pause) (*repeat 3+ times e.g. **again / one more time / last time**)

(*variation-add: **Let's do Square Breathing, counting the breath.** (count down slowly / pause for relaxation / parasympathetic nervous system e.g. **Breathe in / inhale 3-2-1, Breathe out / exhale 3-2-1**) (count up for energizing / sympathetic nervous system e.g. **Breathe in / inhale 1-2-3, Breathe out / exhale 1-2-3**) (*repeat 3+ times e.g. **again / one more time / last time**)

(*variation-add: **Let's do Sun Breathing.** (pause) **Start with the arms down by your sides.** (pause) **Slowly breathe in / inhale while lifting the arms up to the sky.** (pause) **Slowly breathe out / exhale while lowering the arms back down by your sides.** (pause) (*repeat 3+ times e.g. **again / one more time / last time**)

Gradually feel back into the natural breath. (pause) **The body breathes all by itself.** (pause)

Throughout the day / week, whenever you need calm / focus, remember you can connect to the breath. (pause) **Taking your time.** (pause) **Feeling this experience with the whole body and mind.** (pause)

SCRIPTS:



THINGY THURSDAY

***use 5 senses to explore something**

SCRIPT (*read slowly / pause): **Sitting comfortably.** (pause) **Hold an object in your hands** (*depending on what your teacher thinks is safe for the space you're in.) **Begin to open the senses.** (pause) **Take your time.** (pause) **Be curious.** (pause)

Quietly explore this object. (pause) **Describing in detail for yourself.** (pause)

What does it feel like? (pause) **Is it ...** (suggest adjectives slowly / pause **e.g. hard / soft / cold / warm / heavy / light / rough / smooth** etc.)

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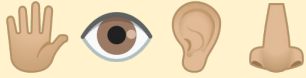
What does it sound like? (pause) **Is it ...** (suggest adjectives slowly / pause **e.g. musical / echoing / vibrating / rattling / quiet** etc.)

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Take a moment to check-in with the body & mind. (pause) **How does it feel when you are absorbed by the senses?** (pause) **Maybe ...** (describe different body parts **e.g. breath deepens / heartbeat steadies / muscles release** etc)

Throughout the day / week, whenever you need calm / focus, remember you can open the senses. (pause) **Taking your time.** (pause) **Being curious about a specific object.** (pause) **Feeling this experience with the whole body and mind.** (pause)

SCRIPTS:



FUN FRIDAY

***use 5 senses all around room**

SCRIPT (*read slowly / pause): **Sitting / standing / moving comfortably (*depending on what your teacher thinks is safe for the space you're in.) (pause) Begin to open the senses. (pause) Take your time. (pause) Be curious. (pause)**

Quietly look around you. (pause) Exploring the environment / space / room. (pause) Describing in detail for yourself. (pause)

5 things you can see? (pause) (suggest nouns slowly / pause e.g. **rectangular window, brown desk, bright light, etc.**)

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SCRIPTS:



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