

Creatable Me Worksheet:

Mindfulness Adventure for Young Superheroes!

Introduction:

Hey there, young explorer! Welcome to a journey where you'll discover the superpowers of your mind. Ready to dive in? Let's go!

Lesson 1: What is Mindfulness?

Mindfulness is like a superhero's ability to be fully present, noticing everything around them without getting lost in their thoughts. It's about being here, right now!

Activity 1: Mindful Breathing

Sit comfortably and close your eyes.
Take a deep breath in and count to four.
Breathe out slowly, counting to six.
Repeat this 5 times and notice how you feel.

Lesson 2: The Power of Now

Did you know that your mind is like a time machine? Sometimes it goes to the past or flies to the future. But the real magic happens in the present!

Activity 2: Mindful Listening

Find a quiet spot.
Close your eyes and listen to the sounds around you for 2 minutes.
Write down all the sounds you heard. Which one was the most interesting?

Lesson 3: Mindful Eating

Eating can be a super fun adventure! Let's explore it.

Activity 3: The Chocolate Meditation

Take a small piece of chocolate (or any snack you like).
Look at it. Notice its shape and color.
Smell it. What does it remind you of?
Take a small bite but don't chew! Let it melt in your mouth. How does it taste?
Write down your experience.

Lesson 4: The Mindful Explorer

Every superhero needs to be aware of their surroundings. Let's practice that!

Activity 4: Nature Walk

Go for a walk outside.

Notice the colors, smells, and sounds.

Collect three items from nature (like a leaf, stone, or feather).

Write a short story or draw a picture about your adventure.

Lesson 5: Gratitude is Great!

Being thankful for the little things is a superpower. Let's discover what makes you happy!

Activity 5: Gratitude Jar

Find a jar and some colorful paper.

Every day for a week, write one thing you're grateful for and put it in the jar.

At the end of the week, read your notes. How do you feel?

Lesson 6: Mindful Movements

Your body is amazing! Let's move and groove mindfully.

Activity 6: Superhero Yoga

Stand tall. Imagine you're a tree with roots going deep into the ground.

Stretch your arms wide. Feel the energy!

Try some superhero poses. How does it feel to be strong and grounded?

Lesson 7: The Power of Kindness

Every superhero is kind. Let's spread some love!

Activity 7: Kindness Cards

Make small cards with kind messages like "You're awesome!" or "Keep shining!"

Give them to friends, family, or even strangers.

Notice how it feels to spread positivity.

Conclusion:

Well done, young superhero! You've unlocked the magic of mindfulness. Remember, your mind is powerful, and with these tools, you can face any challenge. Keep practicing and shine on!