

Mindful Moments

<u>Ows</u>	Brave Hearts Ask: "Tell your partner about a time you were brave." Children can share: • Learning something new • Trying again after failure • Helping someone	The Helping Hand Draw a hand. Children write: • Someone who helps them • Something that gives them strength • A challenge they overcame	Hope Pebbles Pass around a stone or object. Each child completes: "Something I hope for is..."	Resilience Relay Quick-fire questions: • What can you do when something is difficult? • Who can help? • What positive words could you tell yourself?	Finish the Sentence • A challenge can teach us... • When things go wrong, I can... • Hope means...
<u>Wows</u>	1. Wow Spotting Challenge children to spot: • Something beautiful • Something interesting • Something they have never noticed before Share findings.	One-Minute Wonder Display: • A flower • Shell • Feather • Artwork • Natural object "What do you notice?"	Gratitude Circle Go around the circle. Complete: "Today I am thankful for..."	What's Amazing About...? Choose an everyday object: • Pencil • Leaf • Water bottle "What is amazing about this?"	Wonder Walk Look out the window or around the room. Challenge: Find three things that make you say "wow."
<u>Nows</u>	Five Senses Check-In What can you: • See? • Hear? • Feel? • Smell? • Notice?	Silent Minute Spend one minute in silence. What did you notice? What surprised you?	Listening Challenge Close eyes. How many sounds can you hear? Share responses	Cloud Thoughts Imagine thoughts floating like clouds. Ask: "What thoughts came and went today?"	Mindful Object Pass around an object. Children examine: • Shape • Texture • Colour • Details "What did you notice that others may have missed?"
<u>Hows</u>	Kindness Challenge Ask: "What is one kind thing you could do today?"	Difference Makers Complete: "I can make a difference by..."	Secret Helper Challenge children to secretly help someone during the day. Reflect later.	What Would You Do? Quick scenarios: • Someone is lonely. • Someone drops their books. • Someone is left out. Ask: "How would you respond?"	One Small Action Ask: "What small action could improve our classroom today?"

<u>Any/ all</u>	Odd One Out Give three images. Ask: Which is the odd one out and why? There are no wrong answers.	Big Question Ball Throw a soft ball. Whoever catches answers: • What surprised you today? • What challenged you? • What are you grateful for? • How can you help someone?	Wonder Wall Children add sticky notes: • Questions • Thoughts • Reflections • Ideas	Think–Pair–Share Pose any spirituality question: • Think quietly • Discuss with partner • Share with class	Picture Reflection Show a photograph. Ask: • What do you see? • What do you think? • What do you wonder?
	Finish the Sentence • I wonder... • I noticed... • I learned... • I appreciate... • I can help by...	Spirituality Dice Create a simple dice with prompts: • Notice • Wonder • Remember • Reflect • Feel • Act Roll and respond.			
2 minute 'time fillers'		• One thing that made you smile today. • One thing you noticed today. • One person you appreciate. • One challenge you overcame. • One thing that amazed you. • One kind thing you could do. • One question you're still thinking about. • One hope for tomorrow.			