

Mindful Relaxation Class 1: Self-esteem

Class Resources:

- ✧ Coloured pipe cleaners
- ✧ Stuffed pillow (heart, animal etc.)
- ✧ Yoga mats or small blankets
- ✧ Affirmation tree print out
- ✧ 1 sheet of large paper (white)
- ✧ Tape, marker, blue-tack
 - ✧ Crayons

Choose
@wesome!



Class Objective:

1. To help children feel good about themselves.
2. To help children to understand what positive affirmations are and to use them.

Mindful activity:

1. Stretching
2. Moving
3. Affirmation – self esteem
4. Guided imagery
5. Relaxation

Starter – 5 mins

Mindful activity 1: Self esteem



I AM & I CAN

1. Once everyone's settled, introduce yourself.
2. Ask the children to take turns and introduce themselves. Model with an example: "Hi. I am Katie"
3. Ask the children to say one thing that makes them special. Model with an example. "I am Martin and I can jump really high."

Mindful activity 2: 5 mins

Moving



LET'S FLY

- a) Ask the children to stand up, with their arms by their sides, chests up and out.
 - b) Ask the children to close their eyes and pretend they're a butterfly or bumble bee, seeing their colours, fur and lightness.
 - c) Now ask the children to fly around the room, gliding and spreading their wings; visiting one flower to the next, feeling the breeze brush against them as they glide and fly past each other.
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Mindful activity 3: 5 mins

Stretching

STRETCHING TALL

- a) Ask the children to stand on their yoga mats, shoulder width apart, feet slightly spread out, chests up and out.
- b) Now ask the children to pretend they are a big sunflower, with their arms and hands as stems and petals.
- c) Ask them to lift these as high as they can and model the catching of the Sun and holding it between their hands above their heads, "pulling down the sun" in a large sweep circling the sun from left to right all the way to the ground and back again.
- d) Do this several times slowly moving clockwise and the anti-clockwise.
- e) Once the children are all stretched out, model the placing of the Sun's energy into your body where it belongs.

Mindful Activity 4: 5 mins

Breathing



- a) Ask the children to come back to the circle, standing shoulder width apart, feet slightly spread apart with chests up and out.
- b) Ask the children to imagine they are bumble bees.
- c) Ask them to press their lips together and make a buzzing sound.

*(The purpose of this is that. this vocal cord vibration, creates a calming feeling within each harmonize everyone's nervous system!

- d) Ask the children to hold the BBBBBBZZZZZZZZZ sound whilst breathing out for as long as possible.
- e) To then inhale deeply to continue their vocalisations.
(Continue for several minutes until relaxation is achieved).

Mindful activity 5: 10 mins

Affirmations part 1



CIRCLE TIME – HOT POTATAO

We sit down and discuss the following questions:

- What does it feel like to feel good about yourself?
 - Does everyone feel good about themselves? Why or why not?
 - What makes the difference? (i.e. what people say to themselves)
 - I will explain affirmations (notes) and lead the group stating some positive affirmations and ask students to repeat:
 - 1) "I am good.
 - 2) I am kind.
 - 3) I am helpful.
 - 4) I am valuable.
 - 5) I make a difference."
- a) Pass around a stuffed pillow and ask each child to say a positive affirmation about him/herself. I will help children who need help articulating.
 - b) Once everyone gets the hang of it, we will play the "**Hot Potato Affirmation Game**"
The student who is thrown the pillow must quickly say a positive affirmation about her/himself and then quickly throw the pillow to another student.

Mindful activity 6: -10 mins

Affirmations part 2

AWESOME ME

- a) Issue sheets of cartoon outline of child, and ask the children to write in as many affirmations as they can about themselves onto the sheet. – they can take these home with them.

I am....

I AM STRONG 
I AM WILLING 
I AM LOVE 
I AM ACCEPTING 
I AM A MIRACLE 
I AM ENOUGH 
I AM ABUNDANT 
I AM HAPPY 
I AM CONFIDENT 
I AM ALL I NEED 

Mindful activity 7: Affirmations part 3 -



AFFIRMATION TREE



- a) Having already blue-tacked the 'Tree of Positivity' onto the wall, issue leaves to each child and ask them to write down their favourite affirmation of themselves onto the leaf for the tree to hold.

*(Have students add a new leaf of positive affirmation each week about themselves).

Mindful activity 8: - 10 mins

Guided Imagery



IMAGNIATION GLASSES



- a) We make 'Magical Glasses' out of pipe cleaners.

(From now on, students see your classroom in a magical way. Everything is beautiful and magical! Here in this classroom, dreams come true and we all get to be whatever we want to be)!

Children will bring the glasses to each class and use them at home.

Plenary: 10 mins

Mindful activity 9: Relaxation



LOOSE AND LIMP RAG DOLL

- a) Ask the children to lay on the floor, spreading themselves out (whilst wearing their 'Magic Glasses'.
- b) 'Close your eyes and imagine you are a rag doll.
- c) Think about how loose and limp a rag doll is and allow your body to become that loose and limp.
- d) Your arms hangs down completely loose, limp and floppy.
- e) Allow your whole body to become as loose and limp as possible.
- f) Feel your arms go limp, your neck, your face, your forehead, now your tummy goes limp and relaxes completely, your legs go limp and relax... even your feet and toes feel completely loose and limp... just like that loosely, limp, floppy ragdoll.
- g) If I were to pick up your hand.. your arm would just flop right back down... allow your body to become that relaxed... just allow it.
- h) It feels so good to just relax like this... you are a completely relaxed rag doll.
- i) Now just imagine that a you are someone's rag doll.. someone who loves you very much! That special someone thinks you are the very best rag doll in the whole wide world! That person loves you and says wonderful loving things to you every single day. All of those loving things about how special you are, and how loved you are... go straight into your heart and stays there your whole life.
- j) Even though your mouth is too relaxed to even smile... you carry that smile around in your heart all the time because you know deep inside you how very special and loved you are, no matter what!

Now when you're ready, open your eyes and give your body a BIIIIIGGGGGG stretch!
You've done a fantastic job!



Side notes:

Affirmations are positive statement said about oneself in the present tense. The way a child is feeling is largely affected by what statements the child continually says to him/herself.

By teaching children the power of using positive affirmations and reminding them how affirmations makes them feel, you will be helping them form their life view about themselves in a very positive way. This will help with stress management and self esteem for their entire lives.

Affirmation Tree – Print out and paste the tree outline to a large piece of construction paper or hang directly on the wall if you have a permanent space.

Name your tree if you like “Tree of Positivity” etc. The ‘Tree’ can also be a real set of lighted branches available at any store and you can attach the leaves with strings as tags of written affirmations to the branches.

Each week as the children write in more affirmations and aspirations on their newly printed (and even coloured in) leaves, the tree will fill up with more and more leaves.

Keep adding leaves of positive affirmations until the end of the 8 week class session.

Your class tree of positivity will be glorious in full bloom with many, many leaves. You can remind the children that just as you are working together as a group to nourish and grow the tree, so are the affirmations and good thoughts acting as seeds to grow in their lives.