



# RESILIENCE

for our students,  
our families and each other

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Physical, social and emotional lessons  
for the classroom and at home



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# MINDFUL BODY



Sitting quietly, cross-legged on the floor or comfortably in a chair.

You are going to learn to **TAME** your  by sitting in your Mindful Body.

## Build Self-Awareness and Self-Management

-  **1. T is for take a breath.** Do this by gently breathing in through your nose. Feel your belly rise as you breathe in and soften as you breathe out.
  - 2. A is for align your spine.** Thread an imaginary piece of string through the tippy top of your head and gently pull it up towards the sky.
  - 3. M is for mind on breath.** Focus your attention on your breath and only your breath. Notice the feel of your nostrils as you breathe in, feel your belly rise, and notice your belly soften as you breathe out.
  - 4. E is for eyes closed or gently lowered.** If you find it difficult to close your eyes, lower your gaze downwards. See if you can sit in your mindful body for one minute. If your mind wanders, simply refocus your attention on the breath.
  - 5. Take another mindful breath in.** As you breathe out, listen for any sounds in the room. Notice the parts of your body in contact with the floor. Gently open your eyes.
-  • We can come into our mindful body at the beginning of each mindfulness activity.



What sensations do you notice?  
When would it be helpful to use your mindful body?  
Did your mind wander to the past or present?



Improves posture and develops awareness of body and breath.



Higher brain function, increases awareness and focused attention.



I am focused.



# SPELL YOUR NAME WITH BELLY BREATHS



Sitting quietly, cross-legged on the floor or comfortably in a chair.

**TAME** your  by sitting in your Mindful Body.

Take a breath, **Align** the spine, **Mind** on breath, **Eyes** closed or gently lowered.



## Build Self-Awareness and Self-Management

- ▶ **1.** Take a breath in. As you breathe out, silently say the first letter of your name. If your name is Jane, after breathing in, you would exhale and say 'J', then on the next exhale 'A' and so on. Continue until you have spelled your whole name.
  - ▶ **2.** Take another mindful breath in. As you breathe out, listen for any sounds in the room. Notice the parts of your body in contact with the floor. Gently open your eyes.
- + • It is okay if your mind wanders. Just refocus your attention with kindness.



Do you feel different to how you felt before the activity?  
Did your mind wander while you were spelling your name?  
When would it be useful to use this activity?



Develops coordination and awareness of the body and breath.



Higher brain function, increases awareness and focused attention.



I am calm.



# SLIDE



Strengthens and relieves stiffness in the shoulders, spine, legs, arms and ankles. Improves posture



Increases body awareness, increases focused attention, learn through movement how to use positive self talk.



I am fair.

Make sure you are warmed up before starting this posture



1

Sit with your legs straight out in front of you with your toes pointing to the ceiling, spine straight, fingertips facing away from the body and palms pressing into the ground.



2

Bend your knees and draw your heels in towards your body. Press your feet and hands down to the floor. Is all of your hand on the floor? Is all of your foot on the floor? Now lift your hips until you come into a reverse-tabletop position. Make the torso and thighs parallel to the floor; shins and arms even like the legs of a table.



3

Imagine there is a glass of water on your belly. Can you count to 5 and stay stable like a strong table so the water doesn't spill? Practise concentrating on smoothly breathing in and out.



• To come out, gently lower your hips to the floor.



- How did it feel in your body?
- What did you notice happened in/to your mind?
- Why is choosing to do the right thing and act fairly important?
- Why is choosing to use your inner and outer strength to do the right thing and act fairly towards those around you so important?
- Does fairness mean we must treat everyone the same or can fairness mean we make different accommodations to suit everyone's needs fairly?



# ARROW



Increases co-ordination, balance and focused attention.



Opportunity to learn through movement how to use positive self-talk.



I persevere.



Come to a tabletop position. Hands under your shoulders, knees hip-width apart.



1

Tuck your toes under, come to downward-facing dog pose. Place your right hand to the middle of the mat next to the left hand. Make sure you don't hold your breath.



2

Take the right foot and place it little-toe-side down on the mat next to the left. Are you holding your breath?



3

Mindfully place your left foot on top of the right and take your left hand off the floor and to your left hip. Can you make your body one straight line?



4

Using all your focus, can you begin to bring the top hand up towards the ceiling? To come out, return to dog pose. Bend the knees and rest your arms and head on the floor. Don't forget to do the other side!



- Option: Keep the bottom knee down for extra support.
- Challenge: Lift the top foot up to the sky to balance on just one hand and one foot.



- What other areas of your life do you think that you need to have patience and persistence?
- What did you notice happened in/to your mind?
- Courage is taking a healthy risk and balancing on only one foot. What other healthy risks do you need courage for?
- You won't know until you try; it takes courage to try and keep practising something until you feel confident. What would happen if you always let fear stop you? Discuss some ways you can support yourself to be more courageous when you feel nervous or afraid. Discuss some ways you can support others when they feel nervous or afraid.



# BOAT



Strengthens your core, hip flexors and spine.



Increases balance, body awareness, focused attention and provides opportunity to learn through movement. How to use positive self-talk.



I am stable.



Sit with your legs out straight in front of you with your toes pointing to the ceiling, spine straight, and your fingertips touching the ground beside your hips.



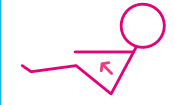
1

Bend your knees, hold your shins. Keeping your spine very straight and your courageous chest lifted, lean back.



2

Breathe smoothly, now firm your belly. Raise your feet off the ground and bring your shins to a tabletop position. Remember to keep your boat afloat and don't sink in the spine.



3

Using all your inner strength and focus, slowly begin to lift your arms off the ground and stretch them forward. Can you balance on your sitting bones?



4

If you listen really well you might be able to hear the sound of the ocean in your breath. Can you hear it? To come out, return your feet to the ground.



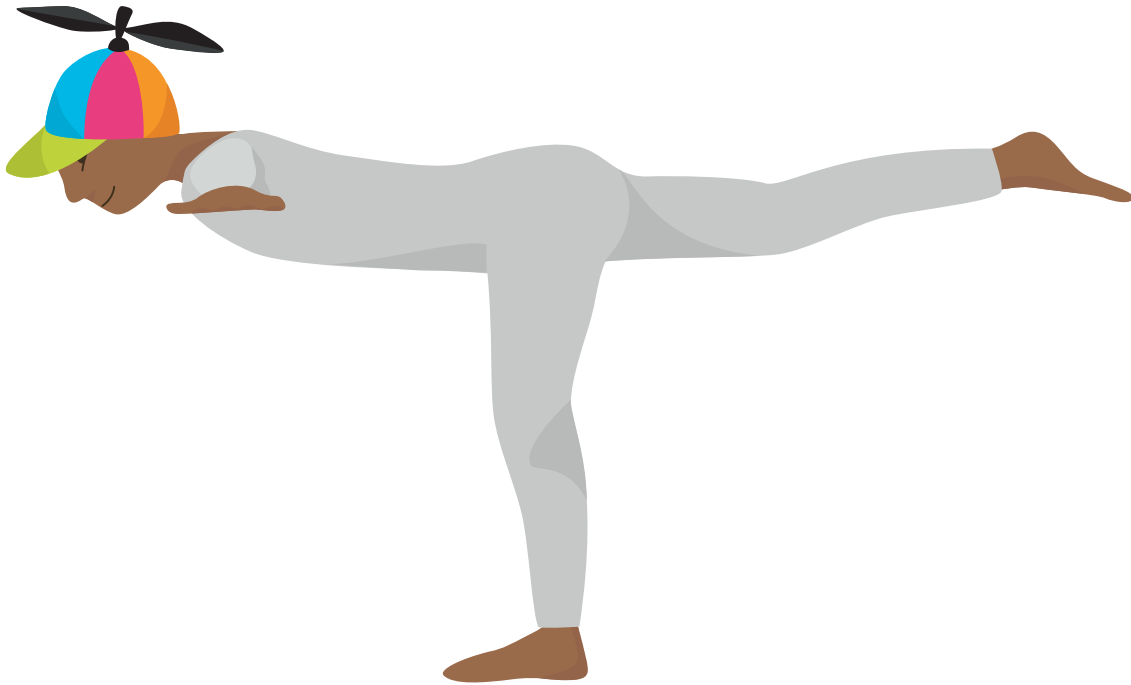
• Try to straighten one leg and then both. Hold for five seconds and then lower completely to the floor.



- Discuss what sensations you noticed in your body whilst doing this pose. Discuss what you said to yourself to help you stay in the posture? To stay stable, we need to be aware of our whole body, notice which part is becoming off balance and re-adjust in the moment. Discuss if there are any other areas of your life that you may need to use awareness and adjustment for to keep you balanced. How did it feel in your body?
- What did you notice happened in/to your mind?
- How did you use your inner and outer strength to hold for longer?



# AEROPLANE



Stretches the legs, torso and shoulders.  
Strengthens the ankles, legs, spine and arms.



Increases senses, spatial awareness, balance and focus.



I am joyful.

Stand tall and proud in mountain pose. Step or mindfully jump your feet a legs distance apart, extend your arms out to shoulder height.



1

Turn your feet, hips, torso and head to face over your right foot. Bend your front knee, bringing it in line with your ankle. Notice the more you bend your knee, the more you need to reach your arms to the ceiling.



2

Keeping your arms and legs steady, find a point to focus your eyes on in front of you. Extend your torso along your front leg. Really strongly extend your arms out to the side like huge aeroplane wings. Can you imagine you are flying?



3

Very slowly and mindfully begin to raise your back leg up, keeping it long, as you carefully straighten your right leg. Now you should have two straight arms and two straight legs and be balancing on one leg. If balance is very hard, then take your fingertips to the floor to help you stay.



4

To come out, lower your back leg to the ground. Keep lengthening your spine as you come up. Turn to the front and jump or mindfully step the feet back together in mountain pose. Don't forget to do the other side!



- Breathe in, straighten your right leg, raise your arms up to the ceiling. Breathe out, bend your right knee, and stretch your trunk and arms out over the bent leg. Come back up, straightening the front leg. Repeat 4-5 times.



- How do you feel when you are doing this posture?
- Joy is a feeling of great happiness and excitement. What is it about this pose that helps you feel joyful?





# TRIANGLE



Stretches the legs, torso and shoulders. Strengthens the ankles, legs, spine and arms.



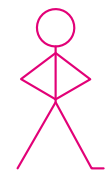
Helps to develop balance, flexibility, concentration, and inner and outer strength.



I am confident.

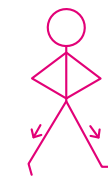


Stand tall and proud in mountain pose.



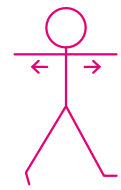
1

Step or mindfully jump your feet a leg's distance apart, turn the right foot out so that the inside of your foot is parallel to the long edge of the mat. Align the middle of your thigh, knee and front foot. Place your hands on your hips.



2

Pick-up your back heel and turn it out slightly. Lift your knees and make your legs so strong that you feel like you are connected to the earth.



3

Stretch your arms out at the height of your shoulders and see if you can imagine touching your fingers to the walls.



4

Breathe out, extend the whole of your torso out from your hips to the right, as if you were sliding between two panes of glass.



• Place your right hand to your shin, left reaching strongly to the sky.



- To come out, press the feet down to firm the legs. Breathe in, lift the arms and torso up. Turn the feet forward and jump or mindfully step the feet back together.
- Don't forget to do the other side!



- What did you notice happened in/to your mind? Why do you think confidence is important?
- What type of role does your mind play in building confidence?
- How could you change your thoughts to build your confidence?
- What positive self-talk did you use to help you stay confident and balanced?



# PLANK AND BOAT BALL



Come to teams of five or more players.  
Each team will need a ball.

- How many different movement skills can you think of?
- Can you hold plank for 10 seconds?
- Can you hold boat pose for 10 seconds?

## Build Self-Management, Physical Awareness and Social Awareness

1. This game is a bit like tunnel ball. The twist is your team will make a tunnel using plank position. Line up, one behind the other, in your teams. The leader of your line will take two big steps forward and turn to face the team. The player at the end of the line will take one big step back. The other players in the team will turn sideways, so you are all facing the same way, and come into plank.
  2. The leader will roll the ball through the team and the player at the end will retrieve the ball. This player will then lunge or do any movement skill all the way around the participating teams. When they return to where they started, they will continue the movement to the right of their team and become the leader.
  3. Everyone will shuffle down, but this time the team will all hold boat pose and the ball will be thrown over the boats to the player standing at the end of the line. Once this player has moved all the way around the circle, then up the right side of their team, everyone will return to plank. Continue the game until all players have had a turn. Each time there is a new leader, the tunnel will alternate from plank to boat pose.
- If you need a rest from plank, lower your knees into cat pose.
  - This game is not a race; the real winners are the teams who work well together.
  - To keep the game fair, make sure you move around all the teams mindfully before moving up the side of your team. Decide on the best direction to move so all players are going the same way.



What kind of thoughts go through your mind when a movement is challenging?  
How can we change these thoughts to be more positive?



Develops gross motor skills, fitness, balance, postural control, muscular strength, coordination, body awareness and muscle tone.



Learning through movement, develops listening and decision-making skills.



I am resilient.



# JOURNEY INTO THE BODY

Build self-awareness, self-management and self-regulation



Lying on the floor with your arms by your sides and palms facing upwards.  
Let your feet fall out to the side.

**T A M E** your  by lying down in your Mindful Body.

Take a breath, **A**lign the spine, **M**ind on breath, **E**yes closed or gently lowered.

Build self-awareness, self-management and self-regulation.



1. Place your arms comfortably by your side and your palms facing upwards. Bring your attention to your breathing.
2. Take three, slow, deep breaths. Allow your breathing to return to normal and let your body become still.
3. We are going to take a journey around our body. As each place in your body is mentioned, focus your attention here. You might notice temperature, heaviness or lightness, softness or hardness, movement or perhaps nothing at all.  
Bring your attention to your feet. Notice what they feel like against your shoes or the floor. Move your attention to your knees. Your legs. Your belly – be mindful of one single breath. Your shoulders. Your arms. Your hands. Your fingertips. Your neck. Your face – hold your hands just in front of your eyes and let your eyelashes lightly touch your hands. Your head – can you feel the hair on your head? Your ears.
4. Keep your whole body still. Notice how it feels. Bring your attention to your breathing. Think about your breathing for three breaths. Gently wiggle your fingers, then your toes. Then gently and quietly sit up in your mindful body.



- The body scan can also be done while sitting.
- An alternative activity is for students to squeeze each body part on the inhale and release on the exhale.

How do you feel after your body scan?

What sensations did you notice?



Were there any parts of your body you don't remember scanning?

If your mind wandered, was it into the past or the present?

Were you able to bring your mind back to focus on a part of your body?



Develops connection between the body, the breath and the mind.



Higher brain function, develops listening skills and increases awareness and focused attention.



I am present.

