



RESPECT • TRUST • COURAGE • AMBITION

# Mindfulness and Wellbeing Club

At Lord Lawson of Beamish Academy



World Book Day 2024

# mindful

/ˈmʌɪn(d)f(ʊ)l/

*adjective*

1. conscious or aware of something.
2. focusing one's awareness on the present moment, especially as part of a therapeutic or meditative technique.  
"tune in to your body and be mindful"

# mindfulness

/ˈmʌɪn(d)f(ʊ)lnəs/

*noun*

1. the quality or state of being conscious or aware of something.  
"their mindfulness of the wider cinematic tradition"
2. a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations, used as a therapeutic technique.



TRY  
your  
BEST!

A hand-drawn illustration on a pink background. The word 'TRY' is written in black, outlined letters. Below it, 'your' is written in a smaller, blue, cursive font. The word 'BEST!' is written in large, colorful, outlined letters: 'B' is green, 'E' is orange, 'S' is blue, 'T' is pink, and '!' is blue. The background is decorated with small flowers in pink, blue, green, and purple, and some purple and pink swirls.

when feeling  
Stressed ☹️  
take a step back  
and relive in  
the moment

A hand-drawn illustration on a green background. The text is written in a cursive font. The word 'Stressed' is in a larger, bold font and is followed by a sad face emoji (☹️). The background is decorated with small hearts in various colors: brown, green, and purple.



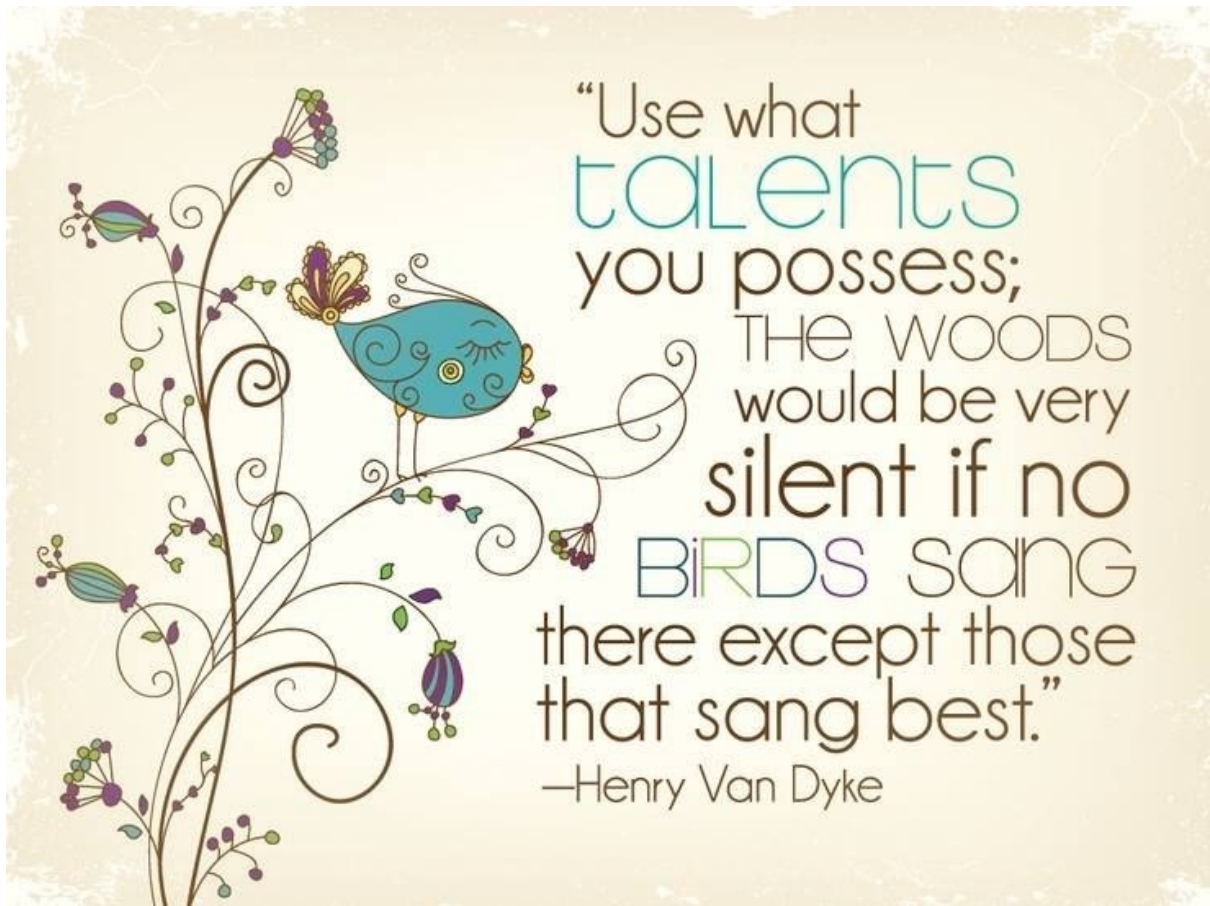
Mind Full, or Mindful?

It's okay to cry  
that's how  
rainbows are made





## Words of wisdom from staff



Mrs Kemp

If you do what you've always done, the future will look a lot like the past.

(In other words, if you don't like the way something is going, make a change)

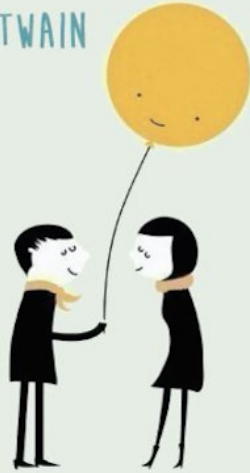
Mr Bramham

"Tomorrow is a new day with no mistakes in it"  
From Anne of Green Gables

Mrs Gray

THE BEST WAY TO  
CHEER YOURSELF UP  
IS TO TRY TO CHEER  
SOMEBODY ELSE UP.

-MARK TWAIN



Mrs Leyson

When I need some  
'me' time I like  
to be in nature—  
by the sea or in  
the forest is my  
favourite.

Mrs Kemp

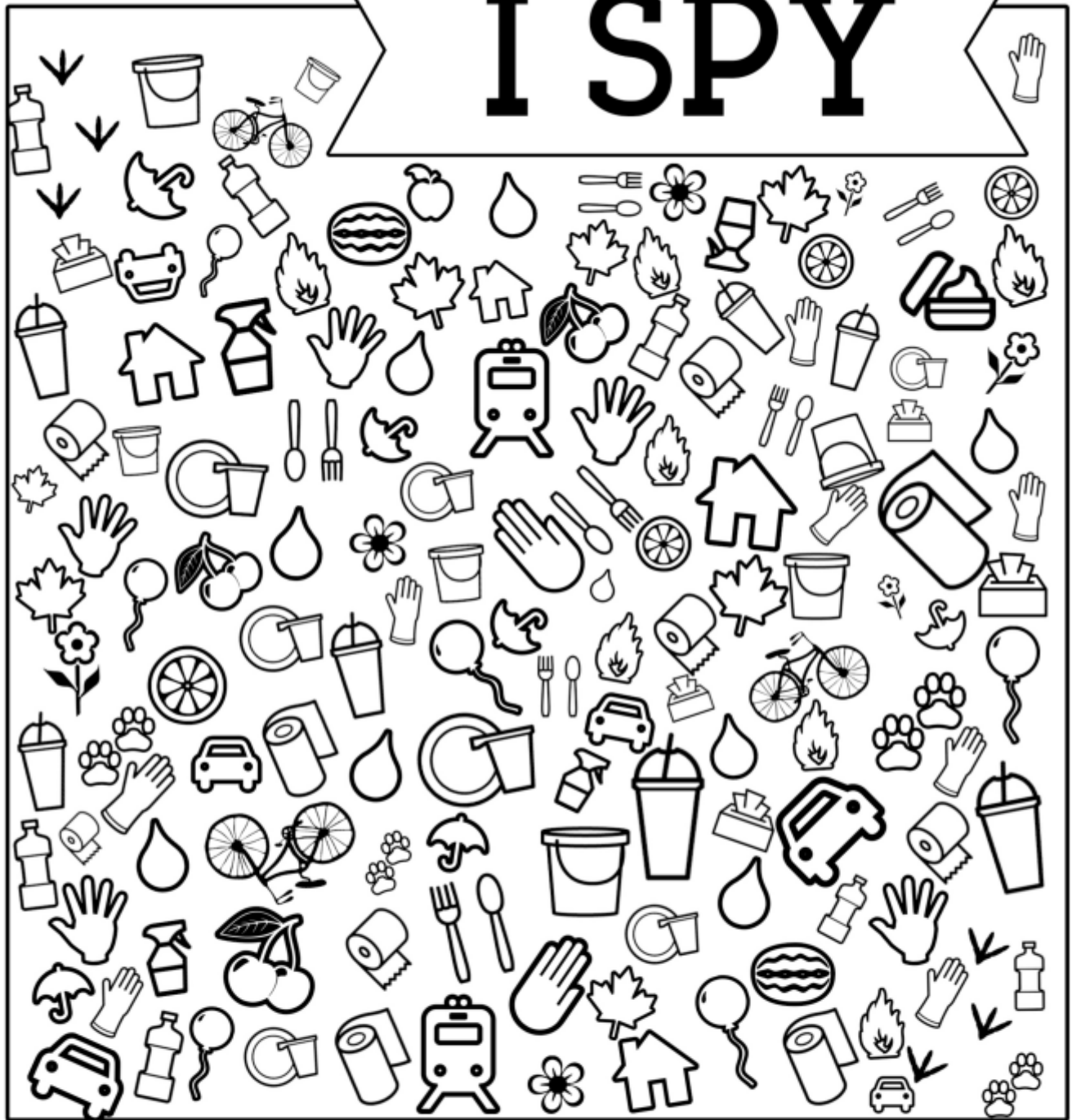
I love listening to my feel good  
songs and dancing around the kitchen  
with my black Lab Baker.

I also love a good back massage and  
a scented candle.

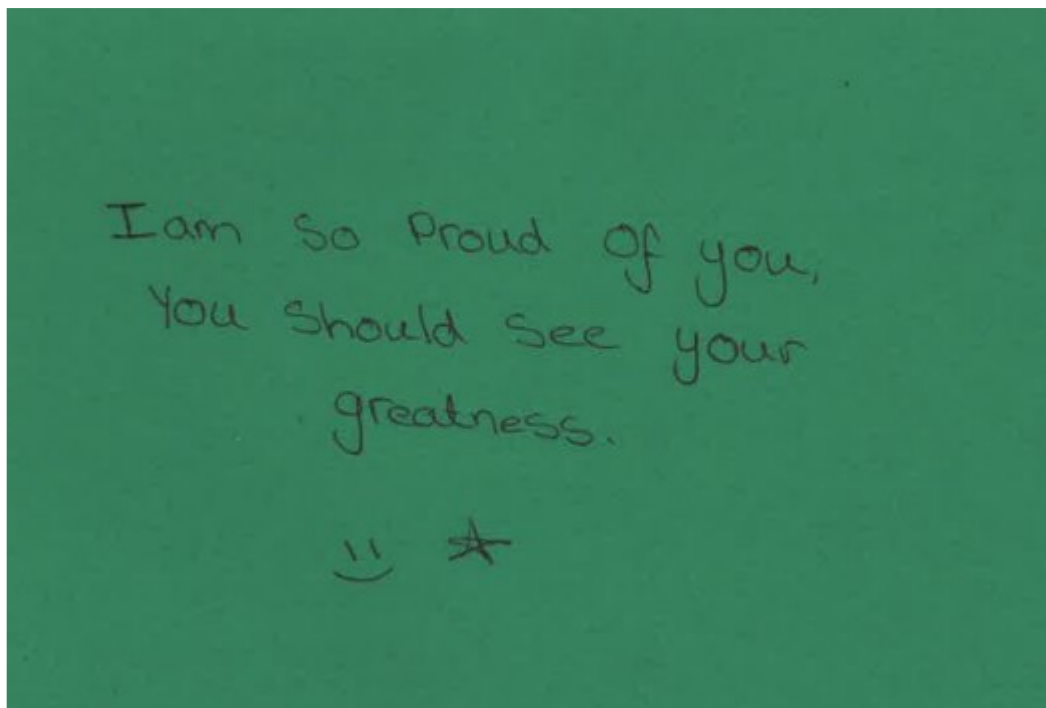
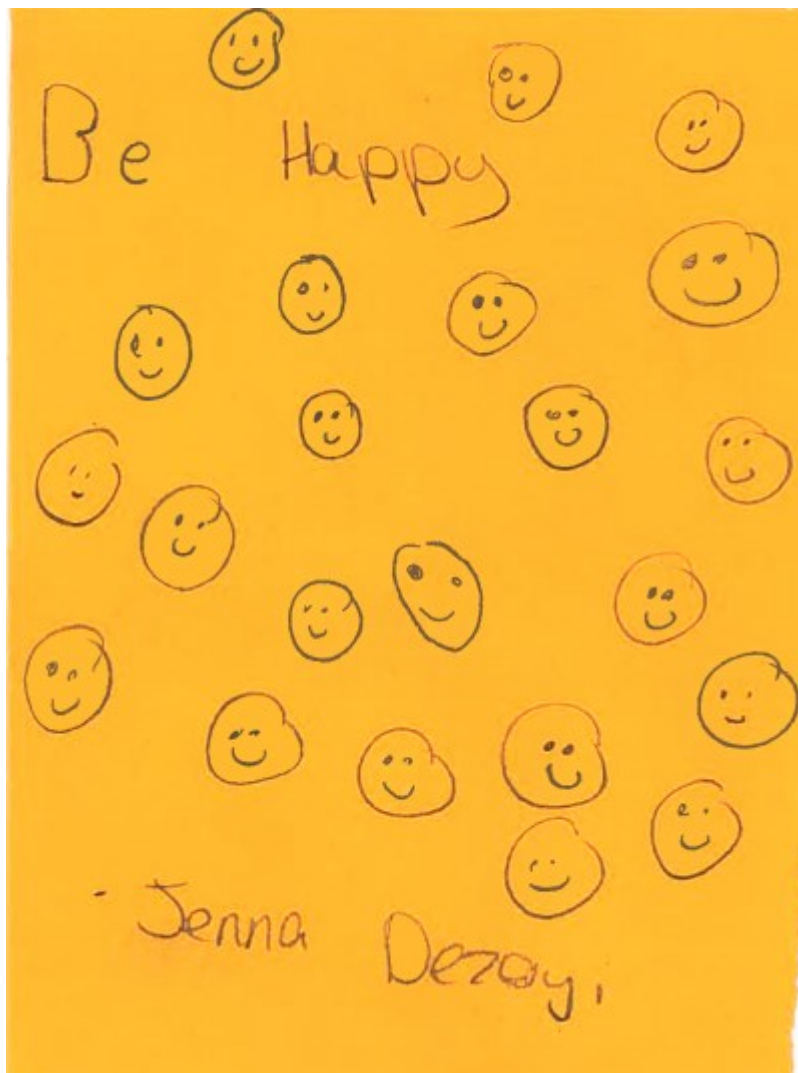
Mrs Wakefield

Things to try...

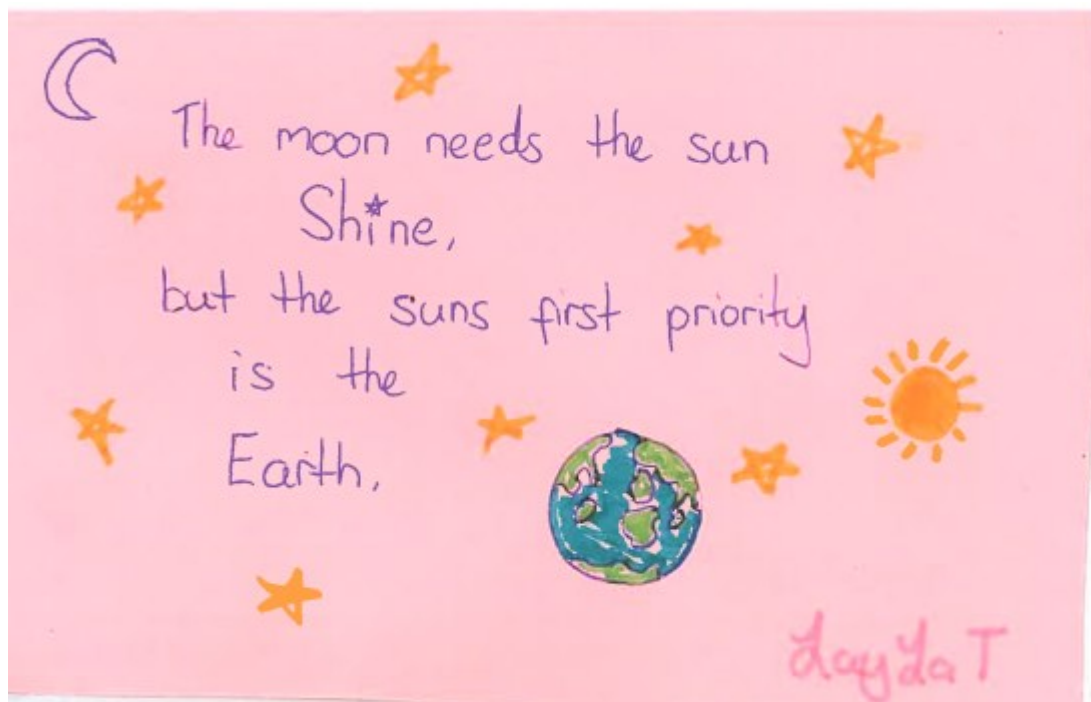
# I SPY



- |   |  |   |  |   |  |   |  |   |  |   |  |   |  |   |  |   |  |
|---|--|---|--|---|--|---|--|---|--|---|--|---|--|---|--|---|--|
| 2 |  | 4 |  | 4 |  | 2 |  | 4 |  | 5 |  | 7 |  | 4 |  | 6 |  |
| 1 |  | 6 |  | 7 |  | 1 |  | 3 |  | 6 |  | 7 |  | 4 |  | 7 |  |
| 3 |  | 2 |  | 4 |  | 6 |  | 2 |  | 7 |  | 3 |  | 9 |  | 6 |  |







Reach for the  
MOON

Even if you  
miss, you'll  
land upon the

STARS



"It isn't playing dirty  
if you win."

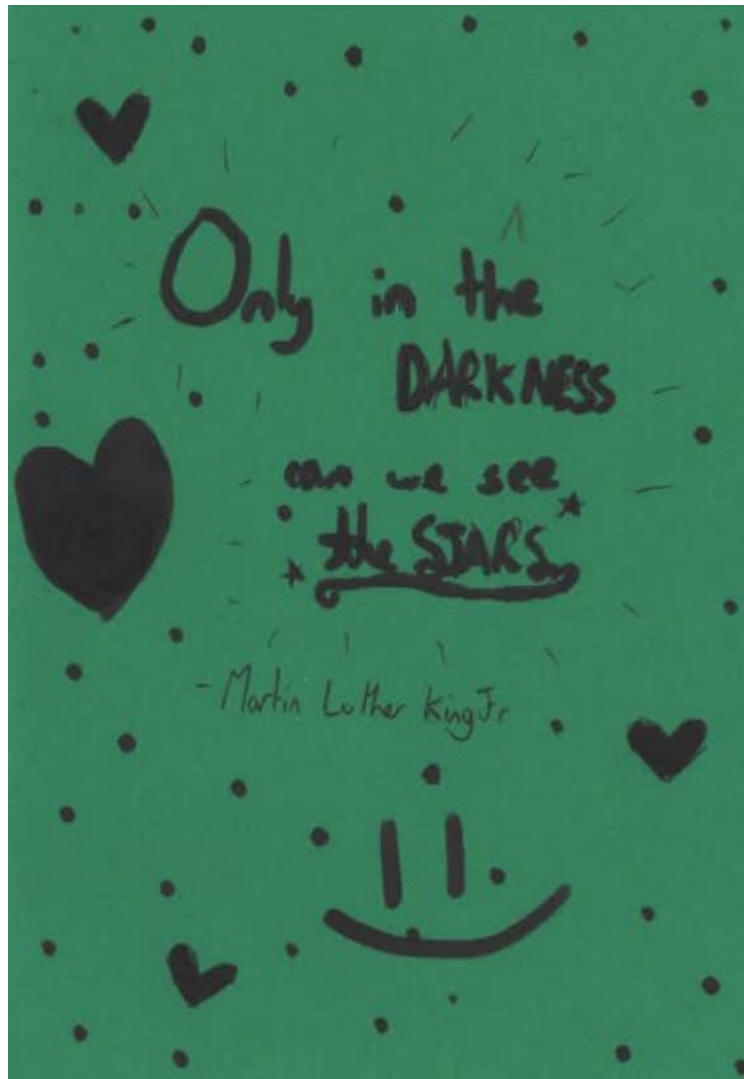
— Nash Hawthorne

I Always Spot Opportunities  
And I Never Doubt That There  
Are Always New Doors Open For Me

You could write  
or Read or draw  
or dance.

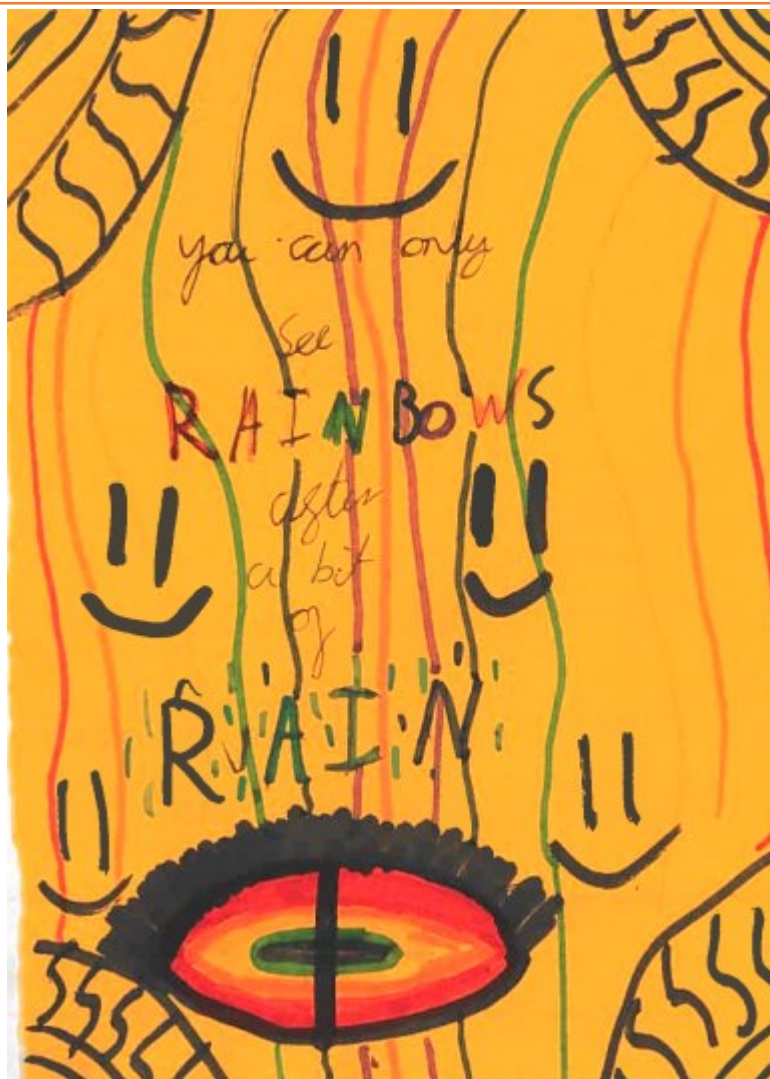
Do whatever  
makes you happy

— Phoebe bell



"Practice until you  
make your dream  
real one day!"

I usually dance  
or doodle in your  
book when I'm stressed



In Darkness there will  
Be Light. For One Cannot  
Exist without the other.

Feeling Stressed? Take  
a step back and  
talk to someone  
about your feelings  
to help you.  
Anxiety Kiss My Butt



## What can you do to be mindful?

Painting



Knitting

Sewing

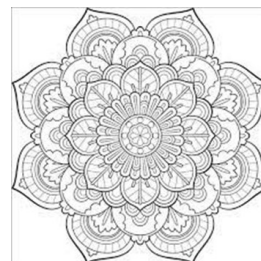
Do something  
creative...

Embroidery

Crochet



**Do some exercise.** All exercise is good for your mental health, but walking in nature or yoga/pilates are particularly good for mindfulness.



Do some  
mindful  
colouring



**Take some time outside.** Listen to the birds, look for pictures in the clouds, smell the flowers.

**Keep a diary or a journal.** Spend some time each day thinking about how you feel and writing it down.



## Is it all getting a bit too much?

A panic attack is a sudden and intense feeling of fear and anxiety. It can happen quite suddenly and feel overwhelming or scary.

Everyone experiences panic attacks differently and your feelings are valid. During a panic attack, you might also feel like you can't control what's happening to your body or feel out of touch with what's going on around you. You might feel scared that your body is in danger or feel like you're having a heart attack.

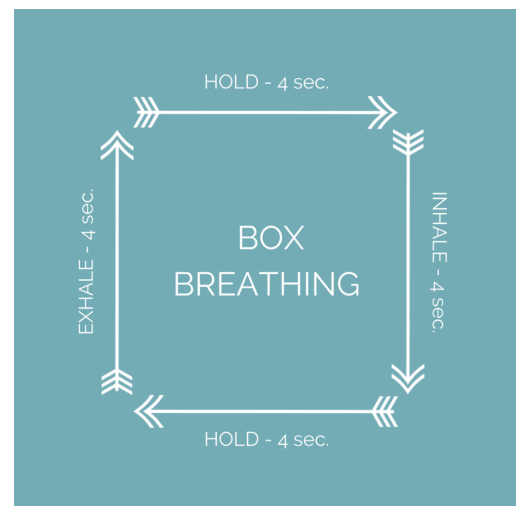
Although this can feel very frightening, it's important to know that a panic attack won't cause you any harm. Even if you don't feel it during an attack, try to remember you are in control and the feeling will pass.

### When you are having a panic attack, your body can react in different ways. You might:

- feel out of breath, start breathing really quickly or find it harder to breathe
- feel light-headed, like you might faint
- find lights a lot brighter and more intense
- experience your heart beating really fast
- sweat more than usual
- feel shaky
- have wobbly legs
- have pains in your chest
- be teary, or feel like you can't stop crying
- feel stuck, like you can't move
- have stomach cramps

During a panic attack, you may feel like you are losing control, but there are things you can do to feel back in control or feel 'grounded' again.

Try some of these...



### abc GROUNDING TECHNIQUE

Look around and see if you can name an object that you see or hear around you that starts with as many letters of the alphabet as possible.



# COPING SKILLS ALPHABET

Aa

Ask for help



Ff

Fidget toy



Kk

Kindness to yourself & others



Pp

Practice mindfulness or meditation



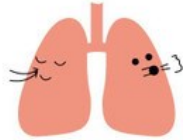
Uu

Use positive affirmations



Bb

Belly breaths



Gg

Grounding exercises



Ll

Listen to music



Qq

Question negative thoughts



Vv

Visualize a peaceful place



Cc

Count to 10 or 100



Hh

Hug a loved one or pillow



Mm

Make a gratitude list



Rr

Run, Walk or jog



Ww

Watch a movie or TV show



Dd

Do something creative



Ii

Ignore negative people



Nn

Enjoy Nature



Ee

Eat a healthy snack



Jj

Journal



Oo

Open up to friends or family



Tt

Take a break



Zz

Get enough Zzz's



Xx

Exercise



Yy

Yoga





Need more help?



**Kooth** is a free online service offering emotional and mental health support for children and young people

[www.kooth.com](http://www.kooth.com)



**ChildLine**  
0800 1111



**SAMARITANS**



**HARMLESS**  
support | information | training | consultancy



**YOUNG MINDS**  
fighting for young people's mental health



**Be Mindful**

[harmless.org.uk](http://harmless.org.uk)

[youngminds.org.uk](http://youngminds.org.uk)

[samaritans.org](http://samaritans.org)

[bemindful.co.uk](http://bemindful.co.uk)

Samaritans 116 123

Childline 0800 11 11