



# Mindful Moments



# How to Use

This pack has been created to help support you to build **healthy habits**.

The cards are colour coded for different types of support:

## Breathing Techniques

To help you feel calm

## Grounding Techniques

To help stop wandering thoughts

## Words of Kindness

Talk to yourself with kindness

## Further Help

Where to go if you need support

# Breathe

Try this for 3 – 5 minutes with a break every 1 minute:

Inhale for **4 seconds**

Hold your breath for **7 seconds**

Now breathe out for **8 seconds**

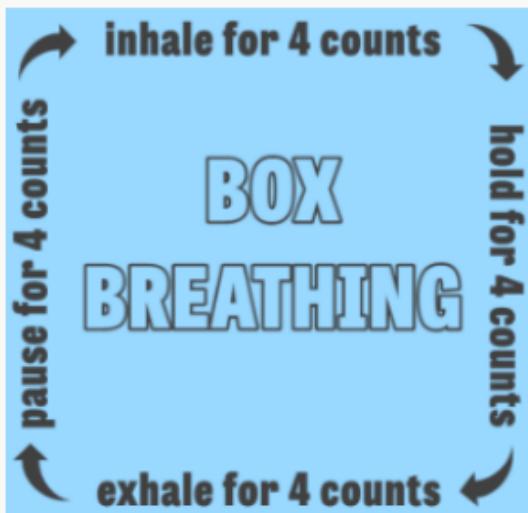
Repeat



# Breathe

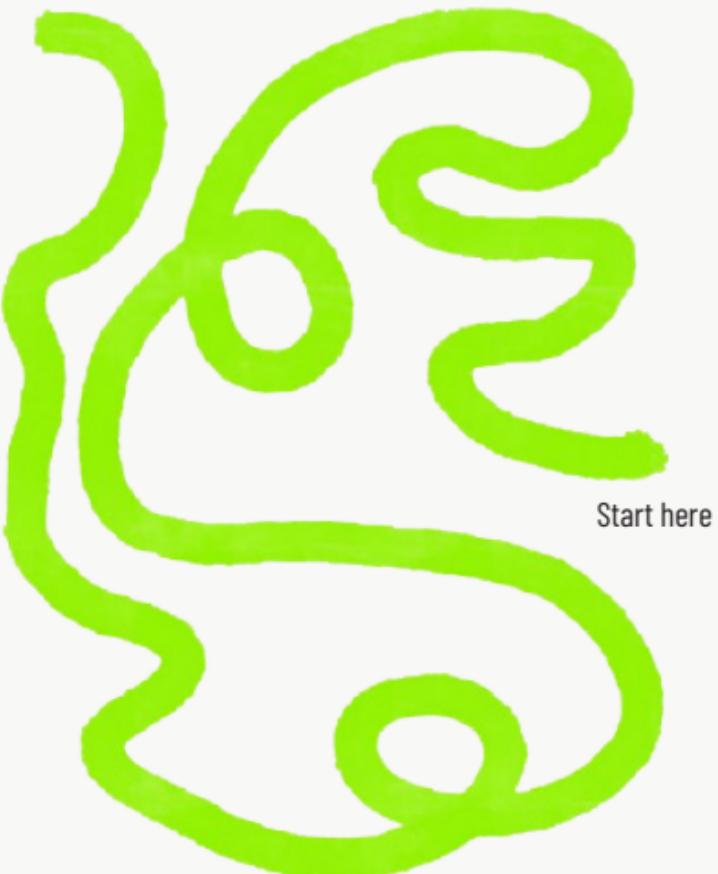
## Box Breathing:

1. Breathe in for the count of **4**.
2. Hold for the count of **4**.
3. Breathe out for the count of **4**.
4. Hold for the count of **4**.



# Breathe

Use your finger to trace along the line while you **focus on breathing** in and out.



# Breathe

Slowly trace the outside of the hand with the index finger, **breathing in** when you trace up a finger and **breathing out** when you trace down.

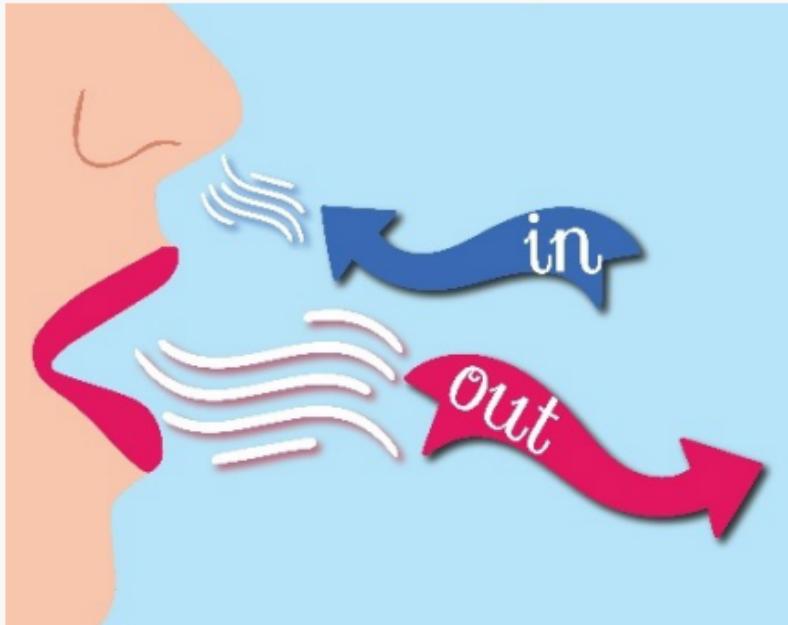
You can also do this breathing exercise with your own hand.



# Breathe

Breathe in through your nose for the  
**count of 5.**

Breathe out through your mouth for the  
**count of 5.**



# Breathe

1. **Hold up 5 fingers** and pretend they are candles on a birthday cake.
2. **Inhale a deep breath** through your nose.
3. **Exhale a deep breath** through your mouth to blow out a candle.
4. **Repeat** until all 5 candles are blown out.

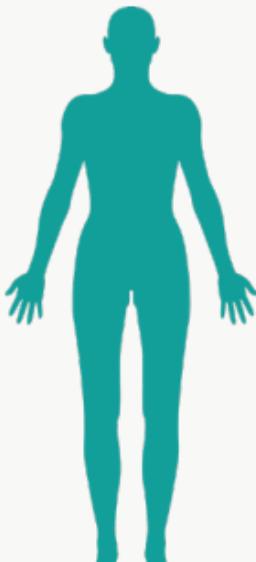


# Grounding

## Body Scan

Do a scan of your body. Focus on each place where your body is touching another surface.

Start at your feet and work your way up to your head.



# Grounding

5-4-3-2-1

5

THINGS YOU CAN SEE



4

THINGS YOU CAN TOUCH



3

THINGS YOU CAN HEAR



2

THINGS YOU CAN SMELL



1

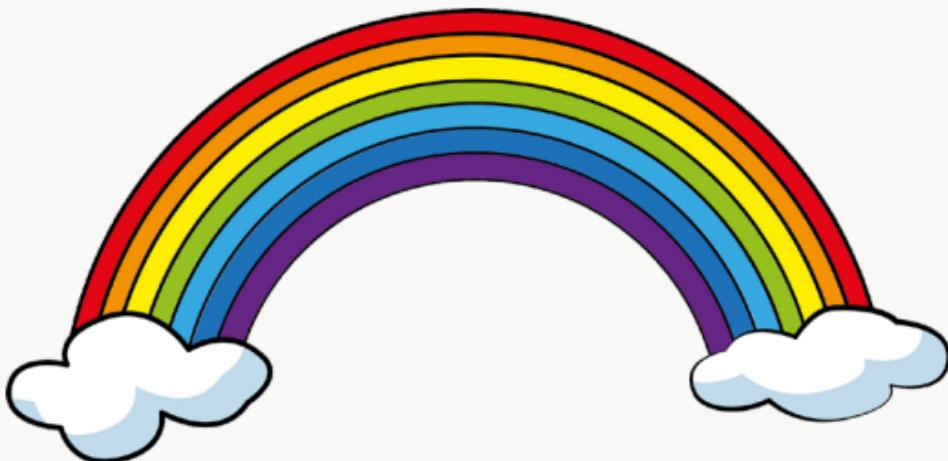
THINGS YOU CAN TASTE



# Grounding

## Rainbow

Look around you and try to find objects of each colour of the **rainbow**.



# Grounding

## Colours

1. Pick a colour to focus on e.g., **green**.
2. How many **green** things can you see?
3. Close your eyes. How many **green** things can you imagine?



# Grounding

## Water

Splash some cold water on your face or arms.

How does it feel?

What do you notice?



# Grounding

## Stretch & Move

Do something physical, like stretching, jumping up and down, stomping your feet, running up the stairs, etc.

**Notice how your muscles feel as you do this...**



# Words of Kindness

## Tests & Exams

I am **well prepared**.

I have done this before, I **can do it** again.

Worries, **you can't beat me!**

I have worked hard, **I've got this!**

**I am excited** to show what I can do.

# Words of Kindness

## Friendships

I attract **positive** and **real** friendships into my life.

My heart is open to **new** and **meaningful** connections.

I am a **good, caring** friend.

I am a magnet for **kind** and **supportive** people.

I make others feel **happy**.

# Words of Kindness

## Personal

I am **resilient**.

I am **enough**.

I am a **strong, capable** person.

I can get through **anything**.

I **deserve** to feel joy.

I am **happy** to be me!

I can do **amazing** things.

# Words of Kindness

## Future

I am confident that there is a **bright future** ahead of me.

Each step I take leads me **closer to my dreams.**

I can reach my **goals.**

The future holds many **possibilities.**

I am building my future.

# Further Help

## Build a sleep routine

1. Try to get some sunlight during the day and **be active**.
2. Have a **regular bedtime** and **wake time**.
3. **No caffeine** 6 hours before bed.
4. Do not use devices within the **hour before bed**.
5. Build a **soothing** bedtime routine.
6. Practise **breathing exercises** to help you relax.

# Further Help

## Feeling sad?

Make time for **yourself**.

Talk to someone you **trust** about how you feel.

Spend time with people who **make you feel good**.

Do an activity that **makes you happy**.

If you are struggling, text **SHOUT to 85258** to access help.

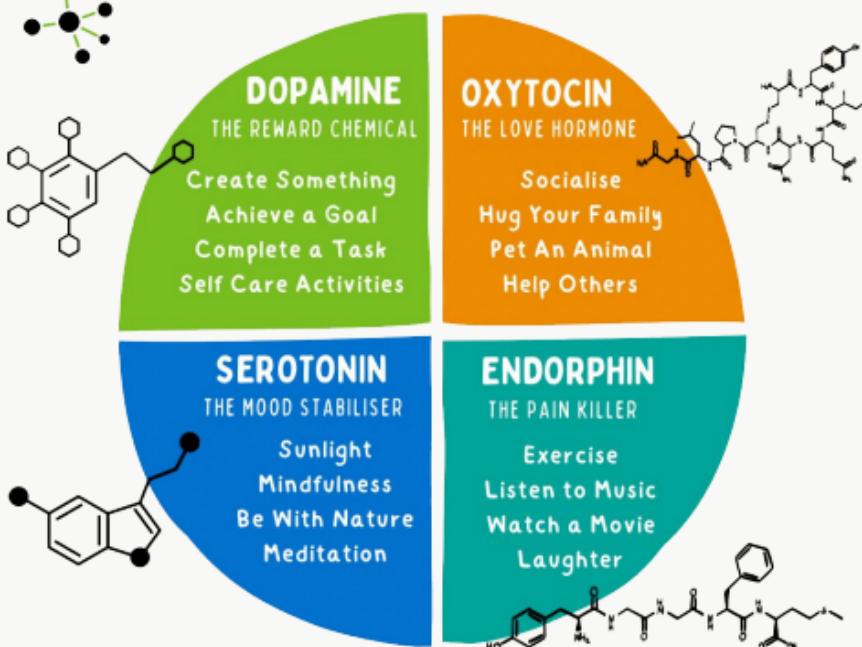
This is a free 24-hour service

Text **SHOUT** to **85258**

# Further Help

## Mood Boosters

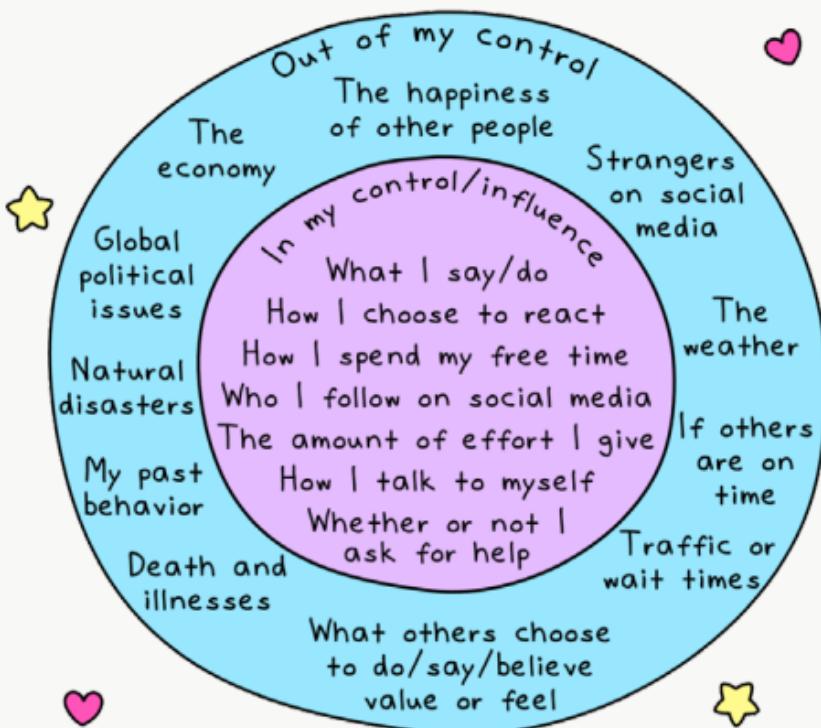
GET YOUR DAILY DOSE  
OF HAPPY CHEMICALS



# Further Help

## The Circle of Control

The Circle of Control can help us to understand what we can and cannot change.



# Further Help

## Self Care

Take the time to do things that improve your wellbeing.



# Further Help

## Growth Mindset

Swap unhelpful thoughts...

### INSTEAD OF

### SAY THIS

I'M NOT SURE I CAN DO IT

I'LL KEEP LEARNING  
I'LL KEEP TRYING

I DON'T KNOW HOW

I CAN LEARN HOW

I DON'T LIKE TO BE CHALLENGED

CHALLENGES HELP  
ME GROW

THIS IS TOO HARD

WITH MORE PRACTICE  
IT WILL GET EASIER

I'M NOT GOOD AT THIS

WHAT CAN I DO  
TO GET BETTER AT THIS?

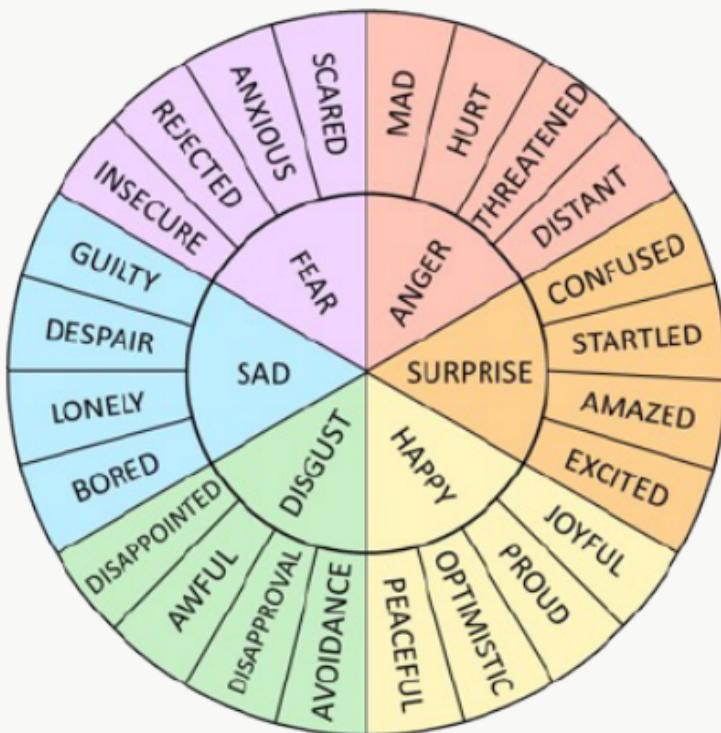
I'M AFRAID OF MAKING MISTAKES

MISTAKES HELP ME  
LEARN AND GET  
BETTER

# Further Help

## Feelings Wheel

Use the wheel to help you identify and discuss how you feel.



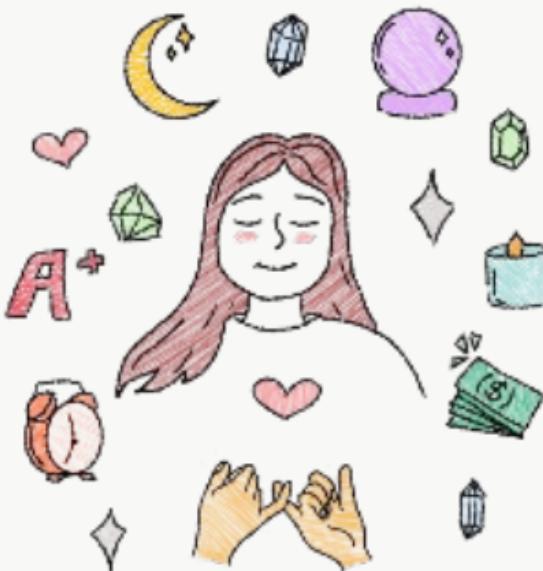
# Further Help

## Make it Happen

**Write it:** Write down your main goals

**Say it:** Remind yourself out loud what you want to achieve

**See it:** Stick up reminders



Anything



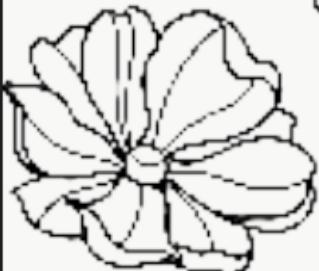
possible



HAVE A

• GREAT

• DAY.



PEACE

KEEP  
ON  
GROWING

# COMFORT CARD

Giving you comfort in times of need

Here are some **NHS-approved** apps to help reduce anxiety, improve sleep, lower stress and boost your mood:



Approved by  
**NHS**



If you are feeling like you can't cope,  
there are people you can talk to:

Useful numbers free to contact:

CONFIDENTIAL

**SHOUT** 24/7

Text SHOUT to 85258

**SCHOOL NURSE** Mon - Fri

Text: 07507 329 600

**CHILDLINE** 24/7

Call: 0800 1111

**SAMARITANS** 24/7

Call: 116 123

Email: jo@samaritans.org

**CAMHS CONNECT** 9am - 7pm

Call: 0300 1111 022