

Mindful Moments



Children's Mental Health Week

9th -15th February 2026

This week, we are exploring how **small mindful moments** can make a **big difference** to mental health and wellbeing. Mindfulness does not have to take a lot of time, just a few seconds to pause, breathe and notice what is around you, can help you feel calmer and more focused.

Use of **Mindful Moments** can:

- reduce stress and help manage emotions.
- improve concentration and resilience.
- support long-term wellbeing through encouraging positive habits.

Aim:

To encourage **everyone** to try easy, everyday mindfulness activities, because even the smallest steps can have a powerful impact on how we feel, both in the moment and longer term.



Using this resource

This PowerPoint has been created to help everyone build healthy habits and take small steps towards better wellbeing.

How to use it:

Each class is encouraged to choose a different mindful activity to explore each day.

You can also refer to the **Mindful Moments PDF** in your pack for extra ideas.

At the end of the week, take time to reflect on what you enjoyed most and how it made you feel. Why not create a class or school display to celebrate your mindful moments?

At home:

Try some of these activities with your family to keep the mindful moments going beyond the classroom using the **Mini Moments at Home** guide, provided in the resource pack.

For staff:

Please place a copy of the activities and reflection prompts in your staffroom to start the conversation about how you can bring more mindfulness into your day too.

Activities



Breathing Techniques

What it is: breathing exercises help your body and mind feel calm. When you take slow, deep breaths, your heart beats more gently and you start to feel less stressed.

Why it helps: deep breathing tells your body it is safe and okay to relax. This helps you feel less worried and makes it easier to concentrate.

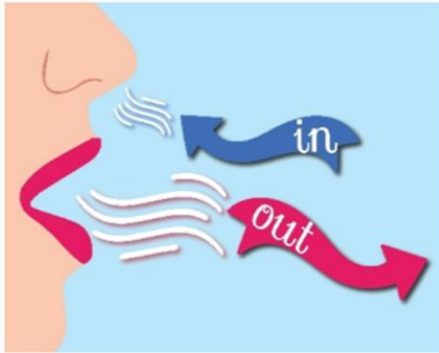
How to use: the next slide shows examples of breathing techniques you can try. Take a look, pick one that feels good and give it a go.

You might want to make up your own too!

1

Breathe in through your nose for the count of 5.

Breathe out through your mouth for the count of 5.



2

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.



3

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



4

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.



Grounding Techniques

What it is: grounding helps you stay present when you feel like your thoughts and emotions are getting too much.

Why it helps: it helps slow down fast thoughts and brings your mind back to what's happening now, so you can feel calmer.

How to use: the next slide shows grounding techniques you can try. Choose one and see how it feels.

You can even create your own version or share one you already know!

1

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?



2

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.



3

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



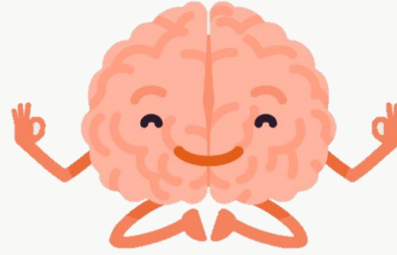
Affirmations

What it is: positive affirmations are kind things you say to yourself and can be used to change unkind thoughts.

Why it helps: they boost confidence, self-esteem and resilience, especially during stressful or difficult times.

How to use: the next slide has examples of affirmations. Read them and try saying a few out loud.

You could create your own positive statements which are personal to you.



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.

Mindfulness

What it is: fun and creative activities like colouring, writing, or thinking about good things help you share your feelings and feel happier by noticing the positives.

Why it helps: colouring helps your mind feel calm, writing helps sort out your thoughts and thinking of things you're grateful for reminds you of what's going well.

How to use: the next slide shows ideas for colouring, journalling and gratitude. Pick one and give it a go.

You could mix and match the activities to make it fun!

Colouring

Mindful colouring pages:

- [Mindfulness Colouring Sheets | Bumper Pack | Years 1-6](#)
- [Motivational Mindfulness Colouring | RSE | Beyond Secondary](#)
- [Positive Affirmations Colouring Sheets Printable | Twinkl](#)
- [Confidence Boost Mindfulness Colouring Pages](#)

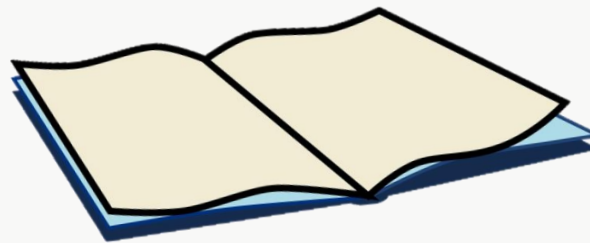


Journalling

(see slide notes for more tips)

How to get started with journalling:

1. Pick your **journal**
2. Find a **quiet spot**
3. Start **simple**
4. Use **prompts** if you're stuck
5. Make it **fun**
6. Keep it **short**



Gratitude

(see slide notes for more tips)

How to do it:

1. Find a **quiet moment**
2. Think of **three things** you're **thankful** for today
3. **Write** or **draw them** in your journal
4. **Share if you want**
5. **Bonus idea**
Create a gratitude wall in your classroom where everyone can add their notes or drawings.



Movement

What it is: moving your body through stretching, dancing or exercise helps release tension and boost energy.

Why it helps: physical activity increases endorphins (feel-good chemicals), reduces stress and improves focus and mood.

How to use: the next slide shows simple movement ideas you can try.
Pick one or two and notice how your body feels.

You can even invent your own moves!

Stretch & Move

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

Notice how your muscles feel.



Dance Break

Put on a song and move your body to the beat.

Notice how it changes your mood.



Balance Challenge

Balance on one leg for at least 10 seconds, then switch. Challenge yourself to balance using different body parts.

Notice how your body feels.



Shake It Off

Shake your arms and legs for 30 seconds.

Notice how it helps you to relax.



Walk The Walk

Whether it is a slow, mindful walk around the room, a good stomp in nature, or a speedy dash, walking is great for you.

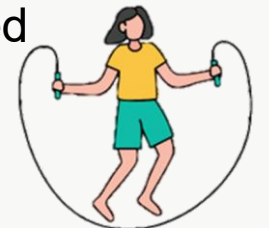
Notice that you feel more positive after.



Movement Corner

Why not set up a movement corner at home and in your classroom. Use weights, skipping ropes, cones, etc.

Notice how energized you feel.



Other Top Tips



Sleep Well

What it is: good sleep habits help us to look after our mental and physical health.

Why it helps: sleep recharges the mind and body, regulates emotions and improves memory and focus for learning.

How to use: the next slide shares tips for better sleep. Read through each and discuss which you do as part of your routine and what you might try to improve your sleep.

Can you think of anything that is not on the list?

ROUTINE! ROUTINE! ROUTINE!

Get some
sunlight
throughout
the day

Keep active
through the day
(60 minutes
minimum per
day)

Set a regular
bedtime and
wake up time

Stop eating
2 hours
before
sleeping

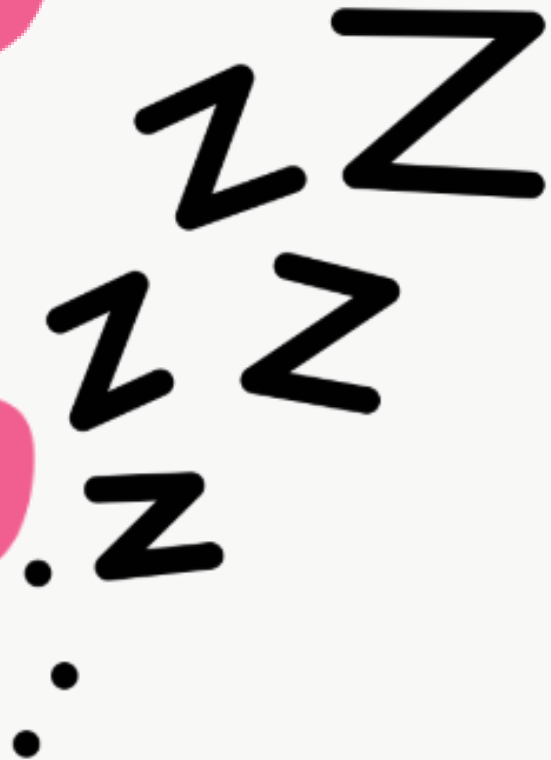
No caffeine
6 hours
before bed

Stop screen
time at least
an hour
before bed

Use
breathing
techniques
to relax
before sleep

Complete
quiet, calming
activities in
the hour
before bed

Create a
soothing,
chilled
environment in
your room



Children aged 6-12 years need between 9-12 hours sleep per night. Young people aged 13-18 years need between 8-10 hours sleep per night.

Get Your Daily **DOSE** of Happy Chemicals

What it is: DOSE stands for **Dopamine, Oxytocin, Serotonin** and **Endorphins**, which are all brain chemicals.

Why it helps: these chemicals help us feel good, reduce stress and boost mental wellbeing. When we activate them through simple activities, we improve mood, focus and resilience.

How to use: the next slide shows simple ideas to boost your DOSE chemicals. Pick one or two activities and try them today. Notice how they make you feel.

You can even make your own mood boosters!



DOPAMINE
THE REWARD CHEMICAL

- Create something
- Achieve a goal
- Complete a task
- Self-care activities

OXYTOCIN
THE REWARD CHEMICAL

- Help others
- Hug a family member
- Spend time with friends

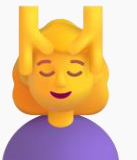


SEROTONIN
THE MOOD STABILISER

- Spend time in nature
- Practice mindfulness
- Get sunlight

ENDORPHIN
THE PAIN KILLER

- Listen to some music
- Watch a film
- Move your body
- Laugh



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**.



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

Children's Mental Health Week

End of week reflections

Before we finish, let's take a moment to think about what we've learned this week and how these activities made us feel. Reflection helps us notice what worked well and what we might want to keep doing in the future.

Why reflect?


- It helps us understand what supports our wellbeing.
- We can celebrate our successes and share ideas with others.
- It encourages us to keep building healthy habits every day.

How to use these slides:

The next few slides are templates for your reflections. You can:

- Write or draw your favourite **Mindful Moment** activity from the week.
- Share one thing you learned about yourself.
- Think about what you'd like to try again at home or in school.

This week I learnt....
and it helped me because....



A mindful moment I have tried is....
and it made me feel....

I shared a mindful moment with....
and we liked it because....
