

Mindfulness Monday: Mindful breathing (WC 03.11.25)



The sessions this half term will focus practical techniques to support you with mindfulness. Today we will be looking at breathing techniques to support you.

Mindful breathing is a strategy used to calm your mind, improve your focus and centre yourself. It supports you with relaxation and can be done anywhere.

Let's do it together:

Step 1: "Let's begin by settling into a comfortable position, with your back straight and shoulders relaxed. Allow your hands to rest gently in your lap or on your knees. You can close your eyes if you wish

Step 2: Now, gently bring your attention to your breath. Notice the sensation of air entering through your nose... and leaving through your mouth. Feel your chest rise and fall... your belly expand and contract."

"You don't need to change your breath. Just observe it as it is. Continue breathing in through your nose and out through your mouth. Continue this for 1 minute.

Step 3: *"Begin to bring your awareness back to the room. Wiggle your fingers and toes. When you're ready, open your eyes."* *"Take a moment to notice how you feel. Was your breath fast or slow? Shallow or deep? What did you notice?"*



Mindfulness Monday: Positive Noticing (WC 10.11.25)



We will be spending some time during today & this week thinking about the power of positive noticing. It is simple, practical, and highly effective. Being positively noticed by others builds self-esteem, supports behaviour and promotes good mental health.

We will be encouraging pupils (and staff!) to positively notice one another.

Positive noticing is all about making people feel good and noticing something that they have done in a positive manner or can be a positive comment about them as a person.

You will now be given a tag, and you need to pair up with someone else in your tutor group. **You are going to write a positive noticing comment about the person you are paired up with.** Do not show them the tag and make sure their name is written on the back. You will hand these back into your tutor and will be receiving your tag back later this week.



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Mindfulness Monday: Mindful walking

(WC 17.11.25)



The sessions this half term will focus practical techniques to support you with mindfulness. Today we will be looking at walking as a method of mindfulness.

How to practice mindful walking:

- 1.Set the Intention:** Recognise that you are walking to experience the walk itself, not just to get somewhere.
- 2.Find a Space:** Choose a safe place to walk, whether it's indoors or outdoors, and establish a path to walk back and forth along.
- 3.Connect with Your Breath:** Start by taking a few deep breaths to center yourself, feeling the air in your lungs.
- 4.Focus on Your Body:**
 - Feet and Legs:** Pay close attention to the sensation of your feet touching the ground, the lifting of one foot, the movement of the leg, and the shifting of weight.
 - Arms and Balance:** Notice how your arms swing and how you maintain your balance as you walk.
 - Body as a Whole:** Be aware of the general physical sensations in your body and any aches or pains that arise, observing them without judgment.

What are the benefits of mindful walking?



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Mindfulness Monday: Using the 5 senses to manage mindfulness (WC 24.11.25)



This week we are going to look at strategies of using the five senses to manage mindfulness.

To begin: "This technique helps us ground ourselves in the present moment by using our five senses. It's especially useful when we feel anxious, overwhelmed, or disconnected."

Step 1: "Look around you and name five things you can see. They can be big or small, familiar or new. Take your time to really notice them."

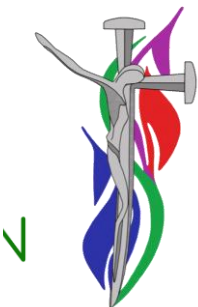
Step 2: "Now, notice four things you can feel. It might be the texture of your clothing, the surface you're sitting on, or the temperature of the air."

Step 3: "Listen carefully and identify three sounds. They might be loud or quiet, near or far. Just observe without judgment."

Step 4: "Bring your attention to your sense of smell. What are two things you can smell right now? If you can't smell anything, think of two scents you enjoy."

Step 5: "Focus on one thing you can taste. It might be the taste of a drink, gum, or what you had for your breakfast. If you can't taste anything, think of a favourite flavour."

Finally: "Take a deep breath. Notice how you feel now compared to before. This technique is always available to you when you need to feel more grounded and calm."



Mindfulness Monday: Mindful movement (WC 01.12.25)



This week's strategy focusses on Mindful movement. These are strategies that you can use to relax your body and mind. We are going to practice some basic movements.

To begin: *"Let's begin by bringing awareness to the breath. Inhale slowly through the nose... and exhale gently through the mouth. Feel your body settle with each breath."*

"Notice the rise and fall of your chest, the movement of air, and the sensation of grounding."

Activity 1: Neck rolls Stay seated and with your breath, gently roll your head in a circle. Inhale as you lift, exhale as you lower. Switch directions when you're ready. Notice any tension and let it soften."

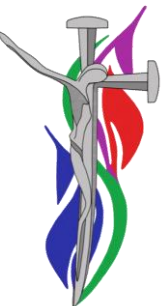
Activity 2: Shoulder lifts: *"Inhale as you lift your shoulders toward your ears... exhale as you roll them back and down. Repeat slowly, syncing with your breath."*

Activity 3: Repeat activity 1 & 2

To finish: Return to a seated position. Close your eyes. Take a few deep breaths. Notice how you feel now. "Thank yourself for taking this time to move and breathe mindfully."



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Mindfulness Monday: Deep breathing techniques (WC 08.12.25)



This week we are going to learn and practice some deep breathing techniques to support our mindfulness. This can help when you are feeling overwhelmed or need to take some time out.

To begin: Let's begin by noticing our breath. Sit comfortably, close your eyes if you like, and take a few natural breaths. Notice the rhythm, depth, and sensation of each inhale and exhale."

Box breathing technique: Instructions:

Inhale for 4 counts

Hold for 4 counts

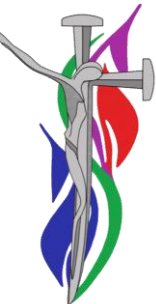
Exhale for 4 counts

Hold for 4 counts

Repeat for 4–6 cycles.

Teacher read this: *"Inhale... 2... 3... 4... Hold... 2... 3... 4... Exhale... 2... 3... 4... Hold... 2... 3... 4... Repeat slowly and gently."*

To finish: Return to your natural breath. Notice how your body feels. Is your breath slower? Is your mind quieter? These techniques are tools you can use anytime you need to feel calm and centered."



Mindfulness Monday: Reflection of techniques (WC 15.12.25)



This half term we have focussed on practical techniques to support your mindfulness. You have learnt the following strategies:

1. Mindful breathing
2. Positive noticing
3. Mindful walking
4. Using the 5 senses to relax
5. Mindful moving
6. Deep breathing techniques

All of these strategies can be used to support your mindfulness and can be used at any time. Spend 5 minutes revisiting one of these strategies and practicing the technique.

