



MY  
MINDFULNESS  
NOTEBOOK

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WITH BEAM ACADEMY



STICK A  
PICTURE OF  
YOURSELF  
HERE

This Journal Belongs To:



# WHAT IS MINDFULNESS?

Mindfulness is simply the process in which you focus on the present moment. Trying not to think of what happened earlier or what might happen later, just calmly being aware of what is going on in the world around you right now.

It is also important to remember that part of mindfulness is not about blocking absolutely every thought from your mind but simply paying attention to the moment, without judging any thoughts or feelings but just being aware of them. Not thinking that something is right or wrong but simply calmly being aware of yourself and your surroundings.

Decreased Depression

Increased Focus

Increased Attention

Increased Compassion

Improved Academic Performance

Decreased Disruptive Behaviour

WHY IS A  
MINDFUL BREAK  
GOOD FOR ME?

Self-control

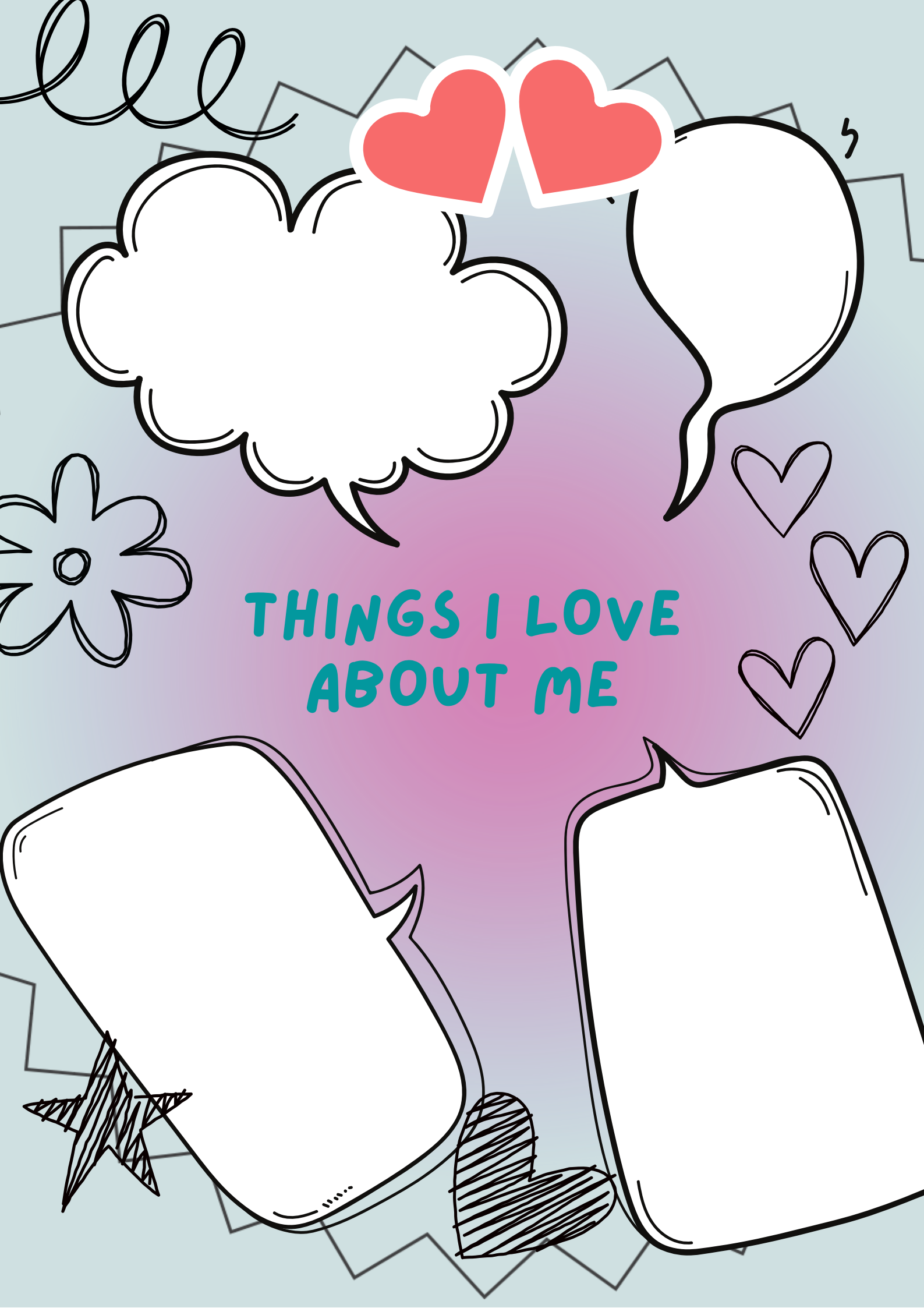
Increased classroom participation

Decreased Levels of Stress

Positive Changes In Attitude

Decreased Anxiety

Improved Overall Wellbeing



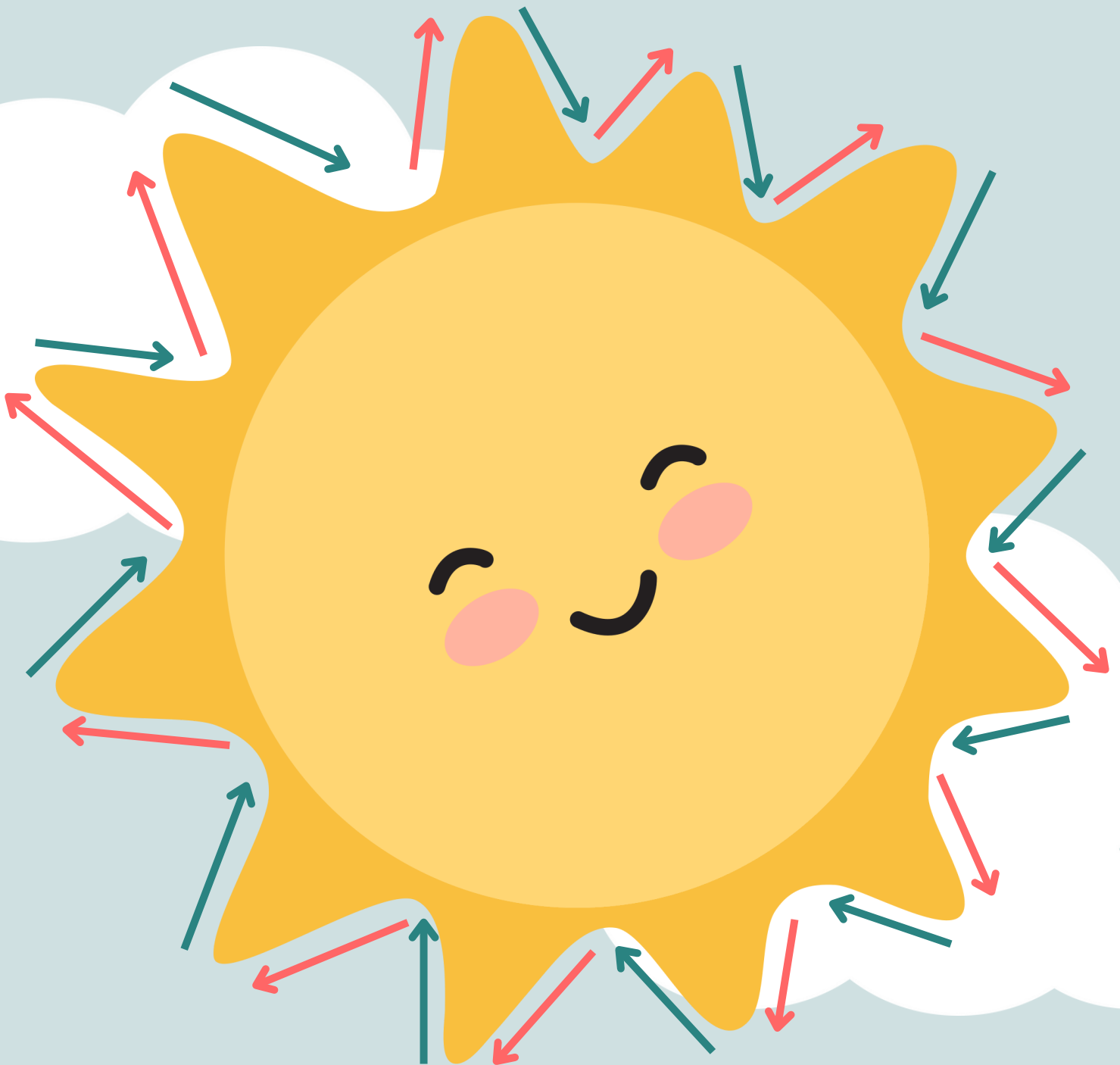
**THINGS I LOVE  
ABOUT ME**

# SUN BREATHING

Use your fingers to trace the sunbeams.

Inhale as you move up the red arrow and exhale as you move down the green.

Try and create a nice gentle flow and go round your sun at least twice.



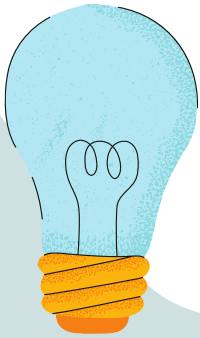
# I FEEL SAD

Being able to recognise and name whatever is making us sad or angry is the first step. So write or draw them in the cloud and then let them go. The clouds will move on and and carry those negative feelings away with them.



# POSITIVE WORDS

Positive words can help us believe in ourselves and feel a bit better when we're feeling sad. Write a positive affirmation in each of the rainbow lines below and then colour in your rainbow with colours that make you smile!





# MY CALM REMINDERS

Sometimes we feel as if something is wrong even though we aren't sure what, so use this little chart to give you gentle calm reminders of things you can do when feeling out of sorts.



Do yoga or stretch



Get some sunshine



Body scan relaxation



Think of 3 things you are grateful for



Write a journal



Take some deep breaths



Talk to someone



Remember all feelings are ok and they always change



Say something kind to myself



Eat healthy foods



Explore nature



Drink plenty of water



Go for a walk or a run



Take breaks or a nap



Do some mindful colouring



Practice the Sun breath



Read a book



Learn something new

# MANDALA

Take a break and colour in your mandala.  
Try to be in the moment and enjoy!





# bee kind

## **7 WAYS TO PRACTICE KINDNESS**

**MONDAYS** - Give someone a hug

**TUESDAYS** - Do a good deed for someone

**WEDNESDAYS** - Give someone a ring

**THURSDAYS** - Share something of yours

**FRIDAYS** - Smile at someone

**SATURDAY** - Tell someone you love them

**SUNDAY** - Ask someone if they need help

# YOGA POSES FOR FEELINGS

Try the following poses and repeat  
the positive affirmations

**WARRIOR 2 POSE**  
I feel strong



**DOG POSE**  
I feel happy

# YOGA POSES FOR FEELINGS



**TREE POSE**  
I feel confident



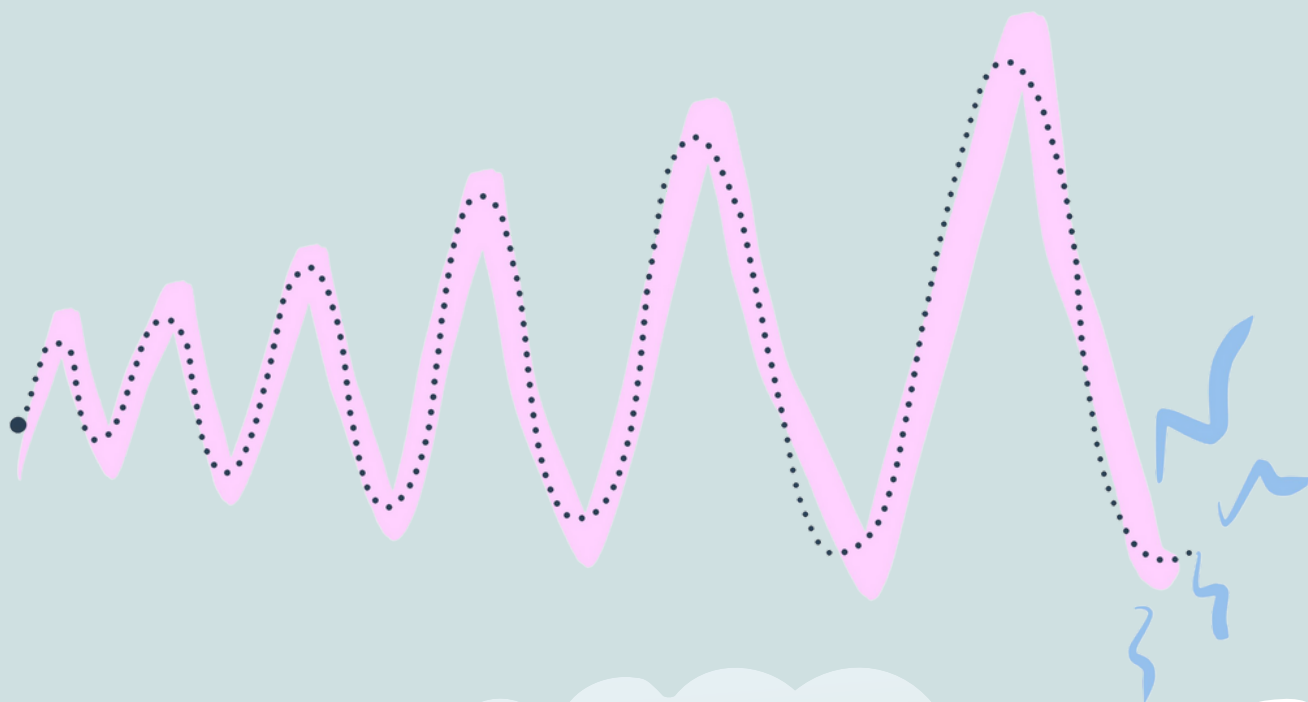
**CAT POSE**  
I feel energised



**BUTTERFLY POSE**  
I feel peaceful

# DRAW YOUR BREATH

Trace the line with your finger or pencil and just allow your breath to flow. Deepening your inhalation and exhalation as you move along the wave.



# LEARN MORE

BEAM ACADEMY provides yoga and mindfulness classes to Children and Teens.

You can find more information below:

**Yoga Classes in Nurseries & Schools**

[www.beam.academy/classes](http://www.beam.academy/classes)

**Accredited Teacher Training Courses**

[www.beam.academy/teachertraining](http://www.beam.academy/teachertraining)

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