

# A MOMENT OF CALM

Simple ideas for a more successful day



**Success**Club



**Well done!**

You have almost made it to the end of primary school – **what an achievement!**

Success Club want to explain how you can use mindful activities and tricks anytime you feel stressed or anxious, whether you're at school, at home, or anywhere else.

Remember, there's no right or wrong way to use this booklet. You can try one technique at a time or mix and match them to see what works best for you.

Let's go on this journey together to learn how powerful and confident you can be.

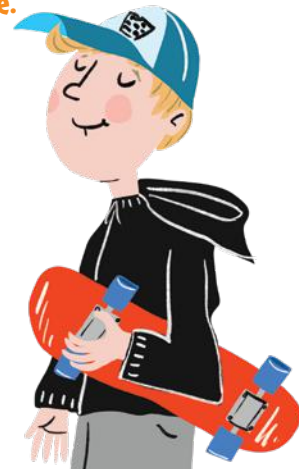
## What is Mindfulness?

Mindfulness is like being a calm observer of your mind: quietly watching your thoughts and feelings pass like clouds in the sky and letting go of anything negative it is focused on.

### How can it help me?

In this booklet we will take you through lots of different exercises which will help to:

- **Calm your mind.**
- **Calm your body.**
- **Help you focus on the present moment.**
- **Boost your confidence.**



The brilliant thing about mindfulness is that you can do it anywhere, at any time.

All the exercises in this book will help to create a calm and confident you, so let's get started!

A **mantra** is a few words to repeat that is like a magic spell for your mind. It gives you a focus and can help change how you feel about yourself.

Every exercise has its own mantra. You can say the words out loud or in your head, whatever feels best for you.



## SECRET MINDFULNESS FOR EXAMS

The following exercises are so chilled and quiet that they are brilliant for keeping you confident during your exams or any time you feel like creating a moment of calm. No one will ever know that you're doing them...

### BREATHING

Breathing is something we do all day, every day – it keeps us alive! So why do we need to think about it?



Breathing is our anchor; it keeps us grounded and when we do it properly, it makes us feel great.

## Grounding Breaths

Sit comfortably with both feet on the floor. Take the time to really feel the floor underneath your feet, supporting you.

Focus on taking slow, deep breaths in through your nose and out through your mouth. You can breathe in for the count of 4 and breathe out for the count of 4.

See if you can feel more relaxed with each inhale and exhale that you take.

**Mantra:** “With every breath, I grow calmer and stronger.”

### Top Tip

You can also make up your own mantras that feel right for you.



## Finger Counting Breath

Sitting comfortably, touch each finger in turn to your thumb with each breath, focusing on what you can feel. You can also count your breaths.

**Mantra:** “Each touch brings peace; each breath brings calm.”



## Positive Self-Talk

If you find yourself thinking **“I can’t do this”** or having negative feelings about yourself, reassure yourself with positive affirmations.

**Mantra:** **“I am capable and prepared.”**

An affirmation is a short, positive personal statement that we repeat to ourselves to enforce positive thinking.



## Seated Stretching

Moving your body is a good way of shifting your mind. Perform gentle stretches to relax your body, like wiggling your toes or twiddling your fingers.

**Mantra:** **“With each stretch, tension releases.”**

“Success Club helped me be more confident with myself. It helped me with my abilities and helped me with my SATs”  
Year 6 Pupil



## Anchor Words

Think of words which make you feel calm, safe and give you confidence. Remind yourself that you are capable. You **CAN** do it. Repeat this silently to yourself.

**Mantra:** “Steady and calm, I am anchored.”



## Visualisation

Give your brain a micro-holiday. Imagine a place that makes you feel safe and calm, then take a few deep breaths with your eyes closed.

**Mantra:** “In my mind’s eye, peace awaits.”



## Smile and Reset

Concentrating and worrying can cause our bodies to tense up. By taking a deep breath, smoothing out your forehead and smiling, you can lift your spirits and calm your mind.

**Mantra:** “A smile is the first step to peace.”

## Mindful Observation

Briefly focusing on something, gives your mind time to relax. Focus on an object in the room. Really notice everything about it: colour, texture, shape, material.

**Mantra:** “Observe and centre, find the calm.”

# MINDFULNESS FOR LIFE

The following exercises are fantastic to use in your daily life.

## Affirmations

Affirmations are a brilliant way to encourage self-belief and feel good about yourself. You can use them as your own mantras.

Fill in the blanks below with positive thoughts about yourself:

1. I am \_\_\_\_\_
2. I am \_\_\_\_\_
3. I am \_\_\_\_\_
4. I am \_\_\_\_\_
5. I am \_\_\_\_\_

## Guided Relaxation Hero

There are many different ways to calm your mind. Many of the exercises here focus on bringing your attention to a single point. A good starting point is guided sessions or relaxation activities designed especially for your use.

Scan the QR code below to watch one from the Success Club website.

**Mantra:** “I am on a journey to relaxation.”



## TAKE A WALK ON THE CALM SIDE

Doing something that you love is a brilliant way to focus your mind.

### Nature Explorer

Spend time outside, observing nature and taking in fresh air. Go leaf catching or play spot the birds nest. **Being in nature soothes the soul...**

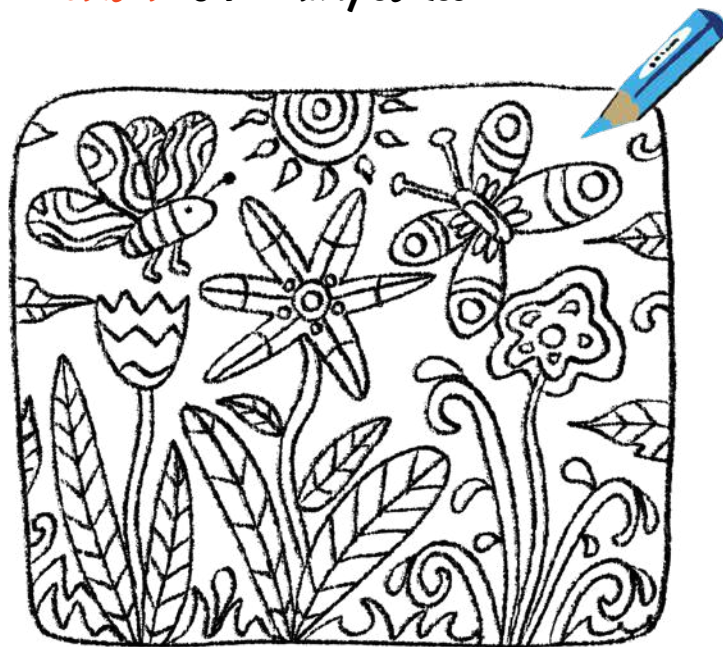
**Mantra:** "Nature calms my spirit."



## Mindful Colouring

Use a colouring book to help you to practice focusing. If you try to stay inside the lines and ensure that each area is coloured fully, it will really help to build your focus and calm your mind.

**Mantra:** "Colour away stress."





## Positive Affirmation Paintings

Paint or draw affirmations and hang them up. You can put them in the bedroom, kitchen or the toilet. Put on any surface where you will see these positive messages all the time, and every time you see them, say them. You'll be amazed at how they make you feel when you say them often enough.

**Mantra:** "I am smart, I am capable."



## Gratitude Grounding

Every day list three things you're grateful for, it might be a member of your family, a pet, or even a nice dinner! Feeling grateful for a good thing, however small, will help shift you to a positive mindset.

**Mantra:** "I am thankful for..."



## Positive Message Jar

Create a jar filled with positive affirmations and encouraging notes. Pull out a message whenever you're in need of a boost. You can always pop your "Gratitude Grounding" lists in this jar too.

**Mantra:** "Each message brightens my day."



## Laughing Time

Laughter lightens our heart and brings such happiness. Watch a funny video or read a joke book and laugh for as long and as loud as you can. Really enjoy laughing!

**Mantra:** "Laughter lightens my heart."



## Memory Lane

Sometimes when we feel sad or anxious, it can help to remind yourself of a happy memory. Look at photos or think of a happy time to shift your focus.

**Mantra:** "Happy memories bring me joy."

## Worry Release

Everybody worries, and sometimes they can take up a lot of room in our minds. Write down your worries on tissue paper, wrap them up really small and put them in the soil for the worms to eat!

**Mantra:** “I let go of my worries.”

“I do feel my worry and my anxiety but I can handle it better”

Year 5 Pupil



## THINKING INTO RESULTS

Every day, whether we are in school or at home, we have a choice about how we think and behave. We can choose to be kind, be respectful of other people, and be a positive member of the group.

## Growth Mindset

Lots of people develop a “fixed mindset” where you believe that you can’t change. A “**growth mindset**” knows that you **CAN** change and learn and grow.

FIXED	GROWTH
I’m not good at this	I can’t do this yet
I made a mistake	This was my first attempt at learning
I can’t do this	This is hard and will take time and effort to master

**YOU** have the power to make a difference, not only in your own life but in your community and the world around you.

You can **DREAM BIG** and then work towards your dreams!

**Mantra:** My attitude towards anything becomes its attitude towards me therefore, I must choose my attitude wisely.

“It made me think about my attitude and the way other people see me but I think the most important thing is it made me think about how I see myself”  
Year 6 Pupil



If you are worried about anything, please talk to a trusted adult. This could be a member of your family or a teacher. The chances are that this person will understand how you are feeling and will be able to help.

Talking about our problems can make them seem less enormous and helps us cope with them better.





# Success Club

Success Club is a children's charity that delivers personal development and well-being programmes.

We work in partnership with schools in Enfield, with children and young people to provide them with the skills, beliefs and attitudes to succeed.

We are grateful for the kind donations that help support our work. If you'd like to give towards our projects like this, please follow this QR code.



Kindly supported by the Uren Foundation, Edmonton Community Partnership and UK Youth.



**UK YOUTH**