

# Mindfulness Techniques & the power of prayer/spiritual routine

## Mindfulness Practice Ideas

1

Mindfulness Meditations - an intentional pause where you practice being present and nothing else

2

Sensory Play / Fidgets - help you to fully focus on something happening in the present moment

3

Flow activities - e.g. where you are fully present in the moment like reading, running, swimming, crafting

4

Nature walks/exploration - using all of your senses to feel really in the moment

5

Mindful Movement - movement/exercise/yoga but done in a way where you're very aware of your body

# Mindfulness Techniques & the power of prayer/spiritual routine

Equipment/Ingredients: pen, colours and paper

## Prayer / Spiritual Practices

1

Prayer can be incredible for us helping to put out thoughts, wishes and difficulties into words and share these

2

Regular practices such as gratitude can help us to feel happier, more present and improve our relationships

3

Through good deeds we can find purpose and peace as well as improving the world around us

4

Having faith can help us get through testing times because we know that things will be different

5

Meditation, breathwork and yoga can help us to connect with our inner selves

6

Connecting with nature can be a spiritual experience

An example of a non-demoninational prayer:

“I am grateful for my friends and the people who care for me.  
I trust that all of the hard work that I do will be rewarded in time.  
I hope that I will receive the guidance that I need to make good choices”

# Mindfulness Meditations

Equipment/Ingredients: pen, colours and paper

## Steps

1

Make yourself comfortable - seated or lying down

2

Read the script out loud - (YP can also have a go!), feel free to adapt to use your own language

3

After the meditation give the YP time and to reflect with you

cript 1:

### Mindful Check in

Begin by gently closing your eyes or lowering your gaze.... notice how it feels to just stop....throughout the meditation you may have urges to do things e.g. to do lists, think of other things, even give up...resist these urges and allow yourself to just be present in this moment....start by gently bringing your awareness to your breath....just noticing how it feels...where you feel it in your body...the temperature of the air as it flows in your nostrils and then back out again...allow your breath to be just as it is....and perhaps notice your thoughts....can you let them flow through your mind like clouds in the sky....or see them written down like words in a book....and allow your thoughts to just be as they are....and your feelings now...noticing how you are feelings....all of our feelings are valid....make time to just notice them.....allow them to just be right now....and then just be here, breathing, still....present....regulated.....

And whenever you are ready opening your eyes and gently letting the light back in.

### The Clever Stuff:

Supporting young people to identify, describe, acknowledge and understand their feelings and be able to communicate them to themselves and us could be the best life skill we support them with.

All feelings, thoughts have a purpose so we need to pay attention to them!

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# Mindfulness Meditations

Equipment/Ingredients: pen, colours and paper

Script 2:

Gratitude

Whenever you feel ready to please gently close down your eyes or lower your gaze. Spending a little bit of time here just noticing your breath and the feeling of your body on the floor to just bring you to a feeling of grounding. Letting go of thoughts as they arise and just really allowing yourself to be. And when you're ready bring to mind some people who you feel grateful for.....people who make you happy....who help you.....maybe people you don't know like music artists or presenters.....and just feel that gratitude towards them.....and then when you're ready noticing the things in your life that bring you joy, happiness or calm.....it could be sports.....or food.....crafts.....whatever you enjoy....bringing them all to mind and feeling that gratitude.....perhaps thinking about the basics that you have in your life that you are grateful for.....your safety.....health.....somewhere warm to sleep.....and feeling that gratitude here too. Noticing how gratitude feels for you, what it's bringing to mind, how your body is feeling. And keep that with you through the day :) Whenever you are ready taking time now to gently open your eyes and we can have a little chat about, journal down or just reflect on the things we are grateful for.

The Clever Stuff:

Supporting young people to think about gratitude is very powerful. When we feel grateful we can feel more safe, grounded and calm. Gratitude turns our attention away from what we don't have to what we do have.

# Your Spiritual Routine/Plan

Equipment/Ingredients: pen, colours and paper

What does Spirituality or Religion mean to you?

What spiritual routine could you create from the ideas we've discussed/other ideas you have?

Daily

Weekly

Monthly

Annually:

Write your own prayer / affirmation that you can read / say when things are tough :