

## Silver Lake Presents: A Week of Mindfulness



What is mindfulness? Mindfulness is the act of keeping your mind happy, healthy and focused! In bigger terms, it's the practise of bringing one's attention to the present moment and appreciating life as it is! Often mindfulness activities are ones that are relaxing and help your brain fight off stressful and unnecessary thoughts. This week, Silver Lake challenges you to get active in the afternoons- but also take some time to relax and focus on you. Provided below are fun activities to do each day that incorporate mindfulness! They don't take long and are fun for all ages. If you love to learn & want to explore mindfulness and it's benefits some more, here is a video that will help you do so.

<https://www.youtube.com/watch?v=kO5I0p3IuiQ>

If you'd like to go through the activities for the week, click on the day and do the task! But you can choose to ditch the schedule and do everything at your own pace as well! Maybe you'd like to do three activities today? Whatever works for you works best! Enjoy :)

Monday	Tuesday	Wednesday	Thursday	Friday
Colouring Activities	Nature Walk	Meditation/ Deep Breathing	Stream of Consciousness	Glitter Jar

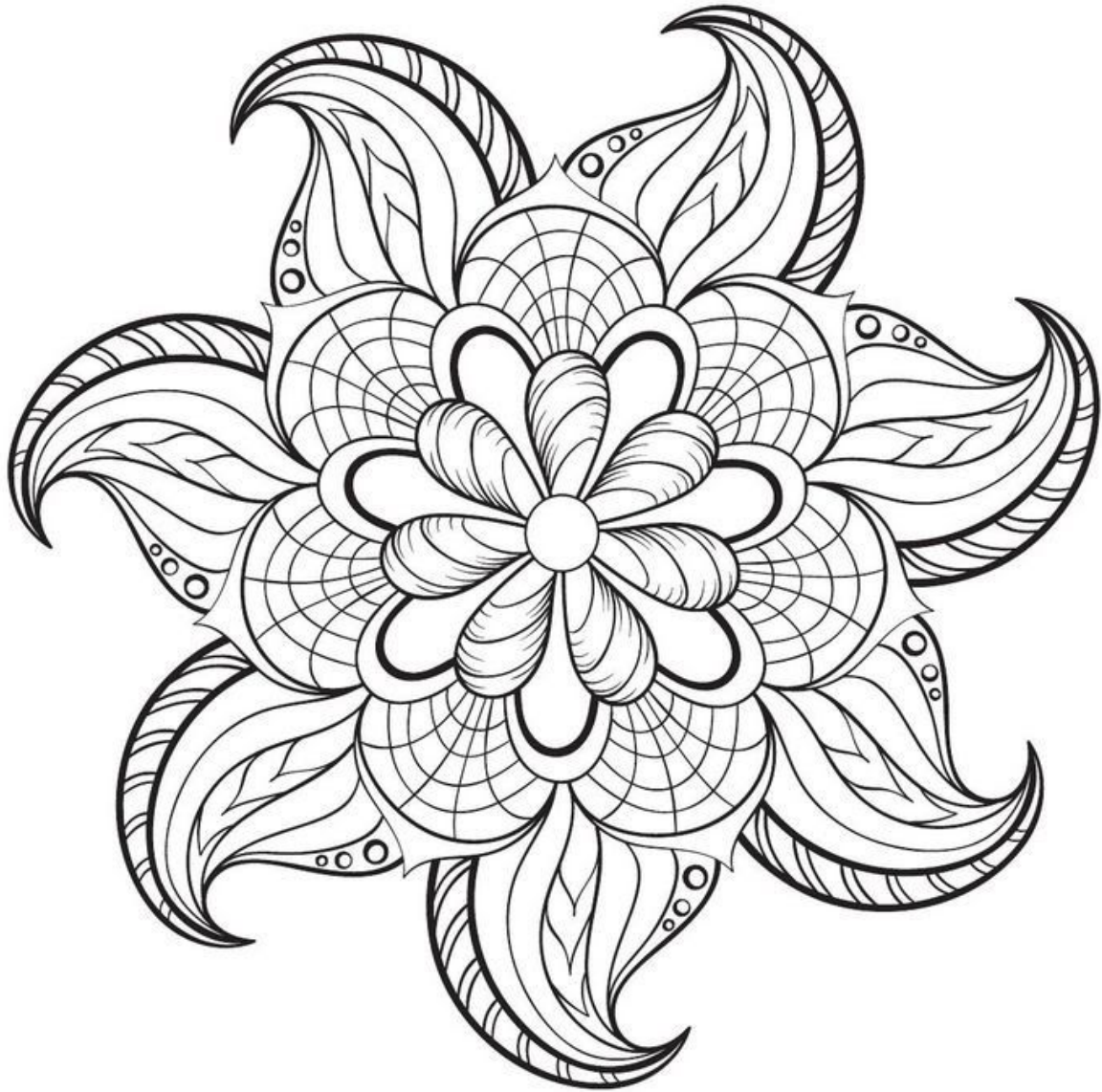
## Monday- Colouring:

Coloring is an incredible activity for taking your mind off of things in your life that are causing you stress! Instead of focusing on those negative thoughts your mind focuses on filling in the lines with your favourite colours. Below you'll find pictures you can print out and colour in, or you can grab a colouring book you already own. An extra challenge- if the weather is nice, grab your art supplies and set them outside so you can enjoy the sounds of nature while you colour. If you'd rather draw/paint/doodle, that works too. Any art based activity that will calm you down is a great way to spend your time.



In the next few pages there are some pictures you can print out and colour. To do so simply go to the File section above, select print, and then choose the specific pages in this document that you want to use (i.e. if you want to colour in the first drawing, you'd select only page 3 to be printed).







## Tuesday- Nature Walk

Time to get outside! Go on a walk in your neighbourhood and enjoy the weather. Getting outdoors helps many improve their mood and lower anxieties. On your walk Silver Lake challenges you to write down/pay attention to:

- The first 5 things you see when leaving your house.
- 5 things you can smell
- 5 things you can hear
- 5 things you (could) taste. But you don't actually have to taste them! For example, tomatoes in a neighbours garden!
- 5 cool things to touch!

Using your senses helps you stay in the present & notice all sorts of beautiful things in nature. You can take notes mentally or you can bring a journal and write down what you notice. Overall, try and enjoy the walk and leave any troubles back at your house. Here are some other fun things you can do while on your walk...

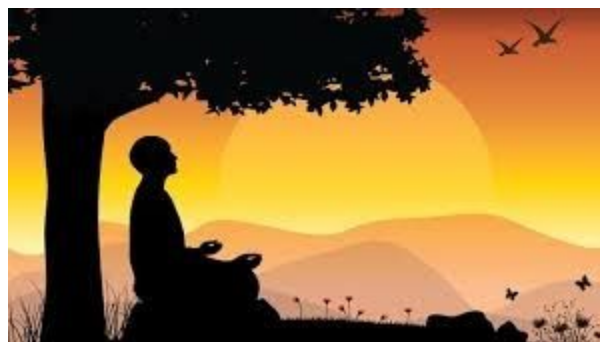
- Keep an eye out for animal tracks.
- Look for caterpillars.
- Make a list of all the foods you see in people's gardens and count how many of each you see on the entire walk.
- Try and find flowers that match each colour in the rainbow!
- Stop & Sit in the grass for a while. Look at some clouds! Do you see any fun shapes?
- Count how many dogs you see on your walk.

## Wednesday- Meditation/Deep Breathing

Today's activity is quick and simple- but can do real wonders for your brain and mood! Meditation can come in many different forms, such as yoga or guided meditation with a leader. But Silver Lake challenges you to try mediation at its simplest- and all you need is a nice place to sit! It could even be the grass in your backyard.

All you have to do is sit down, close your eyes and take some DEEEEEEP BREATHS. Breath in for four seconds. You can put your hand on your stomach and feel your belly fill up like a balloon! Then, release the air slowly over four seconds as if you've opened up the end of your balloon and released all the air inside! You should be able to feel your stomach 'deflate' as you breath out. Keep doing these balloon breaths as you sit with your eyes closed for as long as you feel comfortable. 5 minutes is a great place to start.

Giving yourself this time to breath will help calm you down! Deep breathing gets more oxygen into your bloodstream and sets your body into "rest and digest mode," meaning you should feel calmer rather than fearfully alert or anxious. Try implementing deep breathing into your day-to-day life!



## Thursday- Stream Of Consciousness

This activity is great for letting all your thoughts out & noticing what's going on inside your mind! All you'll need is a pencil, paper and a comfy place to sit! Maybe take this outside to your backyard or perhaps near a window. Having a timer is helpful too, but timing the exercise is not required- you can stop when it feels right.

So... what's a stream of consciousness? It's not like writing out a story, or what you did throughout your day. Instead it is when you start writing whatever comes to your mind, and continue writing down only what pops up in your head. It doesn't matter what it is or if it even makes sense! As long as you're just writing down your thoughts in the moment and it's natural rather than planned.

I'd recommend setting a timer and just go go go for five minutes before wrapping it up, but that choice is up to you. Now get thinking & get writing!





## Friday- Glitter Jar

Create a beautiful glitter jar! This craft is super fun and works as a great visual when it's completed! You'll be able to shake the jar and watch as the glitter settles at the bottom while you take time to refocus an overwhelmed brain. Please check with your parents before doing this craft, and make sure they're nearby to help!



and

### **What you'll need:**

- Jar or bottle
  - Water (warm, straight from the tap)
  - Glue (preferably a hot glue gun for easy sealing).
  - Glitter
  - Food colouring (optional). This will add some colour to your jar if you desire
- one or two drops is more than enough!

### **Steps:**

1. Fill your bottle about 1/8 to 1/3 full with glue. The more glue, the longer it will take for your glitter to settle to the bottom after shaking.
2. Add glitter, starting with a tablespoon or so.
3. Fill the rest of the way with warm water. You can leave an inch at the top, cap it, and shake it to see if you are going to want more glitter or not. If so, add a bit more! This is also an opportunity to see if you need more water or more glue.

4. When your bottle/jar is full with all your contents, use glue to seal it shut. The best way to do this is with a hot glue gun to seal the cap closed. Get your parents to do this step unless they let you do it yourself, as the hot glue gun can get pretty... well, hot! Place a ring or two of the glue around the area where you would tighten your lid, and then throw that lid on and seal it for good!



TA-DA! You now have your very own glitter jar, a fun relaxation tool for both adults and kids. You can keep it around, maybe at your desk or in a special place, and give it a shake whenever you're feeling stressed or overwhelmed.

