



Mindful Moments

How to Use

This pack has been created to help support you to build **healthy habits**.

The cards are colour coded for different types of support:

Breathing Techniques

To help you feel calm

Grounding Techniques

To help stop wandering thoughts

Words of Kindness

Talk to yourself with kindness

Further Help

Where to go if you need support

Breathe

Try this for 3 – 5 minutes with a break every 1 minute:

Inhale for **4 seconds**

Hold your breath for **7 seconds**

Now breathe out for **8 seconds**

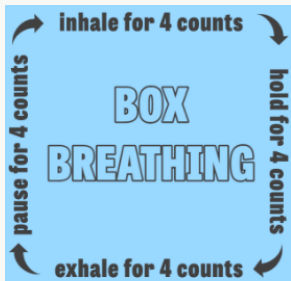
Repeat



Breathe

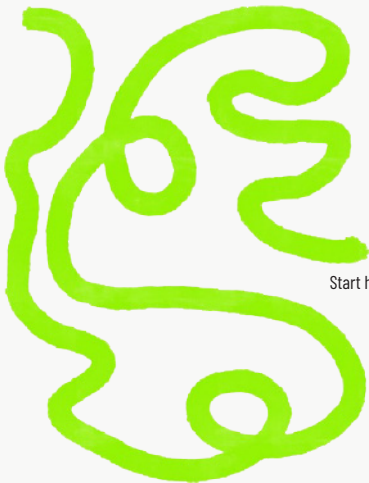
Box Breathing:

1. Breathe in for the count of 4.
2. Hold for the count of 4.
3. Breathe out for the count of 4.
4. Hold for the count of 4.



Breathe

Use your finger to trace along the line while you **focus on breathing** in and out.



Start here

Breathe

Slowly trace the outside of the hand with the index finger, **breathing in** when you trace up a finger and **breathing out** when you trace down.

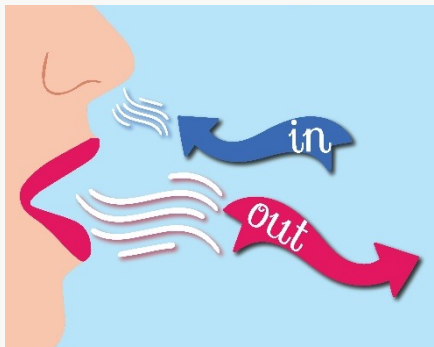
You can also do this breathing exercise with your own hand.



Breathe

Breathe in through your nose for the **count of 5.**

Breathe out through your mouth for the **count of 5.**



Breathe

1. **Hold up 5 fingers** and pretend they are candles on a birthday cake.
2. **Inhale a deep breath** through your nose.
3. **Exhale a deep breath** through your mouth to blow out a candle.
4. **Repeat** until all 5 candles are blown out.



Grounding

Body Scan

Do a scan of your body. Focus on each place where your body is touching another surface.

Start at your feet and work your way up to your head.



Grounding

5-4-3-2-1

5

THINGS YOU CAN SEE



4

THINGS YOU CAN TOUCH



3

THINGS YOU CAN HEAR



2

THINGS YOU CAN SMELL



1

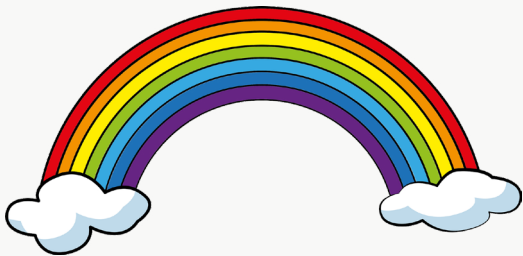
THINGS YOU CAN TASTE



Grounding

Rainbow

Look around you and try to find objects of each colour of the **rainbow**.



Grounding

Colours

1. Pick a colour to focus on e.g., **green**.
2. How many **green** things can you see?
3. Close your eyes. How many **green** things can you imagine?



Grounding

Water

Splash some cold water on your face or arms.

How does it feel?

What do you notice?



Grounding

Stretch & Move

Do something physical, like stretching, jumping up and down, stomping your feet, running up the stairs, etc.

Notice how your muscles feel as you do this...



Words of Kindness

Tests & Exams

I am **well prepared**.

I have done this before, **I can do it** again.

Worries, **you can't beat me!**

I have worked hard, **I've got this!**

I am excited to show what I can do.

Words of Kindness

Friendships

I attract **positive** and **real** friendships into my life.

My heart is open to **new** and **meaningful** connections.

I am a **good, caring** friend.

I am a magnet for **kind** and **supportive** people.

I make others feel **happy**.

Words of Kindness

Personal

I am **resilient**.

I am **enough**.

I am a **strong, capable** person.

I can get through **anything**.

I **deserve** to feel joy.

I am **happy** to be me!

I can do **amazing** things.

Words of Kindness

Future

I am confident that there is a **bright future** ahead of me.

Each step I take leads me **closer to my dreams.**

I can reach my **goals.**

The future holds many **possibilities.**

I am building my future.

Further Help

Build a sleep routine

1. Try to get some sunlight during the day and **be active**.
2. Have a **regular bedtime** and **wake time**.
3. **No caffeine** 6 hours before bed.
4. Do not use devices within the **hour before bed**.
5. Build a **soothing** bedtime routine.
6. Practise **breathing exercises** to help you relax.

Further Help

Feeling sad?

Make time for **yourself**.

Talk to someone you **trust** about how you feel.

Spend time with people who **make you feel good**.

Do an activity that **makes you happy**.

If you are struggling, text **SHOUT** to **85258** to access help.

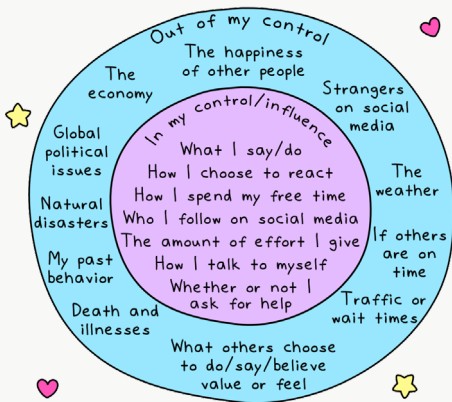
This is a free 24-hour service

Text **SHOUT** to **85258**

Further Help

The Circle of Control

The Circle of Control can help us to understand what we can and cannot change.



Further Help

Self Care

Take the time to do things that improve your wellbeing.



Further Help

Growth Mindset

Swap unhelpful thoughts...

INSTEAD OF

SAY THIS

I'M NOT SURE I CAN DO IT



I'LL KEEP LEARNING
I'LL KEEP TRYING

I DON'T KNOW HOW



I CAN LEARN HOW

I DON'T LIKE TO BE CHALLENGED



CHALLENGES HELP
ME GROW

THIS IS TOO HARD



WITH MORE PRACTICE
IT WILL GET EASIER

I'M NOT GOOD AT THIS



WHAT CAN I DO
TO GET BETTER AT THIS?

I'M AFRAID OF MAKING MISTAKES

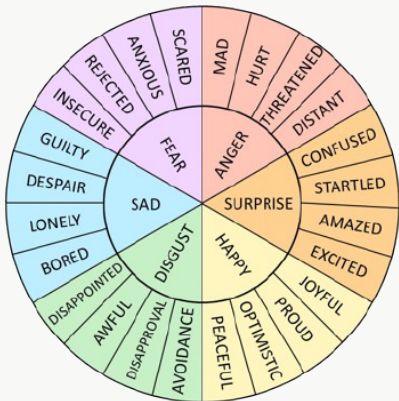


MISTAKES HELP ME
LEARN AND GET
BETTER

Further Help

Feelings Wheel

Use the wheel to help you identify and discuss how you feel.



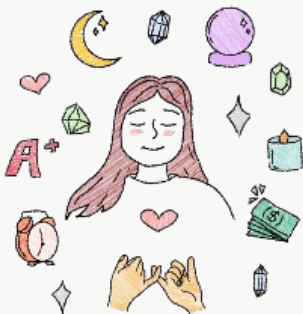
Further Help

Make it Happen

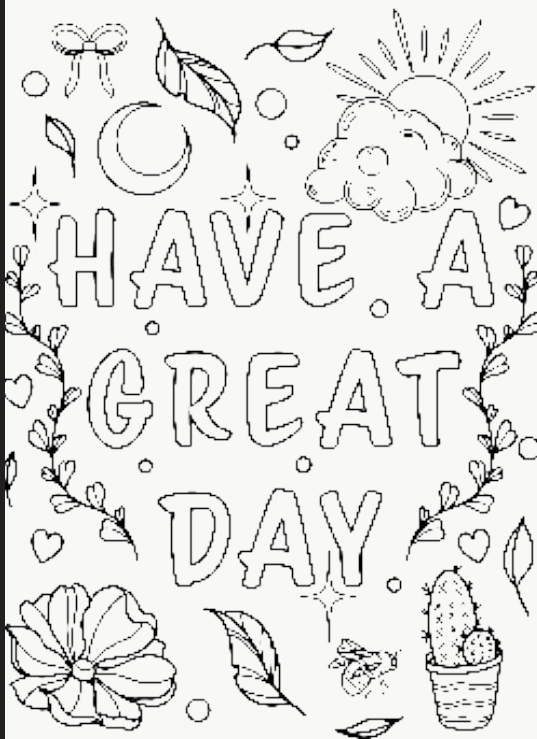
Write it: Write down your main goals

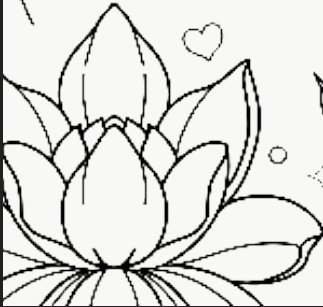
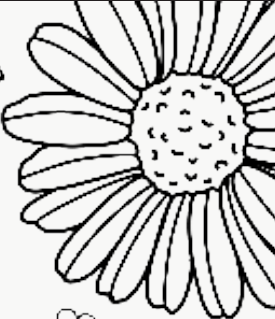
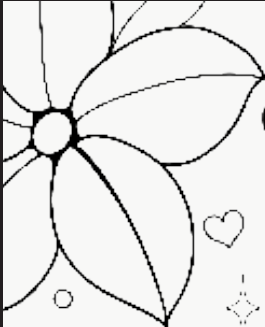
Say it: Remind yourself out loud what you want to achieve

See it: Stick up reminders









PEACE

The word "PEACE" is written in a large, bold, sans-serif font with a thick outline. It is centered horizontally and surrounded by decorative elements including small hearts, four-pointed stars, and small circles. There are also small leaf-like shapes on the left and right sides of the word.



KEEP
ON
GROWING

COMFORT CARD

Giving you comfort in times of need

Here are some **NHS-approved** apps to help reduce anxiety, improve sleep, lower stress and boost your mood:



If you are feeling like you can't cope,
there are people you can talk to:

Useful numbers free to contact:

CONFIDENTIAL

SHOUT 24/7

Text SHOUT to 85258

SCHOOL NURSE Mon - Fri

Text: 07507 329 600

CHILDLINE 24/7

Call: 0800 1111

SAMARITANS 24/7

Call: 116 123

Email: jo@samaritans.org

CAMHS CONNECT 9am - 7pm

Call: 0300 1111 022