



CALM AT HOME

with Mojo



Welcome to Calmer Classrooms

I'm Mojo and I am going to be helping you feel more calm and happy with easy daily exercises and activities.

Every day has a theme so let's get started and have lots of fun today!

Meditation Monday



A MESSAGE FROM MOJO

At the moment there are lots of changes happening in the world. We are having to change the way we do some things and lots of people are feeling a little bit worried.

There are lots of things we can do to help each other though, like washing our hands carefully and looking after each other.

If we can stay calm our body can fight viruses better and we can get better more quickly if we do get ill so let's help each other to stay calm. I am going to help you with some ideas. Just do one a day and you will feel much calmer. Why not get everyone in your house to join in too?

Take care of yourself and each other,

Mojo

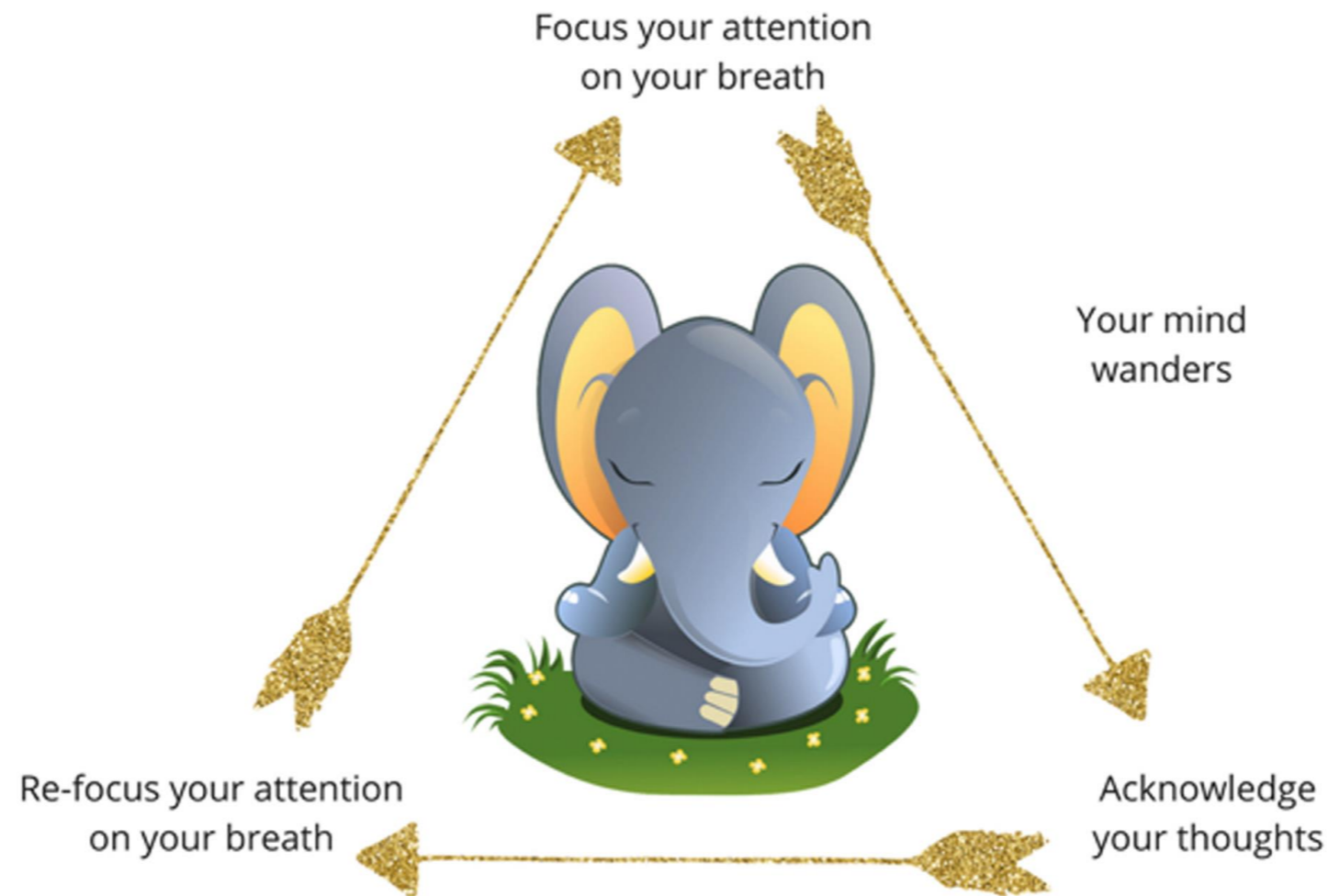


What is meditation?

Meditation sounds like a complicated thing, but actually it is just being still and concentrating on what is actually happening right now. Not thinking about things that have happened, or things that you think are going to happen. It is much easier than you might think. Let's give it a go together.



When you meditate thoughts will pop into your head.
That's normal. Use this simple cycle to help you
return to your meditation.



SELF REGULATION CYCLE

Bubble Meditation



Learning to listen to your body is really important when you are being mindful. This bubble body scan is a very easy way to practice thinking, thinking about each part of your body at a time and help your body to relax.



Take a Breath Tuesday



Dragon Breathing



Sit up straight with your hands gently placed on your stomach. Take a big deep breath in and feel your stomach move as you do. As you breathe out make a long “haaa” noise as though you are fogging up a mirror. Repeat 3-5 times.

Wake Up Your Body Wednesday



Dancing

Dancing is a wonderful way to relax and become more aware of your body. Put on some music and just explore how your body can move to the music.



Thoughtful Thursday



Making a Gratitude Journal

At the moment it is important to remember all the things we have that we are grateful for. Find a notebook or maybe you could make one using some paper.

Simply put the date at the top of the page and list them:

1. Today I am grateful for...
2. I am grateful for...

Look back through your gratitude journal from time to time.



Get that Friday Feeling



Inside and Outside Me

Lesson 2

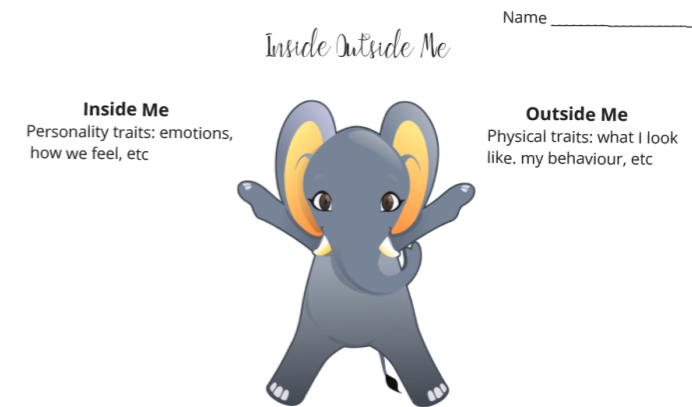
Last lesson we talked about the difference between our inside and outside self.

Today I want you to think about you.

What can everyone see about you?

What do you choose to let people know or see about you?

Have a think and then complete this worksheet so that you can remember and see whether anything changes over times.



Congratulations!



You have learned lots of ways to be more thoughtful and calm. You are learning to be more aware of your own body and emotions as well as other people in your world.

Well done!