

Calm as the Ocean

Mindfulness Activities for Children & Families



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Bubbles of Mindfulness



Let's blow some bubbles! When you blow bubbles try these fun activities.

Mind bubbles:

Blow a bubble!

Now imagine each bubble contains an unwanted thought or feeling you may be having.

Watch as your bad thoughts and feelings float away and are no longer inside of you.

As your bubbles pop, replace those bad feelings with happy ones.

Bubble watching:

Relax and take a few deep breathes.

Blow some bubbles. Take a pause and watch the bubbles float in the air.

What do you notice? Are the bubbles different sizes? What colors do they contain? Are they popping in the air or landing on things?

Can you notice how a bubble feels when it pops on your skin? Do they make a sound? What do they smell like?

Inside a bubble:

After you have blown bubbles. Lay down on your back where you are comfortable.

Close your eyes and think about how you are breathing.

Now imagine you are inside a giant bubble of your own. It can be any size, color or shape you want.

You are safe and happy inside your bubble and can float wherever you want.

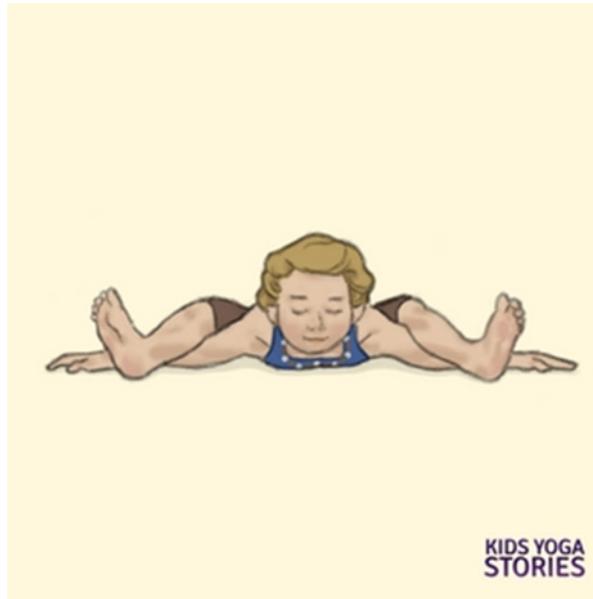
Where do you want to float away to?

Sea Animal Yoga

**Try some of these yoga poses
and be like our friends in the ocean!**

Turtle Pose

1. Sit with your legs straight in front of you and hands on the floor beside your hips.
2. Bend your knees, keeping your feet flexed, and draw your knees towards your hips.
3. Extend your chest and arms forward down between your legs.
4. Bend knees more and slide your shoulders underneath your knees one by one.
5. Inhale and lower your chest towards the ground. Stay for 5 breaths.



Did you know?

Have been around for a very, very long time.

Can hold their breath for five hours underwater.

Can live to about 100 years.

Crab Pose

1. Sit on your bottom with your knees bent and feet flat on the floor.
2. Place your hands behind your hips on the ground.
3. Press your hands and feet down as you lift your hips up high.
4. Lengthen your belly, chest, and back of the neck. ...
5. Release your bottom down.



Did you know?

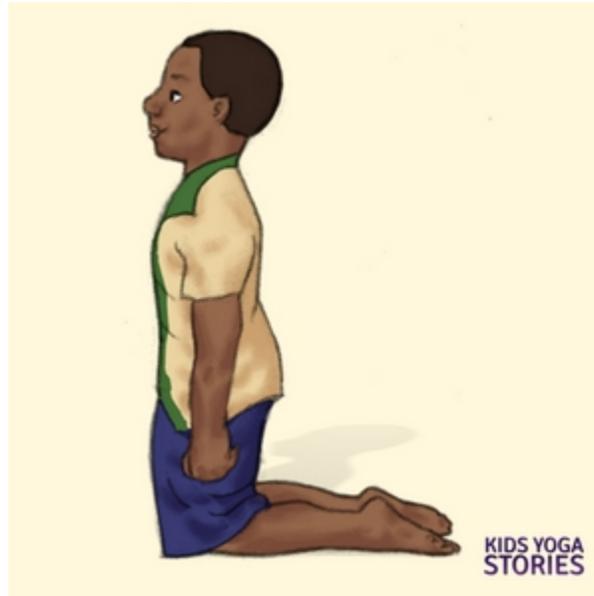
There are more than 4,500 species of crabs.

Crabs walk and swim sideways.

Crabs eat both meat and plants, making them omnivores.

Seahorse Pose

Stand on your knees, open your chest, look up, and wiggle your feet,



Did you know?

There are about 40 known species of seahorse.

Seahorses prefer to swim in pairs with their tails linked together.

They swim upright and avoid predators by mimicking the color of underwater plants.

Except for crabs, few marine predators eat the seahorse – it is too bony and indigestible.

Seahorses propel themselves by using a small fin on their back that flutters up to 35 times per second.

Dolphin Pose:

1. Begin on your hands and knees.
2. Lower yourself to resting on your forearms and knees.
3. Curl your toes under and lift your knees off of the floor.
4. Hold this pose for up to one minute.
5. Release your knees to the floor, then rest.



Did you know?

Compared to other animals, dolphins are believed to be very intelligent.

Dolphins are carnivores (meat eaters).

The Killer Whale (also known as Orca) is actually a type of dolphin.

Bottlenose dolphins are the most common and well known type of dolphin.

Female dolphins are called cows, males are called bulls and young dolphins are called calves.

Dolphins live in schools or pods of up to 12 individuals.

Jellyfish Pose

1. Stand tall with knees slightly bent and fold at the hips.
2. As your hands come closer to the ground, your knees can bend as much as you need in order to have your tummy close to your thighs while still staying comfortable.
3. Take a few deep breaths and shake your head a little.



Did you know?

There are over two thousand species of jellyfish around the world.

Jellyfish are estimated to be older than the first dinosaurs.

Jellyfish are invertebrates, which means they aren't fish.

Jellyfish can be clear (translucent) or have a vibrant array of one or more colors.

Jellyfish don't have a brain, bones, eyes or a heart. A jellyfish's body is 95% water.

Jellyfish use their tentacles to stun or paralyze their prey prior to eating it.

Whale Pose

1. Lie flat on your tummy with your arms alongside your body, your palms up.
2. Bend your knees, flex your feet, take a deep inhale, lift your chest, and look forward.
3. Reach your arms back towards your toes and grab your ankles.
4. Make sure your knees remain hip width apart while you are in the pose.



Did you know?

The [blue whale](#) is the largest animal that ever lived and can grow to 90 or more feet and weigh as much as 24 elephants!

Beluga whales have flexible necks, allowing them to move their heads.

Whales breathe air as we do and need to reach the surface of the ocean to breathe because they cannot breathe underwater.

To breathe, whales have a blowhole in the top of their heads. When they reach the surface, they take air in through this blowhole.

Starfish Pose

1. From a standing position, step your feet out wide.
2. Lift both arms out to your sides and above your head, with your fingers spread out.



Did you know?

They have no brain and no blood.

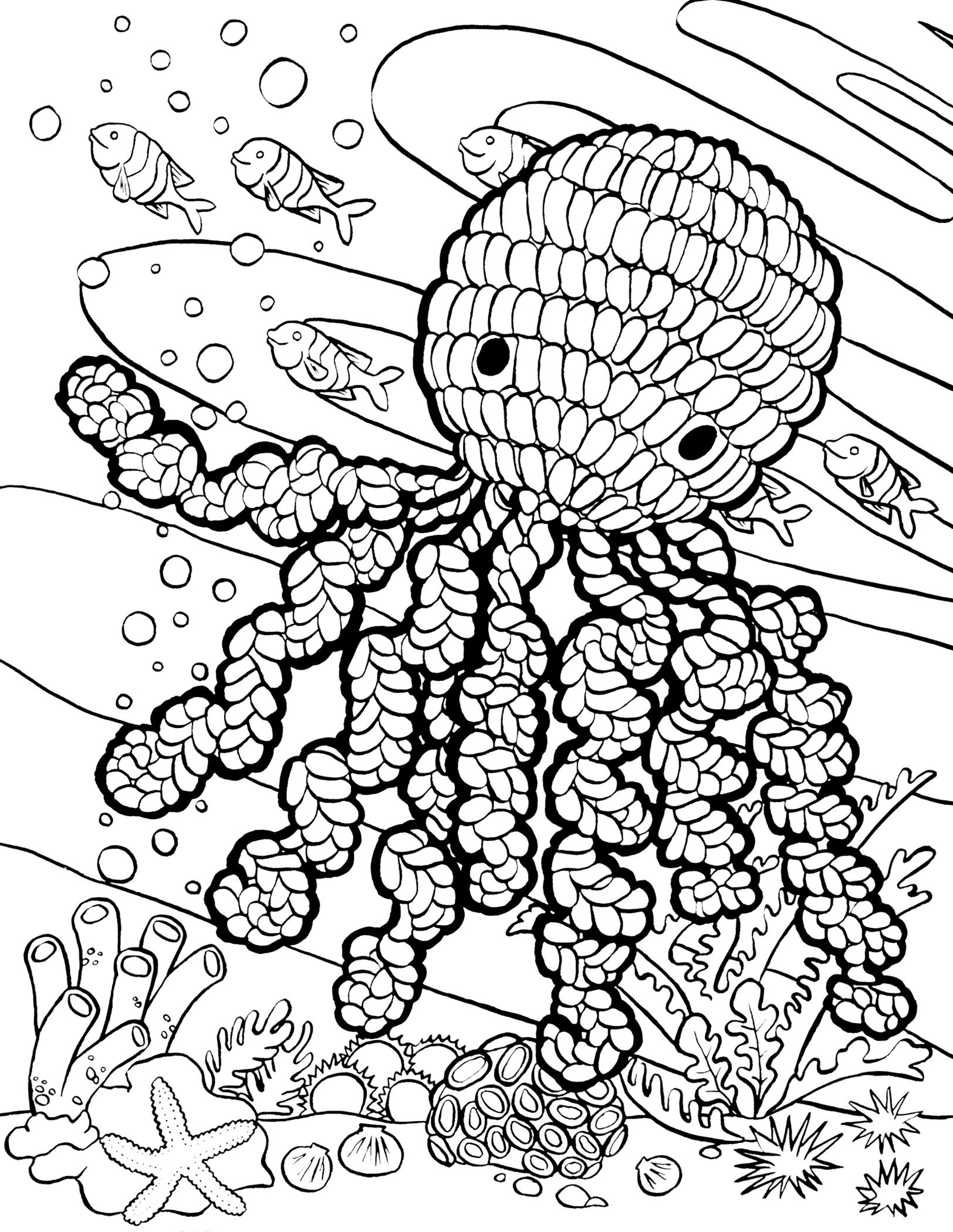
A Starfish is not a fish.

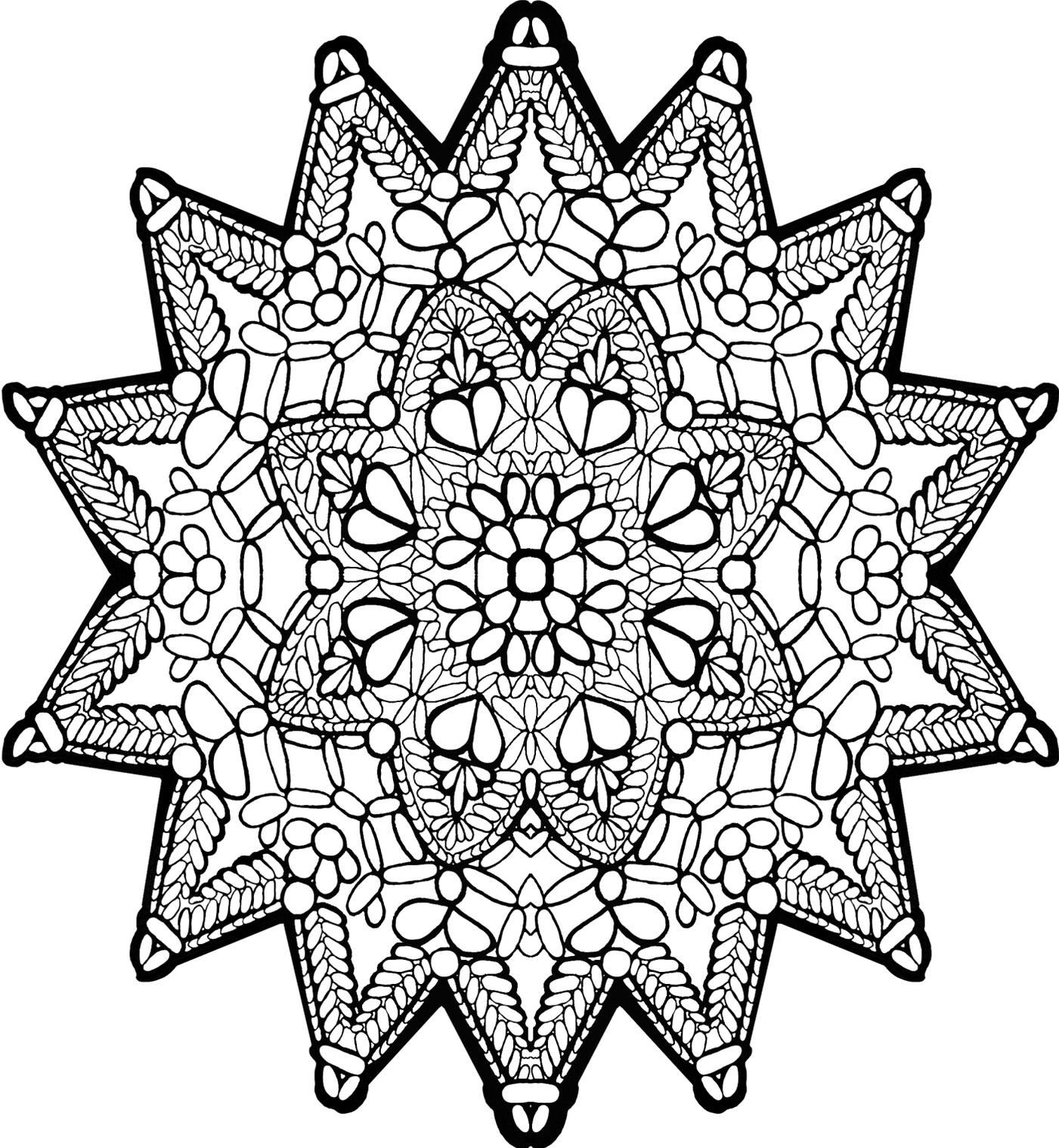
There are around 2,000 species of sea star.

They usually have five arms.

They cannot survive in fresh water.

They can regenerate and grow new arms or legs if they lose them.





The Breath of the Ocean



Let's pretend we are sitting on a warm, sunny beach.

Sit or lay down where you are most comfortable.

Take a breath in through your nose and then breathe out like you are blowing through a straw.

Picture in your mind the waves of the ocean crashing into the sand.

Does your breathing sound like the ocean waves crashing on shore?

Continue to breathe in through your nose and out through your mouth and make the sound of the ocean.

The Raisin



Ever given much thought about a raisin? Well here is your chance to try it!

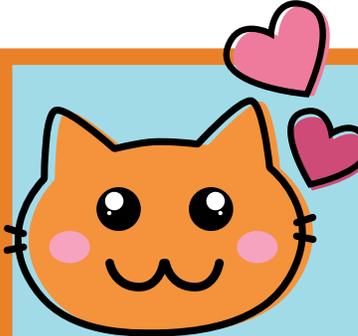
Need: 1 raisin or other piece of dried fruit

1. Pick up a raisin. What do you see when you look at it? How big is it? Is it wrinkly or smooth, flat or puffy?
2. How does it feel between your fingers? Is it heavy or light?
3. Now smell your raisin. Does it smell like other foods? Does it remind you of anything?
4. Bring your raisin up to your ear. Does it make any sounds when you squeeze it?
5. Put the raisin on your tongue but DON'T bite it yet. How does it feel?
6. Go ahead and bite it. Think about how it tastes. Is there more than one flavor?
7. Now you can swallow it. Can you still taste it in your mouth?
8. Now think about where the raisin came from. It grew as a grape on a tree, then a farmer picked it, then it dried and turned into a raisin. People packaged it and brought it to a store for someone to buy and bring to you. If you close your eyes, can you imagine all those people and places?

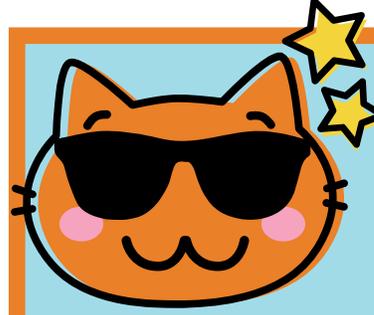
Go ahead and try these steps with different foods!

Thinking About My Feelings Me So Far

Write your answers in each box.

A cartoon orange cat with a happy expression, two pink hearts floating above its head.

Feelings I like the most

A cartoon orange cat wearing black sunglasses, with two yellow stars floating above its head.

Things that help me create good feelings

A cartoon orange cat with a sad expression, a grey cloud above its head, and two tears on its cheeks.

Feelings I do not like

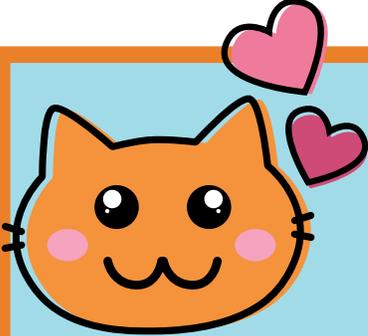
A cartoon orange cat with a happy expression, a rainbow and a light blue cloud above its head, and star-shaped eyes.

Things that help me feel better

Thinking About My Feelings

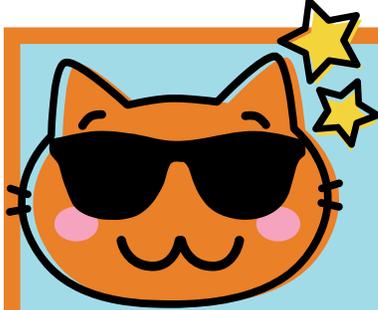
Me in the Future

Write your answers in each box.



Good feelings I want to have more of

A cartoon orange cat with large eyes and a slight smile. Two pink hearts are floating above its head. The cat is positioned in the top left corner of a light blue rectangular box with an orange border.



Things that give me good feelings

A cartoon orange cat wearing black sunglasses. Three yellow stars are floating above its head. The cat is positioned in the top left corner of a light blue rectangular box with an orange border.



Hard feelings I could have

A cartoon orange cat with a sad expression, including a downturned mouth and tears on its cheeks. A grey, stormy cloud is above its head. The cat is positioned in the top left corner of a light blue rectangular box with an orange border.



Things that help manage my hard feelings

A cartoon orange cat with a happy expression, including a wide smile and sparkling eyes. A rainbow and a blue cloud are above its head. The cat is positioned in the top left corner of a light blue rectangular box with an orange border.

Ways to Create More Good Feelings



Ways to Create More Good Feelings

- Read a funny story
 - Think of people you are thankful for and why
 - List things you do well
 - Try something new that interests you
 - Play your favorite game
 - Tell someone you love them
 - Do something kind for someone else
- What other ideas can you think of?

Ways to Manage Hard Feelings

- Name your feeling
 - Take calm deep breaths
 - Take a walk or move your body
 - Try some yoga poses
 - Do something you enjoy
 - Color or draw a picture
 - Tell yourself how great you are
- What other ideas can you think of?



Types of Emotions

Anger



Anticipation



Joy



Trust



Fear



Surprise



Sadness



Disgust



