

Your children are not your children.  
They are the sons and daughters of Life's longing for itself.  
They come through you but not from you,  
And though they are with you, yet they belong not to you.

You may give them your love but not your thoughts.  
For they have their own thoughts.

You may house their bodies but not their souls,  
For their souls dwell in the house of tomorrow,  
which you cannot visit, not even in your dreams.

You may strive to be like them, but seek not to make them like  
you.

For life goes not backward nor tarries with yesterday.

You are the bows from which your children as living arrows  
are sent forth.

The archer sees the mark upon the path of the infinite,  
and He bends you with His might that His arrows may go swift  
and far.

Let your bending in the archer's hand be for gladness;

For even as He loves the arrow that flies,  
so He loves also the bow that is stable.

***The Prophet by Gibran***



<http://heartsteps.org/2011/your-children/>

## **Introduction**

Many people have written books for adults and children to help teach this powerful technique. The targeted groups for learning invariably do not have either the time, motivation or self discipline to commit to 2 sessions for 30 minutes each per day. In education we begin at the skill and developmental level of the individual and build skills personalising for the needs of the individual. This book is intended for those at the beginning of their journey I have been teaching yoga, meditation and mindfulness for over 36 years as well as being a class teacher for 40 years with experience across all ages and abilities. I am committed to a secular model and very aware that the approach to teaching any concept must include awareness of differing learning styles as well as the ability to concentrate, listen and follow instructions. Sitting still can also be an issue depending on the age and maturity of the learner. I have chosen to use a variety of simple exercises to allow access to the experience of mindfulness, only afterwards if this becomes an interest, the individual can follow up themselves at a deeper level.

It requires only the ability to breathe and is thus available to all. Additionally it is simple, which does not mean easy. It is the art of living consciously, aware of yourself in your surroundings at every moment. By paying full and non-judgemental attention you begin to have more clarity, it is gentle and appreciative of yourself at every moment .It can be practised wherever you are and whatever you are doing, going to sleep, eating, walking and in our case the most important is learning.



## **What is mindfulness?**

There are many definitions of Mindfulness. Considered by most to have its roots in Buddhism, practised by monks with additional spiritual techniques which are underpinned with a level of commitment and self discipline for the furtherance of enlightenment, in fact, mindfulness under other names has been part of spiritual practice of most religions.

A Vietnamese Buddhist monk Thich Nhat Hanh wrote his classic **The Miracle of Mindfulness** in the 70's highlighting on the concept as part of meditative practices for the west.

In short it is about quietening the mind and giving full attention to the present moment, this technique can be learnt quickly but of course as with anything in order for it to have an impact it must be practised.

The widespread movement of mindfulness as a secular activity in the current day can be generally due to Professor Jon Kabat – Zin who has developed Mindfulness Based Stress Reduction at The University of Massachusetts.

There is much research about this practice in the reduction of stress and generally helping people cope with stress, anxiety, pain and illness. It is now used in hospitals for a variety of issues and the maintenance of health in organisations. The book '**Mindfulness meditation for Everyday Life**' gives a wealth of information and techniques for the beginner in this field.

**Be Here Now** by Ram Dass is a 60's classic if you are attracted to the more colourful approaches.

## ***Exercises:***

### ***Words:***

*What is Mind*

*Where is it? In your brain perhaps?*

*Mind is ??????*

- 1. Memory*
- 2. Thought*
- 3. Attention*
- 4. Consciousness*
- 5. Intention*
- 6. Thinking*
- 7. Observant*

*Here are some questions to consider:*



<http://dkcdesigns.deviantart.com/art/Streams-of-Consciousness-42002621>

***What is the difference between:***

- 1. The empty mind*
- 2. The quiet mind*
- 3. The still mind*
- 4. The open mind*
- 5. In my mind's eye*
- 6. Mind bending*
- 7. Mindless*



### ***When would you use these phrases?***

- 1. Mind your own business*
- 2. I don't mind*
- 3. Mind out!*
- 4. Set your mind to it*
- 5. Child minding*
- 6. Bear in mind*
- 7. Out of sight, out of mind*



<http://www.aquablog.ca/2012/01/out-of-sight-out-of-mind/>

***What is the difference between these phrases?***

- 1. Do you mind depends how you say it!*
- 2. Of the same mind or of like mind*
- 3. Peace of mind or I will give you a piece of my mind*
- 4. Never mind or never you mind*



<http://www.livestrong.com/article/1003076-install-parental-control-bar-firefox/>



<http://news.bbc.co.uk/1/hi/england/devon/8348938.stm>

Breath

There is nothing so important



Have you  
ever watched your breath in  
the cold  
Watch the shapes your breath  
makes in the air



## **Understand how you breathe**

Your lungs are like sponges with big spaces at the top and little spaces at the bottom

Breathing deeply helps you fill all the spaces and oxygenate your blood for a healthy life

Your diaphragm is a membrane, a kind of sheet underneath the lungs, it moves down when you breathe in and up when you breathe out



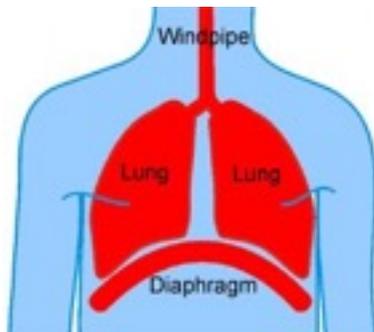
## Mindful Breathing

Diaphragm, abdominal , complete breath

Rest your hands on your tummy. Take 3 deep breaths, sighing the breath out...haaaaaa

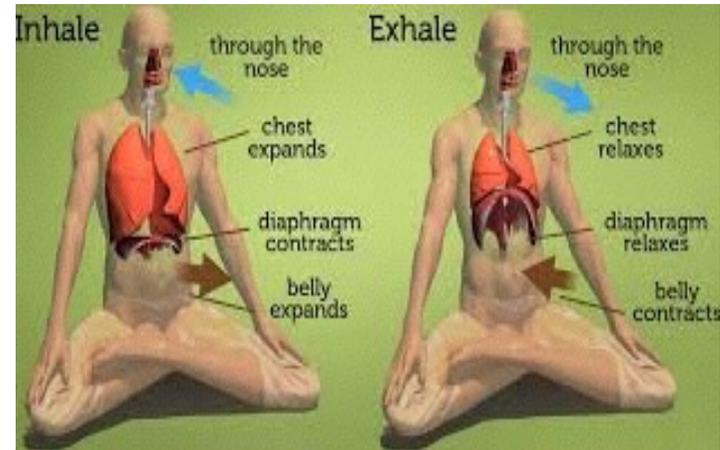
Now breathe in again and as you breathe out pull your tummy in, pushing all the breath out

Breathe in and expand your tummy, breathe out and push all the breath out...good



Now place your hands on your ribs, breathe in, feel your ribs expand and as you breathe out feel your ribs sink in 3x

Now place your hand on your upper chest. Breathe in and as you breathe out pull your tummy in, breathe in and push your tummy out like a balloon, expand your ribs and upper chest. Breathe out and pull your tummy in pushing all your breath out 3x



## Humming Breath

Take 3 deep abdominal breaths and hum the out breath

Notice the tickle on your lips, make the hum soft,  
loud and soft again

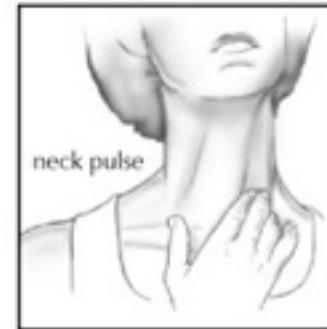


<http://omazingkidsllc.com/category/breathing/>

### **Pulse breath**

Find your pulse on your wrist or neck

Breathe into 4 beats and out to 6 beats 6x

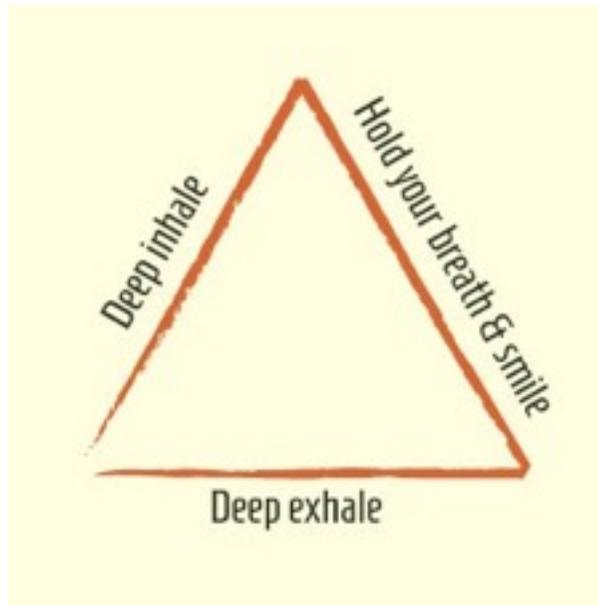


<http://www.yorkheart.com/patient-heart-education/heart-disease/heart-rhythm-disturbances.aspx>

### **Triangle Breath**

Breathe in to the count of 3 and out to the count of 3,  
hold the breath out to the count of 3. 3x

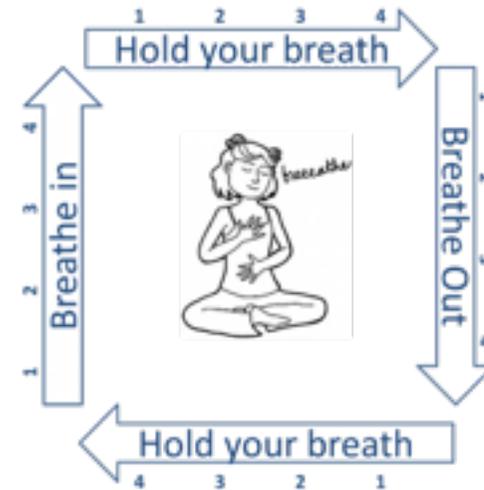
Now reverse the process, holding the breath in for the count of 3 3x



<http://therealfoodguide.com/relaxation-breathing-for-kids/>

Breathe in to the count of 4 hold to the count of 4 breathe out to the count of 4, hold the breath out to the count of 4. 3x

Now reverse the process, holding the breath in for the count of 4 3x



<http://www.discoverstinging.co.uk/2013/07/square-breathing/>

## Square Breath

## **Heartbreath**

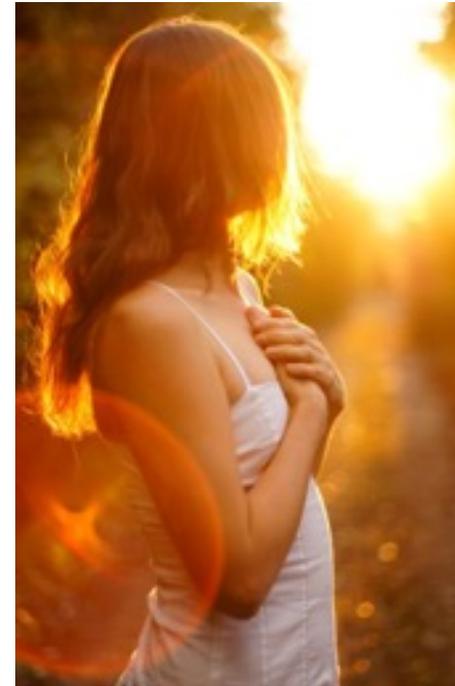
Place your hand on your heart

Feel warmth from your hand to your heart

Imagine you are breathing through your heart

Thank your heart for all the work it does for you every  
day, asleep or awake

Breathe in to 5 and out to 5- 5 times



## **Mindful breathing**

will make you feel light as a feather



<http://signsofangels.net/?p=331>

Feel as if you can fly



**Mindful Standing**

## **N.B. do not go into pain with these gentle exercises**

Notice how you are standing

Turn as far as you can to the right and make a mental mark on the wall behind you. Now do the same to the left.

Shuffle your feet until they are directly under your hips

Relax your knees and hands

Breathe in and bring your shoulders up to your ears and tense all the muscles of your body including your face

Breathe out and relax, gently swinging the arms to the right and to the left.

Repeat the first exercise and see if you can see further round this time? Turn as far as you can to the right and make a mental mark on the wall behind you. Now do the same to the left.

Place your hand on the back of your neck, gently let your head drop forwards, feel the neck muscles lengthening. Breathe in and lift the head, breathe out and let the head drop back, feeling the neck muscles shortening. Now lift your head so the neck muscles are neither lengthened nor shortened.

Stand relaxed with your head balanced perfectly on your upright spine.



<http://www.dailymail.co.uk/health/article-2014198/Your-mother-right-Standing-straight-good-helping-tolerate-pain.html>

## **Mindful Balance**

Rock forward and backwards onto the balls of your feet

Keeping the spine erect, bend the right knee and take all the weight off your left foot, now the other side

Close your eyes and be aware of the soles of your feet and check your weight is evenly distributed on both sides of your body

Stand on the left foot and bring the right foot up to the calf, balance for 5 then 10 seconds. Now on the other side

To help you balance, focus on a still point directly in front of you and keep your eyes on that, do not look at your teacher or anyone else.

Breathe in and bring your hands to the prayer position, hold for 5. Now on the other side.



<http://kristinmcgee.com/yoga-for-kids>

## Mindful Walking

Walking mindfully means to focus on the movement of walking, an action that you would normally do automatically.

Stand as if on a railway track the width of your hips and relax your knees.

Place your finger 2 fingers below your navel and press gently, Imagine you are breathing from this point

Relax your knees

Take the weight onto your left foot, lift your right foot and step comfortably placing your heel down, then the ball of the foot then your toes.

Let your weight shift onto the right foot and lift the left foot doing the same deliberate movement, feeling each part of the foot resting on the ground

Take 7 steps on either side until you get used to the flow of the movement.

Soon you can do it with your breath, breathing in and breathing out as you step forwards

Let your arms swing loosely

Feel the grace of your movement



<http://www.inquisitr.com/572998/earthing-advocates-claim-walking-barefoot-outside-helps-depression/>

## Mindful Sitting

Be aware of how you are sitting

Do you feel alert, interested, ready to learn?

Now shuffle your bottom into the back of your chair and notice if this feels different.

Let your head drop forward and back then make sure it is on correctly!

Let your eyes find a spot , real or imaginary directly in front of you, high up on the wall (45degrees)

Let your eyes go out of focus (soft eyes) and try not to blink. Keep eyes open for the count of 3-1,2,3, now close for 3-1,2,3. Do this for up to 7 counts

Now palm your eyes.

Open your eyes and notice if you feel more alert, ready to learn!



<http://www.dailytelegraph.com.au/kids-need-to-back-off-technology/story-fn6b3v4f-1226061592556>



<http://www.itsalwaysautumn.com/2014/02/10/tips-photographing-kids-get-great-photos-home.html>

## Mindfulness

Sitting in mindful posture, rest your hands on your tummy,

Look around you notice 5 things that you can see

Notice which your eye is most draw to?

Rest soft gaze on a spot directly in front of you and slightly up.

Rub your hands together and feel the warmth on your palms, now interlink your fingers and rub hands toward and away from you...is this even hotter?

Place your warm palms over your eyes, feel the warmth flowing into your eyes

What can you see inside?

is it dark, colours, sparkles, how does it feel when your eyes are warm?

Think of 5 things you can imagine; a flower, a tree, a book, television?

Open your eyes and smile at someone



<http://www.eyexercisisonline.com/eye-exercises-for-kids>

Notice 4 things you can hear

Listen, close your eyes if you want, notice 4 things that you can hear

Maybe noises outside of people moving about

Maybe sounds of traffic

Maybe sounds of a fan in the room, music

Maybe the sound of my voice?

Rub your hands together and feel the warmth on your palms, now interlink your fingers and rub hands toward and away from you...is this even hotter?

Place your warm palms over your ears, feel the warmth flowing into your ears

What can you hear inside?

Are their buzzing or humming sounds

how does it feel when your ears are warm?

Think of 4 things you like to hear; birds singing,waves on a beach, music, tv, someone's voice?

Open your eyes and smile at someone



<http://www.depthinsights.com/blog/on-magic-shamanism-and-listening-the-collective-unconscious-of-c-g-jung/>

Be aware of 3 things that you can feel

Notice which feels better?

Feel your back resting against the chair

The rise and fall of your tummy as you breathe in and  
as you breathe out

The touch of the breath on the tip of your nose, cool  
in breath, warm outbreath, blue in breath pink out  
breath

Rub your hands together and feel the warmth on  
your palms, now interlink your fingers and rub hands  
toward and away from you...is this even hotter?

Place your warm palms over your nose and mouth,  
feel the warmth of your breath against your palms

What can you feel inside?

Can you feel the breath in your lungs?

Think of 3 things you like to touch; a warm blanket, a  
petal, a book, a pet?

Open your eyes and smile at someone



**Mindful Thinking**

### **Be aware of your thoughts**

Watch them as they come and go as you might watch clouds float by on a summers day, shape shifting as they drift dreaming into different patterns and colours by the wind.



<http://www.dailymail.co.uk/news/article-2258883/Flying-flipper-Remarkable-cloud-shaped-just-like-dolphin-spotted-leaping-skies.html>

### **Watch your thoughts**

Maybe as you stand by the calm water with the sun shining on the water, sparkling it's glittering path to your feet, no matter how fast you run to escape it is always there wherever you are in the moment

Open your eyes and smile at someone



<http://coathangerdiaries.blogspot.co.uk/>

## Mindfulness

Give your life complete attention

All the time or as often as you can

Whatever you are doing for as long as you can

Eating,

Working

Playing

Shopping

Having fun

There is nothing else anyway

The past has gone heightened emotional charges  
from the past will inevitably colour your future

Your future is pure speculation coloured by your past

So always remember

## Be Here Now

