

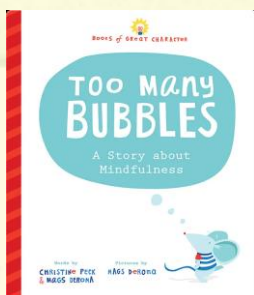
# Mindfulness

EDU-CONNECT 2022

Brought to you by Early Read team



## Book Recommendations



**Title:** [Too Many Bubbles: A Story About Mindfulness](#)

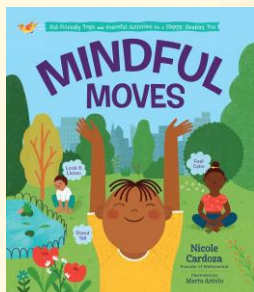
**Author:** Christine Peck and Mags DeRoma (Illustrator)

**Publisher:** Naperville, Illinois: Sourcebooks Jabberwocky, 2021

**Section:** Early Literacy Picture Books

**Call No.:** English PEC

**OverDrive Link:** <https://nlb.overdrive.com/media/6192630>



**Title:** [Mindful Moves: Kid-Friendly Yoga and Peaceful Activities for a Happy, Healthy You](#)

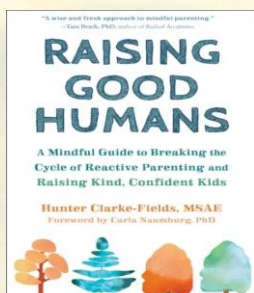
**Author:** Nicole Cardoza and Marta Antelo (Illustrator)

**Publisher:** North Adams, MA: Storey Publishing, 2021

**Section:** Early Literacy Picture Books/ Non-Fiction

**Call No.:** English 613.7 CAR

**OverDrive Link:** <https://nlb.overdrive.com/media/5697113>



**Title:** [Raising Good Humans: A Mindful Guide to Breaking the Cycle of Reactive Parenting and Raising Kind, Confident Kids](#)

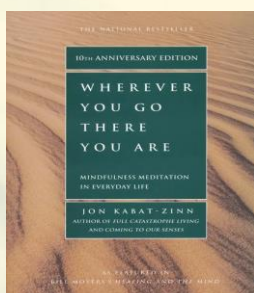
**Author:** Hunter Clarke-Fields

**Publisher:** Oakland, CA: New Harbinger Publications, Inc, 2019

**Section:** Adults Family & Parenting

**Call No.:** English 649.1 CLA-[FAM]

**OverDrive Link:** <https://nlb.overdrive.com/media/4535207>



**Title:** [Wherever You Go There You Are: Mindfulness Meditation in Everyday Life](#)

**Author:** Jon Kabat-Zinn

**Publisher:** New York: Hyperion e-books, 2010

**OverDrive Link:** <https://nlb.overdrive.com/media/265959>

All book covers are the copyright of their respective publishing companies.

# Mindfulness

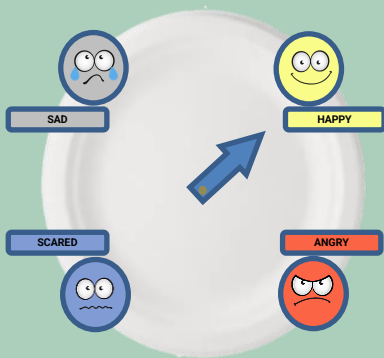
EDU-CONNECT 2022

Brought to you by Early Read team



## Emotions Wheel

Create the emotions wheel to help children with identifying their emotions and considering other people's feelings.



### Materials required:

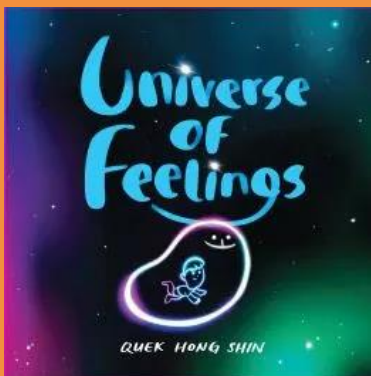
Paper plate  
Scissors  
Glue stick  
Paper fastener

### Steps:

1. Cut out the emotion faces, emotion labels and spinner from the template provided.
2. Glue the emotion faces and their matching emotion labels on to the edge of the paper plate
3. Cut a small hole in the spinner and in the centre of the paper plate.
4. Use a paper fastener to secure the spinner to the plate.
5. Spin the spinner and have children identify the emotion that the spinner points to. Ask children how they can make themselves feel better if they feel sad, scared or angry.

Referenced from:

Skyship Entertainment Company. (2021, March 22.). This Is A Happy Face Feelings Wheel. Super Simple. Retrieved May 10, 2022, from <https://supersimple.com/article/this-is-a-happy-face-feelings-wheel/>



### Read this!

[Title: Universe of Feelings](#)

Author: Quek Hong Shin

Publisher: [Singapore]: Superhero Me, 2019

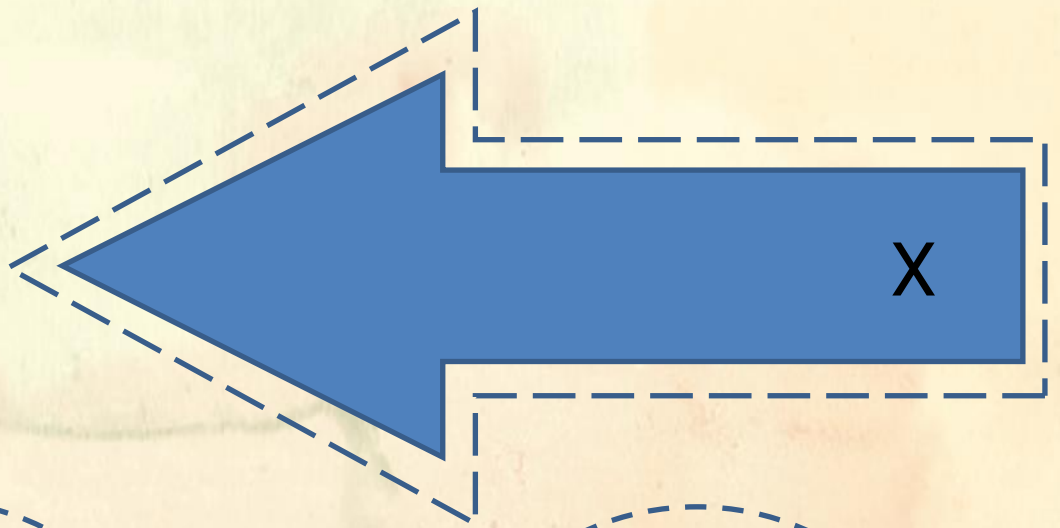
Section: Children Singapore

Call Number: English QUE

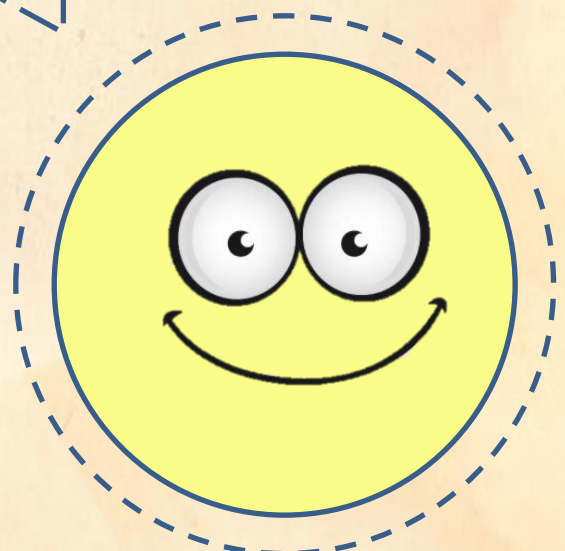
Read and discuss the book, *Universe of Feelings* by Quek Hong Shin, with the children. Introduce the individual emotions to them and talk about experiences where they had felt that particular emotion.

## Emotions Wheel Template

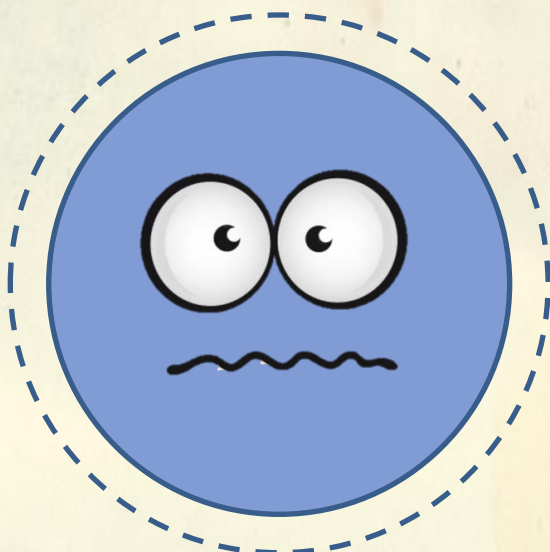
Cut along the dotted lines and follow the instructions for the Emotions Wheel activity.



**SAD**



**HAPPY**



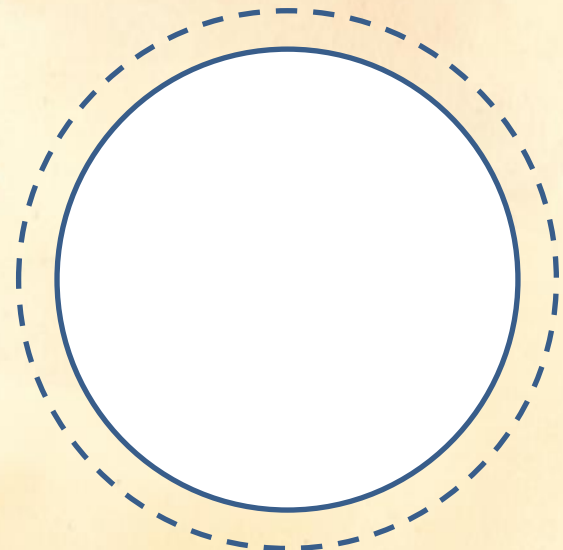
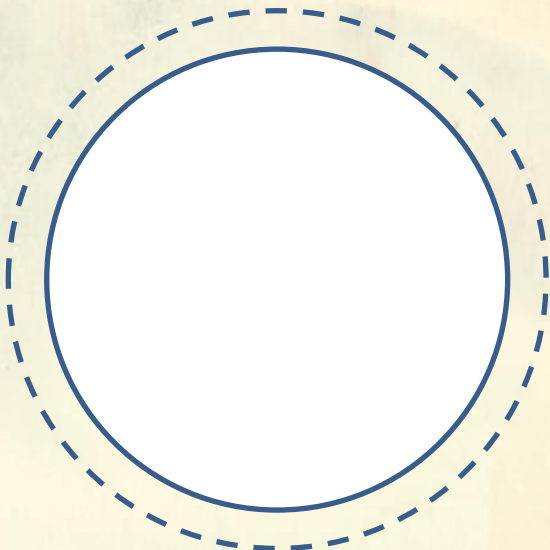
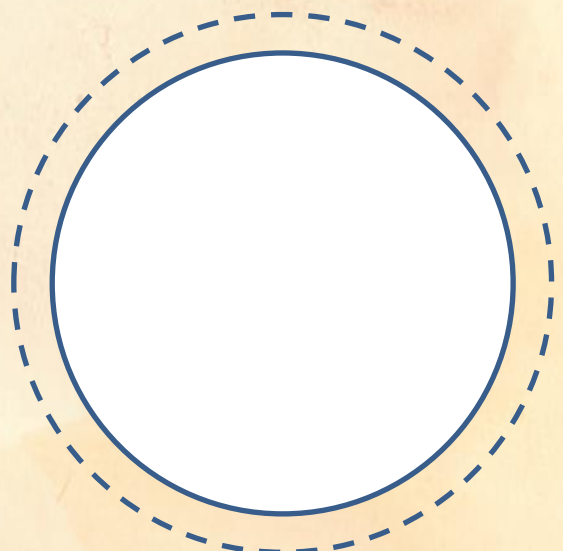
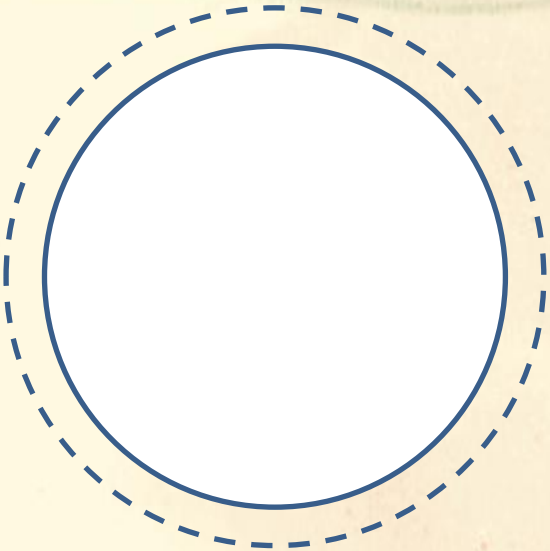
**SCARED**



**ANGRY**

## Emotions Wheel Template

Create more emotion faces and emotion labels, and add them to the Emotions Wheel.





# Mindfulness

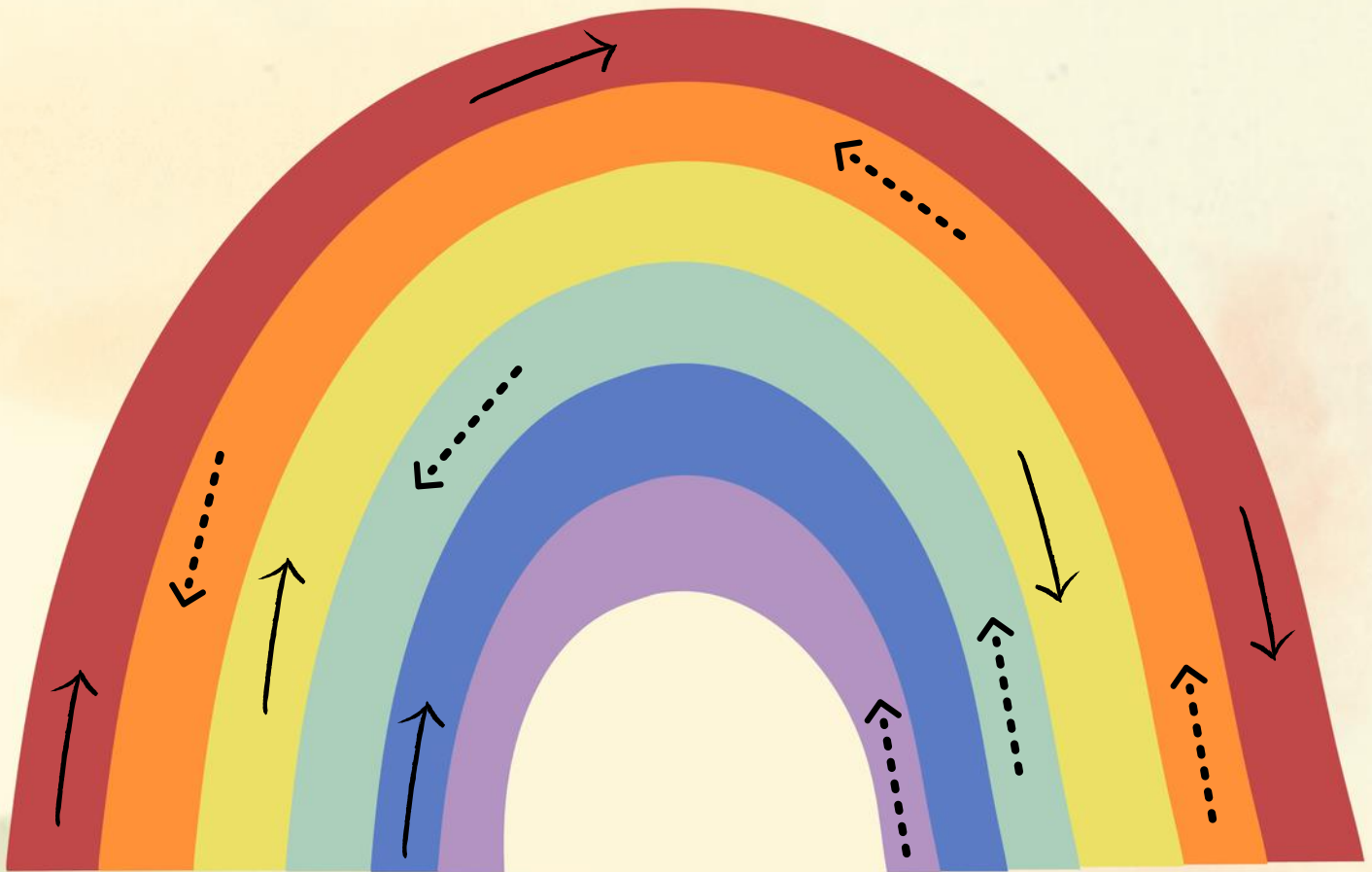
EDU-CONNECT 2022

Brought to you by Early Read team



## deep breathing exercise

Breathe with the rainbow.



start

end

Starting from red, take a deep breath in as you trace the red line according to the direction of the arrows. Exhale as you trace the orange line while following the arrows. Repeat until you've traced all the colours.

# Mindfulness

**EDU-CONNECT 2022**

Brought to you by Early Read team



## yoga fun!

For some movement and relaxation, here are some yoga poses you can try out with your children. Settle down before nap time in a slow and gentle way.

### easy pose



Sit in a comfortable position. It can be cross-legged, on your heels, or even with your legs outstretched. Let's take 5 deep breaths together!

### downward dog



Prop your hips up and form a mountain shape with your body. Feel free to bend your knees and try to settle your heels on the ground. Let's take another 5 breaths in this pose!

### high cobra pose



Lie on your belly, place your palms apart as wide as your shoulders, and lift your upper body! When we breathe out now, let's hiss like a cobra. Breathe in, and hisssssss!

### warrior two pose



With one foot turned sideways and the other facing the front, it's time to become a strong warrior! Make sure your knee remains behind your foot. Can you hold your position for 5 breaths?

Referenced from:

Boyle, C. (2015, September 23). Yoga for kids: Calming and child-friendly poses. Healthline. Retrieved May 11, 2022, from <https://www.healthline.com/health/parenting/yoga-for-kids>

Luterman, L. (2022, February 25). Yoga for kids: 10 easy yoga poses & their health benefits. eMediHealth. Retrieved May 11, 2022, from <https://www.emedihealth.com/wellness/yoga-meditation/yoga-poses-for-kids>

# Mindfulness

EDU-CONNECT 2022

Brought to you by Early Read team



## yoga fun!

For some movement and relaxation, here are some yoga poses you can try out with your students. Settle down before nap time in a slow and gentle way.



### tree pose

Balancing time! While balancing on your left foot, bend the right foot and prop it against the left ankle, knee or inner thigh. When you're ready, try holding your pose with your eyes closed. Let's take in 5 deep breaths here.



### garland pose

Bend your knees and squat all the way down with both legs wide open. Place both hands in front of your chest and use your elbows to push your knees out. You know the drill: 5 deep breaths in this pose.



### child's pose

Phew, what a stretch! Let's sit on our heels, spread our knees wide, and bend forward till our foreheads touch the ground. We'll rest here for 5 breaths.



### resting pose

We've worked hard so now it's time to wind down! Lie flat on your back and close your eyes. Rest your hands by your side and allow your feet to spread out straight.

Continue taking deep breaths until you feel completely relaxed.

Referenced from:

Boyle, C. (2015, September 23). Yoga for kids: Calming and child-friendly poses. Healthline. Retrieved May 11, 2022, from <https://www.healthline.com/health/parenting/yoga-for-kids>

Luterman, L. (2022, February 25). Yoga for kids: 10 easy yoga poses & their health benefits. eMediHealth. Retrieved May 11, 2022, from <https://www.emedihealth.com/wellness/yoga-meditation/yoga-poses-for-kids>