



Wellbeing Tips

Self-care through mindfulness



How to practice self-care through Mindfulness

Mindfulness is the practice of deliberately engaging in your present moment, of paying attention to your surroundings, focusing on and accepting your thoughts, feelings and bodily reactions, and engaging in what you are experiencing, rather than worrying about the future or dwelling on the past. Mindfulness is beneficial for everyone, but it can be especially helpful for kids, because it helps support them with emotional regulation, improved focus and attention, reduced stress and anxiety, challenging behaviours and social skills, and greater self-awareness and resilience.

Five senses mindfulness activity

You can practice mindfulness by yourself or with the kids wherever you are, at home, in the car, at the park, or even over the phone. A great, flexible mindfulness activity is the Five Senses Mindfulness activity:

Sight: Look around and notice five things you can see, then deliberately focus on one thing you've noticed. Describe its colour, size, shape and texture. How does it make you feel to look at it?

Touch: Focus on four things you can feel, like the sun on your face, or the chair beneath you. Feel the sensation of one thing you've noticed – is it soft or scratchy, warm or cold? Do you enjoy the sensation?

Sound: Listen and identify three things you can hear. Focus on a particular sound, noticing if it's soft or loud, high or low. How does it make you feel?

Smell: Notice two things you can smell in your surroundings. Take a slow, deep breath and fully inhale one scent. Is it strong or faint, sweet, earthy or perhaps savoury? What does it make you think of?

Taste: Focus on one thing you can taste, maybe toothpaste or food. If you can taste something, do it mindfully, noticing the taste, texture, and even the sensation of it in your mouth. How does your body react to the taste?