

**Creative Mindfulness for Children (EYFS)**

**Lesson Nine – Cup of Sunshine**

**Aim – Encourage children to be a good friend to themselves and to others.**

**Set the scene – see Lesson One**

Make sure everyone is sat comfortably, including yourself.

The session should start with a signifier and a listening exercise e.g. invite children to put up their hand when the sounds stops.

**Mini Mindfulness Moments** – Feather breathing

**Recap on previous lessons (The Mind Jar/Bottle, Breathing Buddy, Monkey Mind, Everything Belongs, Worry Buddy, Gratitude Tree, All About Me Book)**

Talk about feelings that you and they have had since the last session using all or some of the props above including feelings puppets/cards. Ask ‘Is it ok to have these feelings visit?’ Explain yes it is, as everything belongs in our hearts.

Discuss what we can do to help – our breathing. When we do our breathing does it make our mind more busy or calm?

**Mini Mindfulness Moments –** 3 Things I Can See

Invite children to look at three things in the room. Say the name of each one whilst focussing on your breathing

This repetition of mini mindfulness moments is helping to build connections in the brain that support focus and attention.

**Cup of Sunshine**

Ask – Do you think it is a good thing to be a good friend to other people? What do you think about being a good friend to yourself? Do you think it is important to be a friend to yourself?

It’s just as important to be a good friend to ourselves as it is to be a good friend to others. It’s really important that we be kind to ourselves and that we look after ourselves.

Model this for the children by talking about how you are good to yourself or are kind to yourself.

Invite children to talk about ways they could be a good friend to themselves.

**This is one of the most important things we can teach children and one of the most important things we can do as adults is to be a good friend to ourselves.**

**The relationship we have with ourselves sets the tone for every other relationship in our lives.**

Talk about what you do that fills up your cup of sunshine. Model using pictures or written words. How does it make you feel in your head, heart and body?

This lesson could be extended by talking about how to fill up a friend’s cup of sunshine and also what might empty someone else’s cup of sunshine – see video.

**Creative Activity – Cup of Sunshine**

Each child to make their own cup of sunshine. This could be a cup drawn on paper, a printed copy, a decorated cup or a paper cup.

It might be nice to have a class or room cup of sunshine that you can collectively add to as well as individual cups.

Share the activity with parents and encourage them to use at home with their children.

**Guided Meditation**

Stretching Exercise and Balloon Breathing

Read out Peace Bubbles meditation (see handout)

Ring bell to signify the end

**Breathing**

Repeat another mindful breathing exercise, the children could choose which one.

Finish with a sound to signify the end of the session.

Discuss with the children how they feel in their mind, heart and body

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