**20. MINDFUL OR MIND FULL?**

People often think that being able to do lots of things at the same time will get more done. However, research shows that exactly the opposite is true. By being mindful and focusing on one thing at a time, you can get much more done and it can help you to feel calmer.

Think about it:
Do you often try to do lots of things at the same time and does it feel like your brain is overflowing with thoughts and feelings?

**Draw a picture** to show what it’s like to have your mind full in this way. Then **draw a second picture** to show what your mind is like when you feel calm and focussed.

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**START YOUR DAY THE MINDFUL WAY**

Do you often wake up and rush to get on with your day? Do you switch on your devices as soon as you can? Experiment with starting your day in a more mindful way and notice what you feel as a result. Pick a day and give these activities a try...

**WAKING UP**
- Lie in bed, stretch and wiggle your fingers and toes. Notice how that feels.
- Sit up and notice three things that you like in the room.
- Get up, take a big stretch and shake out your arms and legs. Notice how that feels.
- Take a big breath in... and breathe out very slowly...

**GETTING READY**
- Pay attention to the temperature, sound and feel of the water as you shower or wash.
- Notice the smell of the soap you use.
- How does the towel feel as you dry yourself?
- As you get dressed, notice how each item of your clothing feels and sounds as you put it on.
- Breathe in deeply... and then out.

**MINDFUL BREAKFAST**
- Turn off your gadgets.
- Eat slowly and mindfully.
- Notice the feel, smell and taste of each mouthful. Do they change as you chew slowly?
- Carefully tidy your dish or plate away. Notice any sounds, smells or textures as you do this.

**ON THE WAY TO SCHOOL**
- Listen to and look at your surroundings.
  - Notice:
    - the scenery;
    - the people;
    - the sounds;
    - the smells;
    - the colours you can see.
- Before your first lesson starts, take a moment to focus on your breath to help you get ready to listen and learn.

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**TOP MINDFUL TIPS**

If you ever feel like you need to clear your head, try...
- The mindful minute (see page 25).
- Counting back from 100 in twos (100, 98, 96...).
- Picking a topic and thinking of an example for every letter of the alphabet (e.g. animals – ant, bat, cat, dog...).
(PSSST! These activities can help you sleep too!)

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**What differences did having a mindful start to the day make?**

**What could you do to start every day mindfully?**