

MAKING MINDFULNESS NON-BORING

HOME
RESOURCES
AND EDUCATION
FOR STUDENTS
AND PARENTS



CALM MIND PROJECT

At Calm Mind Project we are passionate about supporting our students at home and perhaps more importantly, providing their parents and carers the information and activities to become equally empowered and involved in a regular practice of **mindfulness at home**.

WE'RE ALL ABOUT

MINDFULNESS

(THE NON-BORING KIND)



CONTENTS

- What Is Calm Mind Project?
- Who Is Amber Hawken?
- What Is Mindfulness?
- Mindfulness Activities
- Feelings List and Check In Sheet
- Weekly Mindfulness Routine
- Resources

WWW.CALMMINDPROJECT.COM



WHAT IS CALM MIND PROJECT?

Calm Mind Project is a program taught in schools for students and teachers to assist them in **building mental and emotional resilience, self awareness and inspiration for life.**

The skills use a sense combination of mindfulness activities, meditation, self development skills and empowering mental re-patterning and tools.

The founder, Amber Hawken, has seven years experience in fields of behavioural psychology, emotional repatterning, human behaviour and spiritual philosophy. She has spoken on stages all around Australia about human behaviour, emotional empowerment, life fulfillment, peak potential, meditation and mindfulness.

Her experiences range from private clients and group retreats to the Australian Defence Force, as well as keynote speaker roles at national conferences including MindfulUS and as an Ambassador for NUU Youth Programs, using the skills and expertise from her Diploma in Mindfulness based Cognitive Behavioural Therapy, Neuro Linguistic Programming, Mindfulness Certification and Deep State Repatterning Therapy.



“As a parent and the founder of NUU Youth Programs (empowering children to prepare for the workforce), I have seen Amber in action. As our head female Ambassador, Amber has been a facilitator and presenter at our events. I have found Amber to be an outstanding leader, presenter, teacher and guide for students, including my own children.

The way Amber operates is calm, clear, precise, patient and she delivers her message in a way that students can understand. She is engaging in her teachings and workshop activities. The children have a lot of fun and she has the ability to draw out information and wisdom from the children in a way I have never seen before.

They get to the answers they need themselves because of the design of her activities and her focus on empowerment, as opposed to sit and teach and they just listen. Calm Mind Project is an incredible program for children of all ages and learning abilities.”

- Kelly Kingston, One Purse One Planet

WHO IS AMBER HAWKEN?

Amber Hawken is the head of a small, multi-faceted Australian company serving multiple audiences within the business dynamic, as well as private and government institutions such as The Australian Defence Force and education systems within high schools and primary schools across Australia through Calm Mind Project.

A Diploma of Mindfulness-based Cognitive Behavioural Therapy, a qualified Neuro-Linguistic Programming Practitioner, and a Deep State Re-Patterning Therapist are some of the professional qualifications and tools that Amber brings to her work around emotional and mental self-mastery. Amber has worked with thousands of clients through her online programs and 1:1 private mentoring.

"In the end, I teach people how to just be themselves. Essentially, I don't like beating around the bush, so I make mindfulness digestible, fun and simple."

CALM MIND
PROJECT
FOUNDER,

*Amber
Hawken.*



WHAT IS MINDFULNESS?

Mindfulness is the practice of focusing your awareness and attention on what is happening right now, by *observing* what's going on inside (your thoughts, feelings, and physical sensations) and outside (your interactions and surroundings) with curiosity, openness and acceptance.

It is the practice of paying attention — to thoughts, physical sensations, and the environment — **without constantly feeling the need to judge what's happening or to make it other than it is**. Mindfulness is a way of meeting our experience with the presence of mind to respond skilfully to life's challenges, rather than reacting based on intense emotions.

Mindfulness is simple, but not *easy*. **It is a skill that we need to practice**. When we practice it, mindfulness allows us to live with a greater sense of calm, balance, and ease.

The self awareness aspect of the CMP program is very simple and is centred around **understanding personal values**. This is incorporated into the teacher programs and lightly sprinkled throughout our teen workshops taking into account their developmental understanding of these principles. Psychology research shows that **awareness of our values is fundamental to being able to live a life that is both inspiring and successful** in all areas of life including career, relationships and emotional, mental and physical wellbeing.

The following activities and exercises build from simple to more complex, beginning with the most basic (and powerful) practice of focusing on first the breath, then the body, then the senses and finally evolving into empowered mindsets such as **gratitude, positivity, compassion, kindness and calm**. These activities are supported by scientific research and work on improving health, immunity, brain function and cultivating emotional resilience, emotional intelligence and discipline.



"BE MINDFUL. BE GRATEFUL.
BE POSITIVE. BE TRUE. BE KIND."

— Roy T. Bennett, *The Light in the Heart*

WHAT IS MEDITATION?

Whilst mindfulness is the practice of focusing on right now and just one thing, the best way to differentiate between mindfulness and meditation is to think of meditation being the practice of focusing on no-thing. Meditation is concentration on nothingness, a focus on nothingness, attention is free and present without specifically being drawn to thoughts, feelings, sensations or events in life. The practice of meditation deepens your practice of mindfulness because mindfulness is somewhat, a way of being in life, period. One practice supports the other. Through mindfulness we learn to be able to direct our attention and reaction time. Attention is the basis of all higher cognitive and emotional abilities leading to emotional resilience, awareness and empowerment. To quote Viktor Frankl, "Between stimulus and response, there is a space. In that space lies our freedom and our power to choose our response. In our response lies our growth and our happiness".

HOW DOES IT WORK?

Did you know that it is possible to rewire your brain through meditation and mindfulness? Our brain neurology can be re-written from old negative thinking patterns to ones that are more empowering and positive by the consistent practice of redirecting our focus and attention. You may have heard the saying, "what you focus on expands"; Well mindfulness and meditation quite literally helps wire your brain to increase emotional resilience by forming strong neural impulses that change the circuitry of the brain to become more calm, inspired, happy and compassionate.

This has a follow on effect to support immunity and wellbeing by increasing the time our body, mind and emotions spend in 'rest and digest' as opposed to 'fight or flight'. In today's fast paced world, people are primarily living in a physiological state of fight or flight, creating a cascade of physical and emotional stress in our lives.

Mindfulness has been proven to contribute to the reduction in depression, anxiety, eating disorders, bullying, ADHD and other stress related disorders.

WHAT TO EXPECT

Psychology helps us understand that it is common for people to avoid uncomfortable emotional circumstances as a survival instinct. As a result, when we are children there can be events and circumstances where a child experiences sadness, anger, rage, rejection or abandonment but did not effectively process or express this in a healthy way. Sometimes, when we practice mindfulness and meditation, these feelings and situations rise up to be released. This is very normal.

Studies also show that the fast pace of the 21st century and the increase in stimulation such as from smartphones and exposure to social media, increases our stress levels, compounding the number of emotional experiences that may have been suppressed or numbed through short term stimulation. The activities and tools CMP teaches aim to assist people to increase their ability to pause between the stimulus of the outside world and/or internal thoughts and emotions to enable them to process them in a healthy way and reduce future development of unhealthy habits such as addiction and negative mindsets.

Finally, there is an epidemic of adrenal fatigue due to the above mentioned pace of today's world and a rise in self evaluation and comparison (through social media, etc.) and more often than not, the adrenal systems are overloaded and people are deprived of quality sleep and rest. It is normal to feel sleepy, more emotional and experience a very busy and scattered mind in the first months and even years of practicing mindfulness and meditation. The idea of this is not to have no thoughts, but to learn not to let our attention get dragged this way or that. It's about placing ourselves in the driver's seat of our mind. Sometimes it can feel uncomfortable, other times it can go really smoothly; Either way is perfectly okay.

Don't worry - it's all part of the experience. The point is to notice and observe what's going on with an open mind and to learn not to get hung up on anything in particular. If you get stuck, just bring your attention back to something neutral such as breathing.

CALM NOT CRITICAL

The natural state of the mind is to critically analyse the environment (both internal and external) for potential danger or pain. This includes emotional experiences. Most of our actions are actually driven by a 'potential' painful experience. In other words, worry of the past or anxiety of the future are when we are not present, and tend to trigger stressful emotions which drive our actions.

This is an atrocity, in my opinion (Amber here). What I love most about mindfulness is the power being placed back into our hands, the opportunity to choose our reaction to every stimulation and action in our internal and external environments.

Mindfulness changes our focus from thinking to sensing. From doing to being. It is in the beingness and presence that the undercurrent of anxiety, stress or worry is replaced with contentment and joy.



THE PRESENT MOMENT IS FILLED
WITH JOY AND HAPPINESS. IF YOU
ARE ATTENTIVE, YOU WILL SEE IT."

— Thich Nhat Hanh

Thoughts can float in (be they negative, positive, past, or future), emotions may rise up and feelings ripple through us, and yet, with the practice of mindfulness, a curiosity and non-judgmental observation of what's happening, we have space. In that space, we can choose to release the thought, change our perspective of the mind's automatic critical analysis and adopt an accepting attitude.

When we get used to this, the practice leads to the redirection of focus to things we wish to be doing, the person we aspire to be, goals we aim to achieve and most importantly, the absolute beauty of the world right in front of our eyes.

Gratitude, kindness and compassion are a choice that leads to a deep sense of joy and fulfillment and these mindsets are cultivated through our ability to be able to pause, be attentive to our mind's focal point and instead adjust our attention to what is empowering.

The mind is naturally clear. It is the thoughts and emotions that create foggy, unclear pathways that drive actions that are not conducive to a life that may be as fulfilling, joy-filled or aligned with our values as we'd like it to be.

Imagine a pool of water, clear and calm, and there is dirt at the bottom. The dirt represents our emotions. Now imagine turning on the bubbles in the pool; they represent critical analysis and thinking. Our thoughts stir emotions and create chaos within us.



Thinking is natural, but what is optional is what thoughts we pay attention to and therefore what emotions we experience on a regular basis.

When we get caught up in our thoughts and emotions, it can be difficult to see clearly, which impacts our perceptions and decision making. If left unchecked, our thoughts, stress and strong emotions have a tendency to build momentum. The skills of mindfulness and meditation will help us to become aware of this process, create some space between our thoughts, emotions and reactions, and allow ourselves the opportunity to settle.



MINDFULNESS ACTIVITIES

CREATING THE RIGHT ENVIRONMENT.

There is an old saying I once heard that goes like this; “It’s easy to meditate in the forest”. It highlights the reality that life is quite often busy and noisy and fast, and sometimes, when we want to become calm, the most important thing to remember is that sometimes the best environment is a noisy, messy, chaotic one. This is true for both the goings on inside of ourselves and in the world around us. Perhaps you and/or your children are feeling upset, stressed, angry or frustrated; Maybe there is a divorce unfolding or school lunches to get packed, or washing to get done or pressure for parents to stay at work for longer hours. It’s common that the last thing you feel like doing is stopping to pause and release judgment about your current situation and bring your attention to the breath of the body or emotions.

Aristotle said, *“It is the mark of an educated mind to be able to entertain a thought without accepting it.”*

The mind has a knack for convincing us to do all of the things and rushing through to tick off the to-do’s or worst of all “carrying on” when perhaps there is sadness or anger that needs honouring. Times of chaos and busyness are the perfect and most important times to set 1 minute aside and practice mindfulness.

When life is not as chaotic, here is a guideline for an easy set up for a mindfulness practice:

Sit up with a straight spine, on a cushion or rolled up towel or prop that tilts the pelvis slightly forward. This helps take the pressure off the lower back and to sit comfortably for a few minutes (or longer). Ideally, keeping your eyes closed helps you to connect better with the body and other senses. Sitting in a chair or against a wall is also fine. Laying down is okay, but sitting up is better suited to cultivating a practice of calm but attentive awareness. Often we fall asleep because of the previously mentioned common fatigue, and that's okay also. Ideally, practice these activities with the intention to calm but staying attentive and alert also.

The Calm Position

Sitting, either on a chair or on the floor with a prop under the bottom to tilt the pelvis forward, legs cross or straight out in front, back straight, belly in, shoulders relaxed and eyes closed.

ACTIVITY #1 MINDFUL BEING:

PAUSE. BREATHE. ACCEPT OR "PBA"

Suggested time: 1 minute minimum - maximum is as long as desired.

With Calm Mind Project and mindfulness in general, we believe that simplicity is freedom. This activity is the most foundational and powerful practice of mindfulness. If you are starting out, this is your go-to. We recommend at least once a day, every day for a minimum of one minute. Eventually, the idea is that your mindfulness and meditation practice becomes developed to a point of continuous presence and calm, cultivating a sense of acceptance and happiness in each moment.



"WHEN YOUR META-ATTENTION BECOMES STRONG, YOU WILL BE ABLE TO RECOVER A WANDERING ATTENTION QUICKLY AND OFTEN, AND IF YOU RECOVER ATTENTION QUICKLY AND OFTEN ENOUGH, YOU CREATE THE EFFECT OF CONTINUOUS ATTENTION, WHICH IS CONCENTRATION."

— Chade-Meng Tan

While we encourage eyes being closed during most of our mindfulness practices, you can actually do this at any time. If you are driving, on your computer doing some work or walking outside, it is perfectly possible to incorporate this practice whilst in motion.

Instructions will be given with the assumption that you can assume the Calm Position mentioned on the previous page.



INSTRUCTIONS

Sitting in the Calm Position -

Pause:

Simply pause what you are doing physically and mentally, bring your full attention to your breath.

Breathe:

Now, consciously and gently take three full breaths into the bottom of your belly and out again.

Accept:

Notice your thoughts and their content without making assumptions, judgments or stories about them. Notice what is happening in your environment, and with equal calm and presence, observe without judging. Continue with what you were doing.

BONUS: Use this practice as a daily ritual. We are all about sustainability so adding one minute each week until you get to 15 minutes and using this as a meditation to start each day is a great goal for you and or your family.

ACTIVITY #2 MINDFUL BREATHING

Suggested Time: 3 Minutes

The core of mindfulness and meditation is attention. When we practice focusing on the breath, the mind calms and the brain muscle of attention strengthens. Each moment of consciously focused attention builds an inner sanctuary of strength and calm. The breath is the bridge to a calm, clear and empowered life.

INSTRUCTIONS

Sitting in the Calm Position -

Complete PBA and then:

Take a quiet moment to focus on where in your body you feel your breath.

1. Take three slow breaths, and while you are breathing, try to notice where you feel your breath the most.
 2. Put your hand up to your nose, and notice what your breathing feels like.
 3. Put your hand up to your chest, and notice what your breathing feels like.
 4. Put your hand on your stomach, and notice what your breathing feels like.
- Continue with whatever you were doing.

BONUS: Extension on Mindful Breathing

Now bring your attention back your breath. Where do you feel it most? In your nose, or your stomach? In the rise and fall of your chest? Just notice where you feel it most, and allow your breathing to be natural and relaxed. Now, notice what the breath feels like as it enters through your nose, goes down your throat, filling your lungs, and back out through your nose. Notice your stomach and chest rise and fall with each inhale and exhale, and allow your breathing to be natural and relaxed. Now bring your awareness to the sensation of your breath in your nose. Feel your breath as it comes in and goes out. Just focus on this sensation, paying attention to each inhale and exhale. When your mind wanders, or if you become distracted, just notice what's going on in your head, and then gently bring your attention back to your breath going in and out. Focus on the sensation of your breath in the foreground, allowing thoughts and feelings to come and go in the background.

Do this for 10 minutes (or as long as desired) before continuing with what you were doing.

ACTIVITY #3 MINDING MY BODY

Suggested Time: 3 Minutes



"In meditation we discover our inherent restlessness. Sometimes we get up and leave. Sometimes we sit there but our bodies wiggle and squirm and our minds go far away. This can be so uncomfortable that we feel it's impossible to stay.

Yet this feeling can teach us not just about ourselves but what it is to be human...we really don't want to stay with the nakedness of our present experience. It goes against the grain to stay present. These are the times when only gentleness and a sense of humor can give us the strength to settle down...so whenever we wander off, we gently encourage ourselves to "stay" and settle down.

Are we experiencing restlessness? Stay! Are fear and loathing out of control? Stay! Aching knees and throbbing back? Stay! What's for lunch? Stay! I can't stand this another minute! Stay!"

— Pema Chödrön

Our bodies are very smart and it's been said a lot of our intuition and intelligence comes from listening to our bodies. The more awareness we have of our bodies means the more awareness we have of our emotions. Not only does this help guide us on an emotional intelligence basis, but also increases our ability to trust our decision making and builds self confidence and trust.

INSTRUCTIONS

Sitting in The Calm Position, complete PBA and then -

Pause:

Simply pause what you are doing physically and mentally bring your full attention to your breath.

Scan:

Now bring your awareness to the top of your head and with each breath move your attention down to your feet slowly, scanning areas of your body and with each inhale bring your focus to each area and with each exhale release tension from the area of focus. Beginning with the head, chest and shoulders, belly and back, hips, legs and feet. Then continue with your day.

As you move through each part, pause at any point of tension, sensation, feeling or emotion and apply mindful curiosity and acceptance with the thought in the back of your mind of "this too shall pass".

Repeat for the duration of the activity and then return to what you were doing beforehand.

ACTIVITY #4 MINDFUL CLEARING

Suggested Time: 5 - 10 Minutes

Building on the Mindful Body Scan, we scan the body with the intention to release emotions through observation and feeling. Feeling our emotions is something that we believe at CMP needs to be a fundamental skill of a healthy mind, body and life. Emotions can get pent up in our systems when they aren't properly given our attention and released through mindful acceptance.

Self-awareness—recognizing a feeling as it happens—is the keystone of emotional intelligence. By practicing noticing our body, feelings and emotions, we can better cultivate emotional awareness, building on the skills of compassion and emotional intelligence.

It also creates space, calm and clarity in our energy, so we can regularly reset and go about our day and life with clarity. So often, our survival instinct is to close down what is uncomfortable and with that unconscious closing, we often build an unhealthy relationship with emotions that are completely normal and healthy but just misunderstood such as anger, sadness and anxiety.

Often our emotions are signals that we need to apply mindful acceptance to ourselves, or compassion and non-judgment to an event in our life and then come back to a balanced place within ourselves. The goal isn't to so much "get rid" of an emotion; that simply often occurs naturally, as we give it a moment of presence. Sometimes they hang around and it's a part of a mindful life to realise this and be okay with it. The act of presence and acceptance is all that is required of us.

This is one of the most powerful skills I teach adults in today's world and it makes a significant difference to their confidence and feeling of self empowerment, to deal with emotions and situations that are otherwise often avoided and suppressed. How often have you avoided an important conversation that has the potential to change your life because you were afraid of how uncomfortable or challenging you think it might be? So often our fears of emotions are the reason we stay in unhappy and unhealthy life situations.

INSTRUCTIONS

Sitting in The Calm Position -

Pause:

Simply pause what you are doing physically and mentally bring your full attention to your breath.

Breathe:

Now, consciously and gently take three full breaths into the bottom of your belly and out again, noticing the feeling of breath flow in and out the nose.

Scan:

Now bring your awareness to your body, doing a quick scan noticing any emotions or tensions being held. If you find one that you feel is sitting quite heavy or uncomfortable, gently bring your attention to it with curiosity and calm and simply observe where it is physically. Take five deep breaths and bring the breath to the area of the emotion. In your mind, relax into the emotion, letting your breath swirl and calm it down. As you focus on the emotion and breath, the mind may still be busy but it is in the background; the focus is non-judgment and curiosity. Continue to breathe and feel the emotion until it completely dissolves or softens to a level you feel comfortable and confident with.

Continue on with your day.

BONUS ACTIVITY

CHECKING IN

Checking in is a very simple process I have used for years during repatterning and cognitive behavioral therapy, emotional intelligence trainings with the Australian Defence Force and on stages across Australia, to build a keen sense of self awareness and emotional resilience.

There is a list of feelings at the back for this activity. This activity can be done alone or in a group setting. There is a check in sheet at the back of this booklet that can be used to note results. It's a powerful practice to reflect on a week of check ins pre and post mindfulness or meditation practices and even after 3, 6 and 9 months of implementing mindfulness into daily life. We cannot change what we do not measure and reflection is fundamental to self awareness and emotional resilience and intelligence.

If it is in a group setting, it's powerful to do as a family, for example each morning, during meal times or before bed. Each person shares openly how they are feeling and each participant thanks the person for sharing. Note, it's important to express a feeling or emotion, not an analysis about a feeling, and it also needs to be about 'I', not another person or a 'we'. For example, "I am mad at Jane for being mean", is an analysis and projection statement. "I feel angry, tense and a little confused right now", is a good example of how to check in. It's simply an awareness. It's vital that each time someone shares their check in, that it is completely accepted, fully with a "thank you".

Checking in is recommended both before or after a mindfulness practice, or as a mindfulness practice within itself. Remember - it can be that simple.

INSTRUCTIONS

Take a breath and sense your body, mind and emotions.

How do you feel (choose 1-3 words from the list)?

How does your body feel?

How does your mind feel?

Either write it down on your check in sheet or share out loud.

Feeling - refer to list of feelings resource toward the end of this document.

Body - choose: Fantastic, Good, Okay, Neutral, Flat, Fatigued, Exhausted

Mind - choose: Fantastic, Great, Okay, Neutral, Scattered, Negative, Dark

ACTIVITY #5 MINDFUL SENSING

Suggested Time: 7-10 minutes



“THE LITTLE THINGS?
THE LITTLE MOMENTS?
THEY AREN'T LITTLE.”

– Jon Kabat-Zinn

This is such a dynamic activity that can be a lot of fun because it can be done sitting in the Calm Position, walking outside, doing the dishes, watching your favourite film, eating dinner or even getting dressed for the day. ***You can address all five senses for one activity or use the entire five minutes and focus on just one of the senses.*** Go with what feels good! Remember - never judge your experience; just notice what is happening.

Start this exercise with a PBA .

Then, whatever you are doing, whether in the Calm Position or going about your day, taking one minute to pause and focus on each of the five senses.

Starting with **sight**. Look around, what do you see? What colours, shapes, sizes and textures are there? Examine the details without having an opinion about it, just notice, ***appreciate it.***

Move your awareness now to **sound** and as you perk your ears, shut down the eyes and start by listening to the loudest sound. Then the quietest sound. Then try and listen to each sound around you separately and then all at once. **Again, observe the sound without having an opinion about it.**

Move your attention gently to the sense of **smell**, what do you notice? How many things can you smell? Can you guess what they are and where they are coming from? How many are there? Are they strong or faint? What else do you notice about the smell?

Taking a final deep breath and cleaning the sensory slate so to speak, move your attention to **taste**.

What was your last meal or drink? How many flavours can you discover? Describe each to yourself and notice what occurs in your body as you engage the sense of taste. Imagine a lemon and then a piece of chocolate. Again, try not to have an opinion, just observe. **Try to observe the taste in your mouth without having an opinion about it.**

Now, focus your awareness on your sense of **touch**. Notice where your skin ends and the world begins. Trace the edges of your body in your mind. Feel the sensation of your seat or the floor underneath you, supporting you. Using your right hand, trace the outline of your left hand from inside the wrist to the outside, going along the edges of each finger and repeat on the opposite side. Clasp your hands together and squeeze for five seconds, clap five times and place your palms facing each other just a few centimetres apart and feel the energy between them. If you can touch the ground or something close by, how does it feel? Analyse it's size, it's texture and shape, it's temperature. **Try to examine what it feels like without having an opinion about it.** When you have finished, gently bring your awareness back to the sensation of your breath going in and out, and when you are ready, open your eyes.

ACTIVITY #6 MINDFUL EATING

Mindful eating is, as it sounds, an aspect of mindfulness practice that focuses on eating (and drinking). It is the idea that **you should not rush through your meal** to get it over with or to stop being hungry, but that rather you should be thoughtful about ***how you eat, what you eat, and how what you eat is nourishing you.***

It also aims to stop the practice of mindless eating, which can either consist of rushing through your meals or eating when you do not really need or want to eat.

Practising mindful eating can be an extremely powerful part of a mindfulness practice, as everyone needs to eat throughout the day, so everyone has similar opportunities to practice mindful eating no matter what else is going on in their lives.



INSTRUCTIONS

Complete PBA. Open your eyes and simply observe the food (or drink) in front of you. Using Mindful Sensing engages all of your senses as you eat. First just observe the food. Think about where it came from, how it was made, think of the nourishment it can provide for your body. Pause to be grateful. Then start eating, slowly, taking the first bite (or sip), hold it in your mouth for a moment and taste, smell and feel it. Chew with complete presence. Repeat until you've finished the meal (or drink). Pausing for a moment and finishing with Minding My Body.

CHECKING IN

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
FEELING	Before Activity							
	After Activity							
BODY	Before Activity							
	After Activity							
MIND	Before Activity							
	After Activity							

HOW ARE YOU FEELING?



Appreciative
Encouraged
Content
Enthusiastic
Excited
Fulfilled
Glad
Happy
Relieved
Joyful
Thankful
Satisfied
Proud
Hopeful
Grateful



Afraid
Anxious
Clingy
Concerned
Hesitant
Judgemental
Panicked
Suspicious
Relieved
Worried
Uneasy
Torn
Nervous
Guarded
Conflicted



Balanced
Caring
Concerned
Loving
Equanimous
Open-minded
Trusting
Open-hearted
Non-judgemental
Kind
Empathetic
Compassionate



Alienated
Ashamed
Depressed
Defeated
Despairing
Discouraged
Disappointed
Disconnected
Helpless
Guilty
Heartbroken
Homesick
Isolated
Powerless
Lonely
Longing
Sensitive
Unhappy
Vulnerable
Remorseful
Sad
Rejected
Lacking Confidence
Insulted
Hurt
Insecure
Embarrassed



Angry
Arrogant
Disgusted
Closed-minded
Competitive
Frustrated
Full of Dislike
Impatient
Pessimistic
Resentful
Jealous
Judgemental
Irritated
Grumpy
Full of Contempt
Envious
Defensive

WEEKLY MINDFULNESS ROUTINE

Fill in what mindfulness activities you will try throughout the week and when.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING							
NOON							
EVENING							



CMP BLOG AND RESOURCES

AS A PARENT TEACHING THEIR CHILDREN:

Planting the Seeds and the Plum Village Community by *Thich Nhat Hanh*

The Conscious Parent by *Dr. Shefali Tsabary*.

Free Range Kids by *Lenore Skenazy*.

FOR ANYONE WANTING TO LEARN MINDFULNESS:

Peace Is Every Step: The Path of Mindfulness in Everyday Life by *Thich Nhat Hanh*

Start Where You Are: A Guide to Compassionate Living by *Pema Chodron*

Coming to Our Senses: Healing Ourselves and the World Through Mindfulness by *Jon Kabat-Zinn*

**For even more mindfulness
resources, check out our website:**

CALMMINDPROJECT.COM



FROM THE FOUNDER:

For a start, if you have come this far – you're awesome because you read the whole booklet (or maybe you skipped to the back?). Either way, you're here and it's great because now I can say thank you. CMP is a program run in schools, yes, however, I am not blind to the fact that you, the parent, play the fundamental role in your child's life and continuation of empowering practices. To me, mindfulness is about making life awe-inspiring, invigorating and to be perfectly frank, magical, by doing little more than paying attention to the beauty right in front of our noses. I've been working with mindfulness, re-patterning therapy and cognitive behavioural therapy for over half a decade and I have found that the most potent skill is being able to navigate our attention at will. Building emotional resilience, emotional intelligence and self-awareness is something I'm incredibly passionate about and will be sending loads of helpful resources on for students, teachers and parents on a regular basis so if you are not already on our email list, please join at www.calmmindproject.com.

I think **parenting is like the university for life** so I honour you.

Thank you for being brave, thank you for being you.

See you on the interwebs!

Hugs,
Ambz



**MINDFUL
NESS** (THE NON-
BORING KIND)