

NOTICE

⇒ **Mindfulness** ⇒ means noticing what's happening in the present moment - not deciding if it's good or bad, just noticing it.

You can use your senses to notice what you see, hear, think, or feel. By simply noticing, you give your brain and body space to just be, there's nothing you have to do. You can practice doing this anytime, anywhere.

Using your senses to notice what's happening in the present moment can be helpful when you have big emotions or feel overwhelmed. By bringing your attention back to the present moment, you can notice that right now you are safe and ok.

Calm Bottle

Shake the bottle to mix up all the water and glitter.

Then hold the bottle still and take slow, deep breaths, noticing the colours, shapes, and movement of the glitter as it swirls and settles. As you notice these things, also begin to notice the calm, relaxing feelings arriving in your body.

Keep breathing slow deep breaths until the glitter is completely settled at the bottom.

Make it!

Calm Bottle

You'll need:

- Empty bottle with a cap
- Water
- Clear liquid glue
- Food colouring (Optional)
- Glitter, beads, and/or sequins



To make your calm bottle:

1. Fill bottle about 1/5 full with clear glue.
2. Fill the remainder of the bottle with water.
3. (Optional) Add a few drops of food colouring.
4. Add your glitter, beads, and/or sequins.
5. Put the cap on the bottle and close tightly.
(Optional: Have a grownup add superglue or hot glue inside cap to seal it more permanently)
6. Shake the bottle to mix everything together.

Lava Lamp Bottle

Shake the bottle to mix the oil and water together.

Then hold the bottle still and notice as the shapes of oil and water swirl and flow around each other. Notice the light you can see coming through the bottle and how it changes and shifts.

Take slow, deep breaths as you watch the oil and water gradually settle and separate.

Make it!

Lava Lamp Bottle

You'll need:

- Empty bottle with a cap
- Water
- Food colouring
- Baby oil
- (Optional) Glitter, beads



To make your lava lamp bottle:

1. Fill your bottle about half full with water and add a few drops of food colouring.
2. (Optional) Add beads or glitter and mix gently.
3. Fill the rest of the bottle with baby oil.
4. Put the cap on the bottle and close tightly.
(Optional: Have a grownup add superglue or hot glue inside cap to seal it more peravmanently)
5. Shake the bottle to mix everything together!

Flashlight Focus

Shine a flashlight slowly around in a dark room. As you watch the light move, notice how your mind focuses on where the light shines. Notice differences in how you feel when the flashlight shines on something you like (like a favourite toy), or something you don't like (like a mess you need to clean up).

Your mind is like a flashlight, and what you focus on can change your moods and feelings. Our brains tend to focus on things that are bad or dangerous to help protect us. That can make us feel sad or scared.

We can remember to notice and shift our focus to good things too.

'I Notice' Cards

Use these cards to tune into your senses and bring your attention to the present moment.

Read each card and see how many items on each list you can notice around you, right now.

What else do you notice?

I Notice...

LOOK around you, wherever you are.

Notice **2 things** that are...

- Your favourite colour
- Shiny
- Dark
- Pointy
- Smooth
- Close to you
- Far away

What else can you **SEE**?

1 Notice...

Take a deep breath and **LISTEN**.
Hear sounds close to you and far away.
How many sounds can you hear?

- Birds chirping
- Wind blowing
- Cars or trucks driving
- Someone talking
- Yourself breathing
- A song playing

What else can you **HEAR**?

Notice...

Notice what you **FEEL** with your body.
Take a deep breath, and notice...

- The ground under your feet
- What your fingertips are touching
- The breath in your lungs
- Your heartbeat in your chest
- The feel of your clothes

What else can you **FEEL**?