

# **International Day of Happiness and World Health Day with the ISSH Primary department**

To celebrate International Day of Happiness, the Primary students experienced different activities that can support your mental health and well-being.

All of the activities are simple with no set up required, so choose one to try today!

# Mindfulness

Mindfulness, or awareness, is noticing thoughts, feelings, bodily sensations and your immediate environment without judgment.

Witnessing the present moment means you're not stuck thinking about the past or worrying about the future.

# Mindfulness eating with Grade 2



## Look

What colours and shapes do you see?



## Touch

Is it smooth, bumpy or rough?

## Listen

Does your food make a sound?

## Smell

What does your food smell like?

## Taste

Taste but don't chew.  
How does it feel? What  
does it taste like? Does it  
change when you chew  
it?





# Mindfulness: Focus tasks

Focusing on one sense can refocus the mind. Here, Grade 5 had 5 different smells to identify in the jars.



# Meditation

It's almost as though meditation was designed for kids. They just 'get it' – there is this elasticity and freedom in their minds which allows them to be present in the moment and free from any external thoughts or pressures.

By introducing meditation and mindfulness at an early age, not only can we build on this and help nurture their mind development, but we are also making meditation simple and accessible.

ANDY PUDDICOMBE, CO-FOUNDER OF HEADSPACE

# Meditation with Grade 1

Happy Minds



Meddy Teddy

Cosmic Yoga

Here are some meditation videos to try.





# Sounds of nature

Listening to the sounds of nature has been shown to help move us into a state of "rest and digest", particularly when we're feeling quite stressed.

You can benefit from nature soundscapes even through recordings - a simple YouTube search will do. If you can, head out to the forest and have the intention to really tune in with your ears.

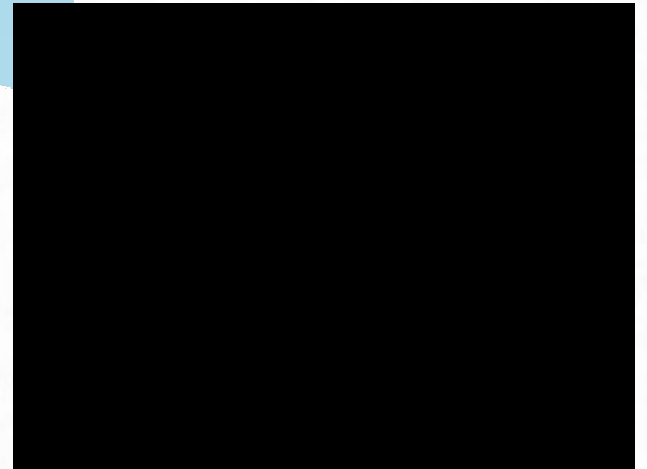
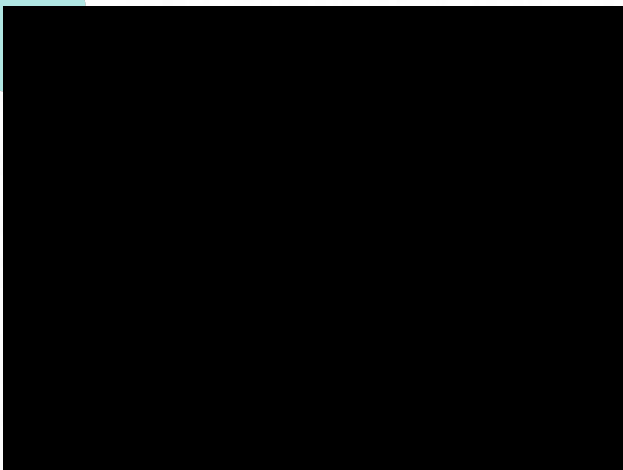
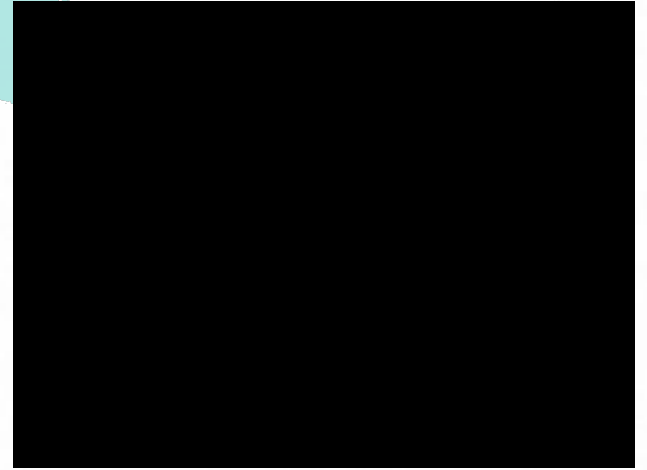
Either sitting or standing, close your eyes and allow your ears to fully open up to the sounds. You can always lower your gaze if that feels more comfortable. Perhaps notice how sounds change as you remain still. It can take about 20 minutes for the sounds of the forest to settle back into their normal rhythm once our entry has inevitably disturbed them.

**Tip by Sarah Wolfe, Well-being Consultant**



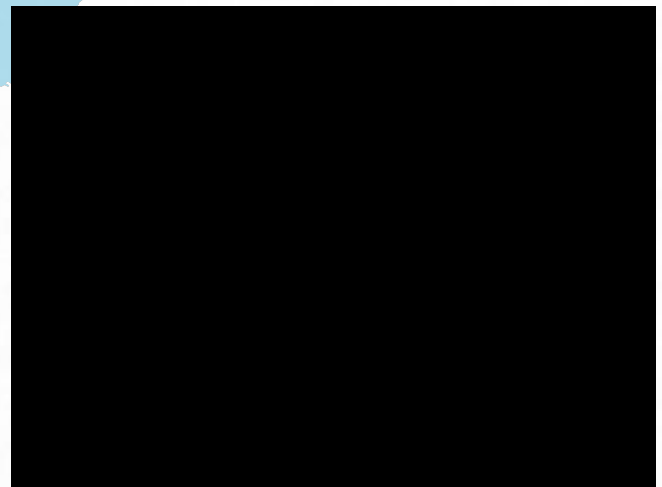
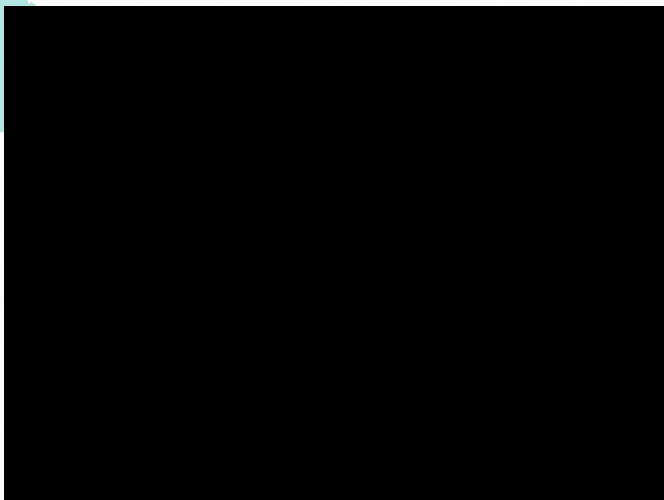
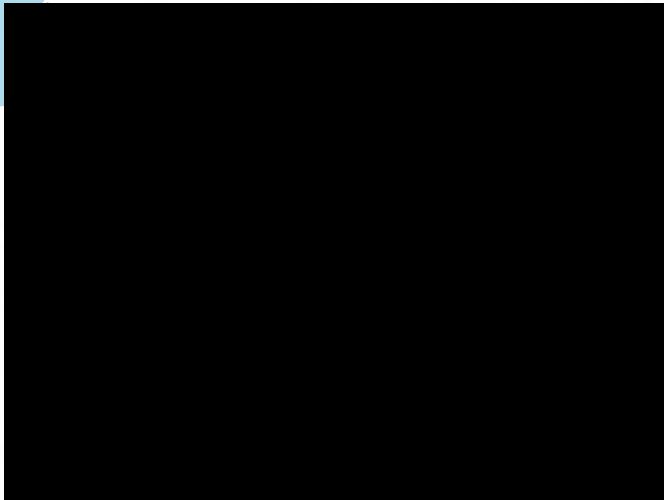
# Grade 4 Forest experiences

Listen to Grade 4 share their reasons for why they like visiting the forest.





# Grade 4 Forest experiences continued...



# Movement

Dance psychologist Peter Lovatt's motto is "When move, you improve".

Perhaps we all have some renewed appreciation for anything that exercises our heart and lungs these days. What's more, dancing regularly can reduce anxiety and depression. Even a spontaneous dance once in a while can give us an instant boost.

We can become better at problem solving just by getting into a groove. For a boost whenever you need it, pick a song and give yourself permission to move to the beat.

**Tip by Sarah Wolfe, Well-being Consultant**



## Just Dance with Grade 3



Here are some of  
the dances that we  
tried.