

Spike Mindfulness

People of all ages can benefit from mindfulness. In children, mindfulness practices can help them notice their emotions and understand how their body reacts; like how their breath feels as they inhale and exhale when experiencing different emotions. Practising mindfulness can help children manage their emotions and tackle challenges helping to reduce anxiety and stress.

Spike yoga and mindfulness exercises can be done in groups or individual practice.

The moves:

- **Spike ball:** Place a ball on the ground in front of your feet, then bend down and pick up ball with both hands, inhale whilst you lift the ball, exhale and to drop it.
- **Flying Spike:** Standing up feet hip width apart, eyes closed, breathe in through nose, out through mouth, with inhale lift arms with exhale drop them
- **Spike hearing:** What noises can you hear? What noises can you make?
- **Teddy breathing:** Lying down on your back with a teddy bear on your chest, breathe in and out, what's the Teddy doing?
- **Spike scan:** Sit down or stand up, close your eyes, from the top of your head down to your body what are things you are feeling, where are you tensed/relaxed?
- **Pass the parcel:** This can be done with a beanbag or with a bell. Pass the bean bag between each other without dropping it (or a bell without ringing it).
- **Copycat Spike:** This one is best done in twos! One leads the other follows. Keep moves slow and try to focus on what different parts of your body you are using.
- **Rolling Spike:** Lying down on back, knees hugged to the chest, grab the legs and rock backwards and forwards.
- **Warrior Spike:** Stand on one leg and extend your other leg behind you. Bend your upper body forward and reach both arms out in front of you.
- **Nature:** More of an activity than a pose. Take a walk through one of Herefordshire's many green spaces.



FUN FACTS!

Every winter hedgehogs hibernate. Hibernation is a state where the hedgehog dramatically slows down many of its biological processes to conserve energy over the coldest months. Just like in mindfulness practices, their breathing is very important. A hibernating hog takes very occasional shallow breaths. Try to encourage a focus on breathing and bringing awareness to the body when partaking in these exercises.



Spike ball



Flying Spike



Spike hearing



Teddy breathing



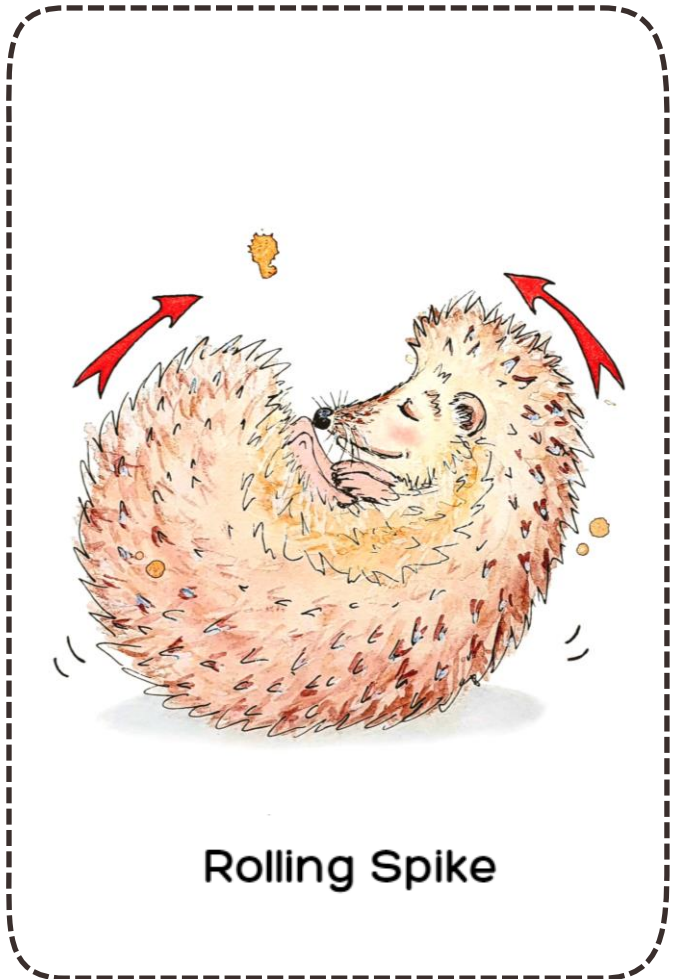
Spike scan



Pass the parcel



Copycat Spike



Rolling Spike



Warrior Spike



Nature Spike