SATSANG SPACE · FREE CLASSROOM PACK

Calm minutes for the classroom

Five short mindfulness lessons, breathing cards and a reflection sheet for ages 5 to 12.

Notes for teachers

These short activities help children notice their breath, body and feelings. Use one at the start of the day, after a break, or before a test. Each takes five to fifteen minutes and needs no equipment.

- **Invite, never insist.** Children can join in, watch quietly, or simply rest.
- **Keep breathing gentle.** No forced or very deep breaths. Anyone who feels dizzy goes back to normal breathing.
- **Be inclusive.** Offer eyes-open options, and adapt positions for children who need to move or use a wheelchair.
- **Watch for distress.** If an activity brings up big feelings, pause, comfort the child and follow your school's wellbeing procedures.
- **Practise little and often.** A short daily routine works better than a long session now and then.

These activities support wellbeing; they are not therapy or a treatment for anxiety or other conditions.

LESSON 1 · 5 MINUTES

Balloon breathing

Aim: Calm the body and settle the class.

1. Sit tall in your chair, hands on your tummy.
2. Breathe in slowly through your nose and feel your tummy fill like a balloon (count to three).
3. Breathe out slowly through your mouth and let the balloon go down (count to four).
4. Repeat five times. Ask: how does your body feel now?

Tip: Keep breaths soft. Anyone who feels dizzy should breathe normally.

LESSON 2 · 5 MINUTES

The listening game

Aim: Build attention and quiet focus.

1. Ask everyone to close their eyes or look down at the desk.
2. For one minute, silently count how many different sounds they can hear.
3. Share: what was the quietest sound? the furthest away?
4. Try again for two minutes and notice if more sounds appear.

Tip: Children who prefer to keep eyes open can look at one spot instead.

LESSON 3 · 8 MINUTES

Body scan for kids

Aim: Notice and relax each part of the body.

1. Sit or lie comfortably.
2. Move attention slowly: toes, feet, legs, tummy, hands, arms, shoulders, face.
3. At each part, squeeze gently for three counts, then let it go soft.
4. Finish with three slow breaths and a stretch.

Tip: Invite, never insist; it is fine to simply rest.

LESSON 4 · 10 MINUTES

Gratitude circle

Aim: Notice good things and practise kind listening.

1. Sit in a circle. Pass a soft object around.
2. The person holding it shares one good thing from today, big or small.
3. Everyone else listens without interrupting.
4. Anyone can say "pass". End by noticing how the room feels.

Tip: Model a simple example first, such as "I am grateful for my lunch."

LESSON 5 · 15 MINUTES

Story and discuss

Aim: Think about choices and feelings through a fable.

1. Read a Panchatantra fable aloud, such as The Four Friends or The Blue Jackal (free at satsangspace.com).
2. Pause before the turning point: "What do you think happens next?"
3. Discuss the moral using the questions at the end of the story.
4. Draw a favourite moment or write one sentence about the lesson.

Tip: Fables are traditional Indian stories about animals; no religious knowledge is needed.

Breathing cards

Cut out and keep in a calm corner. Children pick a card when they need a moment.

Balloon breath

Fill your tummy like a balloon, then let the air out slowly.

Smell and blow

Smell a flower... then blow out a candle.

Bumblebee hum

Breathe in, then hum out like a bee.

Starfish hand

Trace your fingers: in going up, out going down.

Snake breath

Breathe in, then hiss out slowly: “sssss”.

Mountain pose

Stand tall like a mountain for five slow breaths.

Five things

Name five things you can see right now.

Shake it out

Shake your hands, then stand still for three breaths.

My calm reflection

Name: _____

Before the activity I felt:



After the activity I feel:



The activity I liked best was...

One thing I can do when I feel worried or cross is...

Draw your calm place