



*Big Bubble*

THEATRE COMPANY

Mindful Warriors

[www.bigbubbletheatre.com](http://www.bigbubbletheatre.com)



# Contents

1. The Worry Jar
2. The Worry Jar continued
3. Growth Mindset Chart
4. Growth Mindset mindful Colouring
5. The Power of Affirmations
6. Mindfulness through drama
7. My Super Power! The Movie



# The Worry Jar

## What you need!

1. A large glass jar
2. Some sand or glitter
3. Water
4. A calm, quiet space

This is a fantastic, visual activity to help children and young people with any anxieties or worries they may have. Being able to talk about problems is such an important tool for young people to master and will have such a positive effect on mental health. If children can learn to open up about their fears, then this can reduce anxiety and depression massively.

1

Sit the students in a circle, making sure the space is quiet and peaceful. Ask the children if they have any worries, fears or anxieties and get them to try to explain what has happened that day to make them feel that way.

2

In a bowl have either some sand or some glitter, and tell the children that the sand or glitter represents their worries, fears or anxieties. In turn let the children take a pinch of the sand/glitter, tell you their worries etc and tell them sprinkle it into the jar.





# The Worry Jar continued

3

Once all the children have had a turn, pop on the lid of the jar and give it a shake. The children can have a go at shaking the jar too. Explain this is how it can feel in our heads, when all of our worries and thoughts are swirling and swimming around.



4

Then put the jar down, and explain you are now going to do some deep breathing to try and clear your mind. So get them to close their eyes and breath in slowly for 5 and then our for 5. Repeat this process 5 times. Ask them to open their eyes and look at the jar. The sand/glitter will now have settled and all calm which represents how our bodies and brains can feel after speaking about our fears and doing some breathing exercises.

5

As an extension activity get the children to make their own worry jar by using bits of recycling like a plastic bottle and glitter or sand. It is also lovely to shake and watch all the glitter dancing around in the jar or bottle.

# The Power of Affirmations



Saying positive affirmation to yourself everyday will boost your motivation and confidence and reduce anxieties. They will help you to be more mindful in everything you do. Practise these affirmations with your students every morning in class and watch them grow in confidence. Also get them to come up with some of their own affirmations.

## I am awesome

I am strong

I am a good person

I am worthy

I can do whatever I focus my mind on

## I feel confident and secure

I am calm, relaxed and peaceful

I am unique and special

I am thankful for my blessings

I have loving, positive and happy thoughts

# Growth Mindset



Instead of...	Try Thinking...
I'm not good at this	What am I missing?
I give up!	I'll use a different strategy
It's good enough	Is this really my best work?
I can't make this any better	I can always improve
This is too hard	This may take some time
I made a mistake	Mistakes help me learn
I just can't do this	I am going to train my brain
I'll never be that smart	I will learn how to do this
Plan A didn't work	There is always plan B
My friend can do it	I will learn from them

This growth mindset chart is great to remind students that they can think differently and think more positively. Get them to make their own 'Growth Mindset' chart with some goals that they want to achieve.





# Growth Mindset Mindful colouring



I have a  
**GROWTH MINDSET!**





# Mindfulness through drama

Everyone has a superpower...however sometimes some of us don't believe we have. Your superpower doesn't have to be 'Super human strength' or 'Super intelligence' It could be something as simple as 'Super Kindness' or the ability to be a 'Super friend' Whatever it might be....we ALL have our very own SUPERPOWERS to be proud of!

As a group discuss 'What makes us super?' Get the children to discuss what special skills they have and things they are proud of. Also ask them to tell you what makes their class mates super? Discuss the power of self worth and also the power of compliments. If you think someone is awesome...then let them know!

In groups get the children to come up with their very own movie about their super powers. Perhaps you could film it and show it in a whole school assembly or they could even perform it live.





# My Superpower The Movie




This is your storyboard to start creating your mini movie. After it is complete why not film your movie or perform it live in groups.

Work in groups to create your very own movie to show off your amazing super powers!

1. Where is your movie taking place.	2. Who Are the characters and what is their super powers?
--------------------------------------	---

3. What problem do they face?	4. How do they solve this problem?	5. How does the story end?
-------------------------------	------------------------------------	----------------------------

Story board



Thank you for completing our  
Mindful Warriors activity pack...

A great follow up to this resource is our 'Mindful Warriors' workshop. Workshops can be done in class bubbles and we can see up to 4 classes per day. Please get in touch for more details or visit our website.

- |           |   |  |
|-----------|---|--|
| Website   | - | <a href="http://www.bigbubbletheatre.com">www.bigbubbletheatre.com</a>                 |
| Email     | - | <a href="mailto:bigbubbletheatre@gmail.com">bigbubbletheatre@gmail.com</a>             |
| Facebook  | - | <a href="https://www.facebook.com/bigbubbletheatrecompany">bigbubbletheatrecompany</a> |
| Twitter   | - | <a href="https://twitter.com/bigbubbl tweets">bigbubbl tweets</a>                      |
| Instagram | - | <a href="https://www.instagram.com/big_bubble_theatre">big_bubble_theatre</a>          |



**Big Bubble**  
THEATRE COMPANY