



Big Bubble

THEATRE COMPANY

Mindful Warriors

www.bigbubbletheatre.com



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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 and explain what has happened that day to make them feel that way.

2

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



The Worry Jar continued

Once all the children have had a turn pop on the lid of the jar and give it a shake. If they want 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

Put the jar down and ask them to do some deep breathing to try and clear their mind. Ask them to close their eyes and breath in slowly for 5 and then out 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 this represents how our bodies and brains can feel after speaking about our fears and doing some breathing exercises.

5

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

The Power of Affirmations



Saying positive affirmations to yourself everyday will boost your motivation and confidence and reduce anxieties. This helps you to be more mindful in everything you do. Practice these affirmations with your students every morning in class and watch them grow in confidence.

Also ask them to create 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



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 aim to achieve.

Instead of...	Try Thinking...
I'm not good at this	I can learn how to do it
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



Growth Mindset Mindful colouring



I have a
GROWTH MINDSET!





Mindfulness through drama

Everyone has a superpower...however sometimes we doubt ourselves. Your superpower doesn't have to be 'Superhuman 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 classmates super? Discuss the power of self-worth and the power of compliments. If you think someone is awesome...then let them know!

In groups ask the children to produce their very own movie about their superpowers. Perhaps you could film it and show it in a 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.

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

1. Where is your movie taking place?	2. Who Are the characters and what is their superpowers?
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3. What problem do they face?	4. How do they solve this problem?	5. How does the story end?
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Story board



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

We can also come into your school and lead your children in a Mindful Warriors workshop. Please look at our website for details on all our workshops and live performances.

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