



Brain Sprinkles

Resources to enhance Wellbeing and
Growth Mindset.

By Donna Martin



SUGGESTIONS FOR CREATING A CALM SPACE

On the following pages, you will find activities ('Brain Sprinkles') and links to various sites that can assist in creating a calm, focused environment.

Please be aware that some of the You Tube videos have ads.
The 'CALMING MUSIC VIDEO LINKS' list are ideal for setting a calm energy level:

The 'BREATHING VIDEO LINKS' assist in re-setting nervous system ready for learning/focus.

The 'BRAIN SPRINKLES' (Movement/Brain Breaks) – Use as required. Assess energy level or 'STATE' before implementing.

- If a 'HIGH-ENERGY' feel is present, aim is to release energy and restore calm (Start with active movements, including 'Freeze-type' movements, then slowly lower pace).
- If a 'LOW-ENERGY' feel is present, aim is to increase energy and restore focus (Start at a slow pace, & gradually increase pace/movement).

Why include these types of activities?

The benefits of implementing Mindfulness-based activities and controlled breathing are varied and are supported by reputable, scientific research.

The image to the right says it all. If our 'Thinking Brain' (Neocortex) is 'switched on', and we are using our whole brain, then Executive Functioning can occur. If our survival brain structures (amygdala and brain stem) are triggered into a highly emotional state (Fight/Flight/Freeze), EF switches off and our 'Emotional/Survival Brain' takes over.

Breathing on purpose:

- Brings breathing centre in Prefrontal Cortex (thinking brain) on-line
- Re-wires brain, regardless of current thought/story/emotion
- Regulates nervous system



'Brain Sprinkles'

Sprinkle throughout the day to encourage more alertness or calmness.

BREATHING TECHNIQUES/IDEAS (All Ages)

Important Points to note:

- The **Inhale** activates the Sympathetic Nervous System - **Alert** (Fight/Flight); The **Exhale** activates the Parasympathetic Nervous System - **Calm** (Rest/Digest).
- Any **movements using the breath**, when you open body/hands/object, Inhale, when close, Exhale. Eg. Inhale to open a Breathing Ball/hands, exhale to close.
- **Various techniques (Encourage a gaze/focus point)**
Some include:
 - Candle:** Hold number of fingers up as candles; Inhale nose and blow 'candle' out through mouth
 - Flower:** Hold hands as flower bud; Nose inhale & open hands out on exhale
 - Bee:** Index fingers on ears; Nose inhale; Exhale with a humming as long as possible
 - Star:** Hold 1 hand up, & with other hand's index finger, start at base of thumb; Trace up thumb on inhale & down index on exhale; Continue tracing up and down fingers.
 - 'Breathing Ball/Coloured Hoberman Sphere':** Inhale to open on a chosen count and exhale to close on chosen count; Could be 3/3, 2/4 etc.
 - Blowing Bubbles:** How big? How slow? Playing with shape using change in inhale and exhale.
 - Balloon:** Imagine belly is like a balloon. Blow up on inhale; go down on exhale.
 - Spider:** Join palms of hands together. Inhale, separating palms, keeping fingertips together. Exhale, close hands back to start.
 - Box Breathing:** Inhale for a 4 count; Hold breath for 4; Exhale for 4; Hold for 4
 - Lion Breath (for alertness):** Inhale through nose; On exhale, stick tongue out & down, eyes gazing at ceiling. Aim for 3 only.

Breathing Video Links (All Ages)

Click on the Underlined Title to open - Can change speed by using gear wheel

Expanding Shape:

Inhale on shape expansion, exhale on close (with Music)



Black Background



Expanding Rainbow Graphic (with Music) – 5 minutes

Expanding Rainbow Graphic (with Music) – 8 minutes

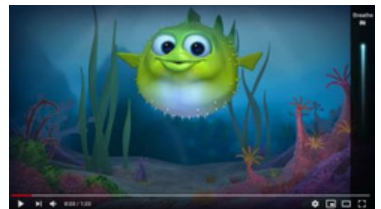


Mindful Gnat (4-4-6)

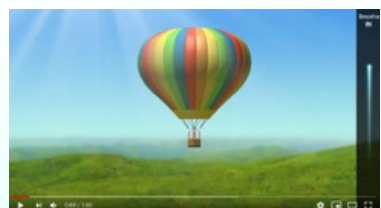


Fish (1 minute)

Maths: Encourage to predict, then calculate how many breath cycles (in & out) the fish makes in 1 minute.



Hot Air Balloon (1 minute)



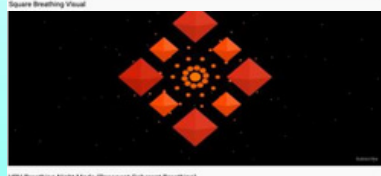
Square Breathing with sound

(3 minutes)



Animated Shape

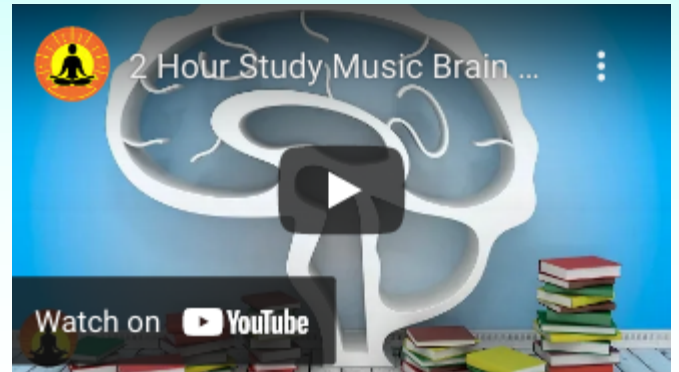
(10 minutes)



Calming Music Video Links (All Ages)



Nature



Nature



Underwater



Nature - Garden Study



Nature - Close-up



Time Lapse - Flowers

*Note: Name of creator is 'Go the Fork to Sleep'

P - 2 GUIDED MINDFULNESS VIDEOS (Narrated)

Click on the Underlined Title to open

'The Listening Game' Cosmic Kids Zen Den – Mindfulness for Kids (Cosmic Kids Yoga)

(6:33min)



'Be the Pond' Cosmic Kids Zen Den – Mindfulness for Kids (Cosmic Kids Yoga)
(5:35min)



'Bubble Bounce' – Mindful Looking

(4:02min) – Shorten activity for age/mood. Eg. Stop after following yellow bubble. Next time watching, perhaps could share when/why/what distracted



Mindful Minute Mindful Eyes
(2 min)



Yr 3 - 4 GUIDED MINDFULNESS VIDEOS (Narrated)

Click on the Underlined Title to open

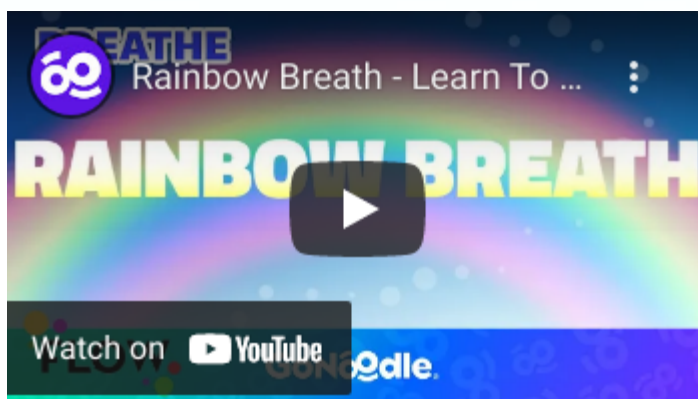
'Be the Pond' Cosmic Kids Zen Den –
Mindfulness for Kids (Cosmic Kids Yoga)

(5:35min)



'Rainbow Breath- Flow' – Go Noodle

(4min)



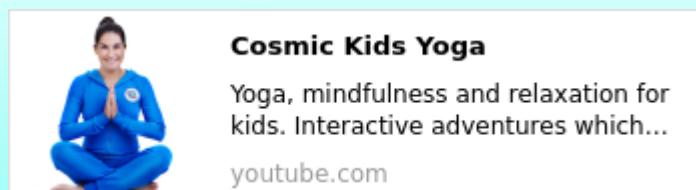
'Bubble Bounce – Mindful Looking

(4:02min)

– Could shorten activity for age/mood of students. Eg. Stop after following the yellow bubble. Next time watching, perhaps could share when/why got distracted; improve on how many completed without becoming distracted



You Tube Channel – 'Cosmic Kids Yoga'



Yr 5 - 6 GUIDED MINDFULNESS VIDEOS (Narrated)

Click on the Underlined Title to open

'How Mindfulness Empowers Us' –
Animation about 2 wolves (good vs bad)

(2:21min)
(Suitable for Yr 3-4 as well)



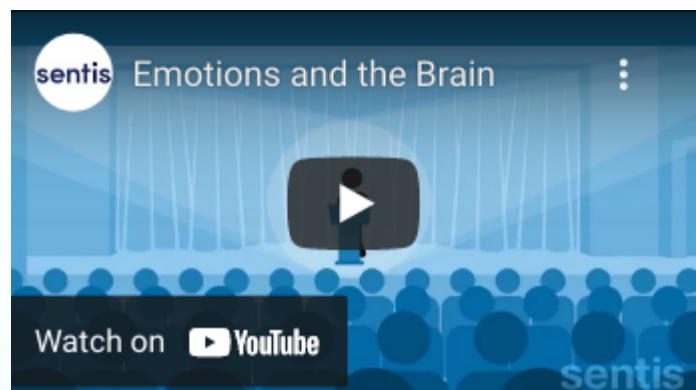
'Why Do We Lose Control of our Emotions?'

(6:48min)
(Suitable for Yr 3-4 as well)



'Emotions and the Brain'

(2:02min)



The Sushi Train Metaphor'

(2:09) Choosing thoughts



ADDITIONAL RESOURCES

This is a very small selection that you may find helpful.

- **Mindfulness Daily at Work with Tara Brach & Jack Kornfield:**
<https://courses.tarabrach.com/courses/mindfulness-daily-at-work>
"Reduce stress, enhance performance, and improve overall well-being in less than 15 minutes a day! Led by Tara Brach and Jack Kornfield, this free 40-day course teaches concepts that can help you integrate mindfulness into your workdays."
- **25 Fun Mindfulness Activities for Children and Teens -**
<https://positivepsychology.com/mindfulness-for-children-kids-activities/>
- **Wholehearted School Counselling -**
<https://www.teacherspayteachers.com/Store/Wholehearted-School-Counseling>
(Illustrations are fun & engaging. A lot of freebies as well as paid)
- **8 Fun Breathing Exercises for Kids (Printable) -**
https://childhood101.com/fun-breathing-exercises-for-kids/fbclid=IwAR1EcXN0gtDKQNjoBT_j7Jq7aBovrw6-li9VHMf4JfhPoRQ38zOeYvy1ABQ
- **The Ultimate Library of Yoga for Kids Videos -**
<https://childhood101.com/yoga-for-kids-brain-breaks/>
- **The Institute of Positive Education – Handy collection of mini books**
<https://instituteofpositiveeducation.com/collections/pocketbooks>
- **'The Mindful Education Workbook: Lessons for Teaching Mindfulness to Students' - by Daniel Rechtschaffen**
"This workbook offers a step-by-step curriculum of classroom-ready mindfulness lessons for personal and professional development. It's a trove of fun, easy activities specially designed to help educators engage K-12 students and cultivate mindful attributes like attention, compassion, and well-being. " – (Goodreads).

Reference/Acknowledgements

The information and ideas presented in this booklet are the creation of myself, Donna Martin. Where relevant, reference has been made to the source.

My learnings are ongoing, and I consistently experiment first before recommending and creating any adaptations. I aim to source current, reputable, scientific research. The following are some of my preferred sources of information that have assisted me and my ongoing experimentations.

This information is presented as a guide to assist in facilitating and promoting overall wellness. Adapt to suit you and your child.



'Dr Andrew Huberman Ph. D (Neuroscience Professor - Stanford)

Website: <https://hubermanlab.com>

Podcast on You Tube: <https://www.youtube.com/andrewhubermanlab>

Instagram: <https://www.instagram.com/hubermanlab/>

Oxygen Advantage - Patrick Mckeown

Website: <https://oxygenadvantage.com>

Books: 'The Oxygen Advantage'; 'The Breathing Cure'

Stop Chasing Pain - Dr Perry Nickleston

Website: <https://www.stopchasingpain.com>

Instagram: <https://www.instagram.com/stopchasingpain/>

The Holistic Psychologist' - Dr Nicole LePera (Psychologist)

Website: <https://theholisticpsychologist.com>

Instagram: <https://www.instagram.com/the.holistic.psychologist/>

Shift Adapt - Human Performance and Stress Physiology

Website: <https://shiftadapt.com>

Subtle Yoga - Kristine Kaoverii Weber

Website: <https://subtleyoga.com>

'Breath: The New Science of a Lost Art': Mr James Nestor

Book: <https://www.amazon.com.au/Breath-New-Science-Lost-Art/>

Please acknowledge if you choose to share any of the information in this booklet.

I would also love to hear any feedback or comments from your trials.

Thank you,

Donna Martin

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