



กรมสุขภาพจิต
DEPARTMENT OF MENTAL HEALTH



EVERY DAY IS MiND DAY



**Mindful Moments
Mini-Toolkit for Teachers**



School teachers are critical in supporting children's mental health. The words you use, the way you teach and the learning environment you create can all have lasting positive effects on children and young people reaching their full potential in learning. But did you know you also have a key role to play in supporting students' mental well-being?

Good mental health is important for students to learn and grow into healthy, well-rounded adults. It helps them build resilience to cope with whatever life may throw at them within and beyond the classroom. As a teacher, you can help nurture positive mental health for students by creating a safe and inclusive learning environment with active participation from the students in the process and including mindful moments and practices in the classroom every day.

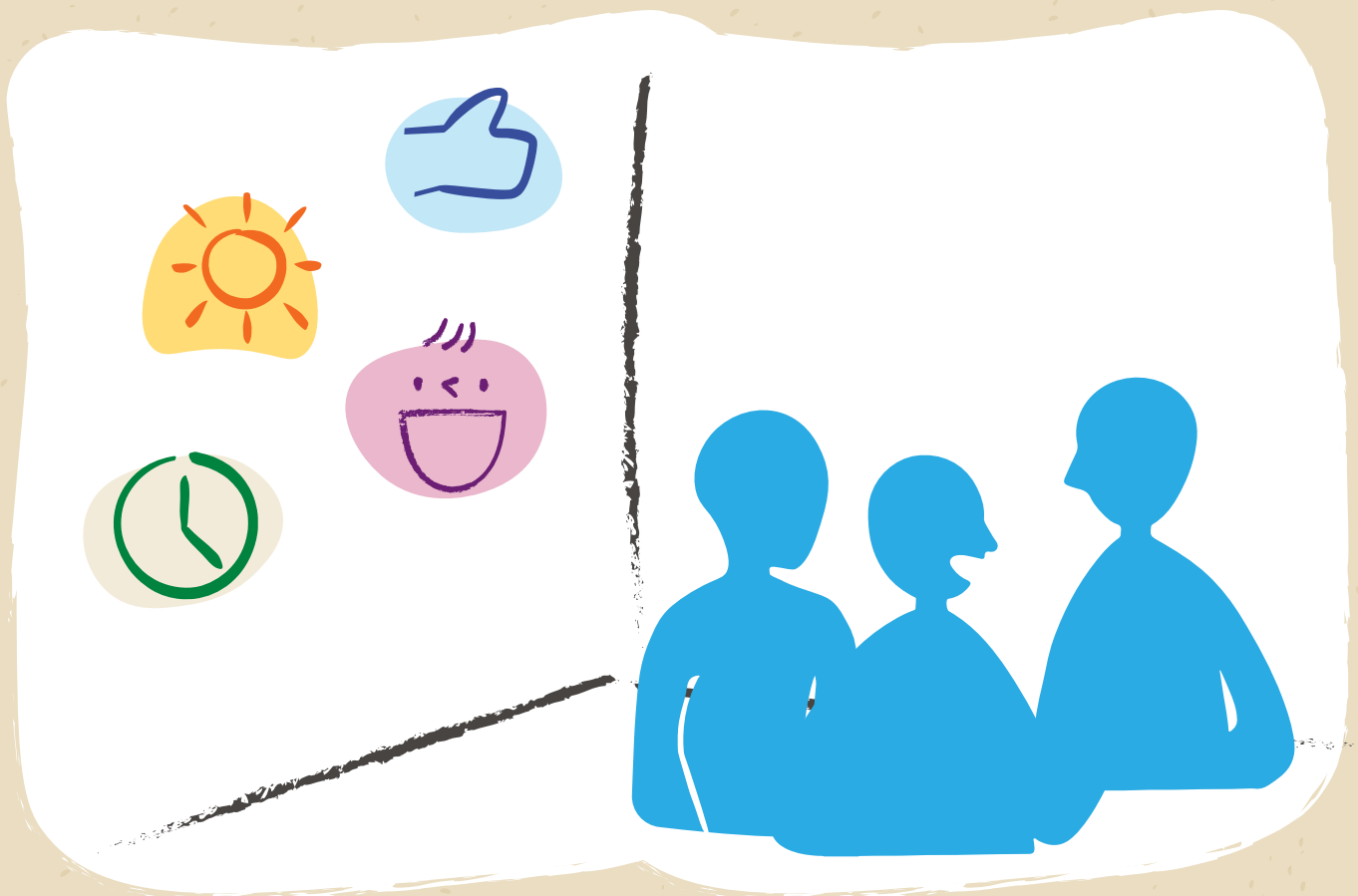
Good mental health is an integral part of quality education and leads to better learning outcomes. Happy, balanced students are more open to learning and better able to focus on their studies. Good mental health also helps them build positive relationships and develop emotionally.

A happy classroom can make a big difference to students' lives! Here are some ways to bring mindfulness to school. You are encouraged to take these practical tips and activities and adapt them for your students' ages and abilities so that everyone in the classroom can participate with confidence.

MAKING THE CLASSROOM A SAFE SPACE

Teachers have the power to create a safe, welcoming and comfortable space at school to help students feel calm, confident, feel safe to share and exchange opinions and focus on learning.

You can work with students to create your dream classroom together. Be creative! For example, they can decorate the walls with colourful and inspiring messages. How about making zones within the classroom where small groups of students can freely work together and help each other?



CREATING MINDFUL MOMENTS EVERY DAY



Definition: A mindful moment is a calming technique for focusing on the present moment.

We need to take care of our minds, just like we take care of our physical health. It's something that also takes regular daily practice. Teachers can help students do this every day by creating mindful moments.

Benefits of Mindfulness for Students

- Students can learn to understand and regulate their emotions
- They can handle anxiety without getting overwhelmed
- They can learn to calmly navigate difficult situations

Benefits of Mindfulness in Classrooms

- A simple moment of quiet time before class can lead to better concentration among your students
- Calm minds are more open to learning and absorbing lesson content
- Students who regularly practise mindfulness are better able to regulate their emotions which leads to a better learning environment for all



8 ACTIVITIES

FOR MINDFULNESS FOR STUDENTS OF ALL AGES



1

Mindful Breaths

Ask students at the beginning of the class to close their eyes and take a slow, deep breath as you say "Breathe in. Breathe out. Breathe in for 3 seconds, hold for 2 seconds, breathe out for 5 seconds." Repeat three times. This simple act of controlling your breathing can help instantly calm intrusive thoughts.

2

Quiet Time

Plan some quiet time in your class schedule to allow students to think at peace. It could be as simple as encouraging all students to read a book for 10 minutes before class to boost their concentration during class.

3

Drawing Your Breath

Set students a simple art exercise to draw how their breath looks. This will help them focus on their breathing and release any tension.

4

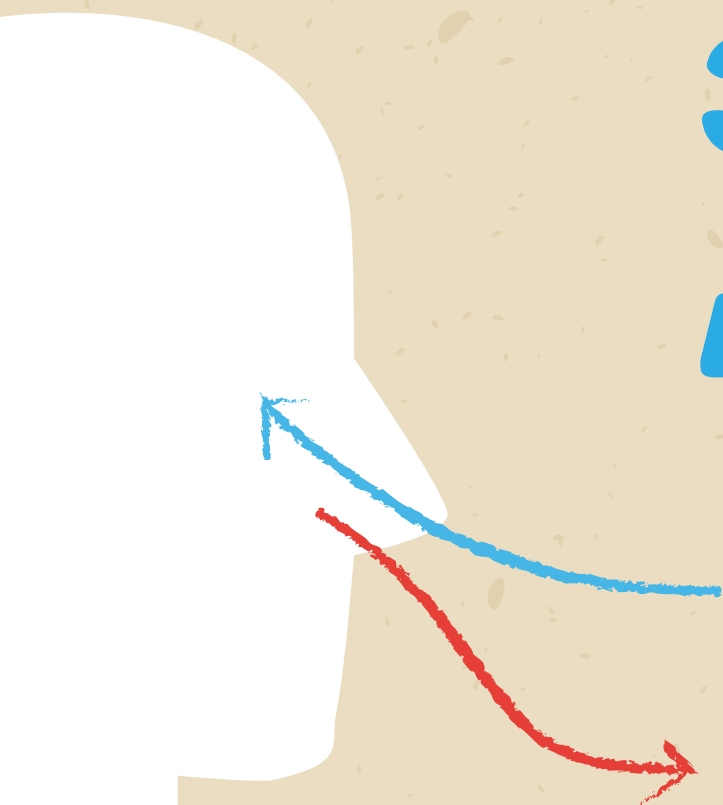
Breathing Colours

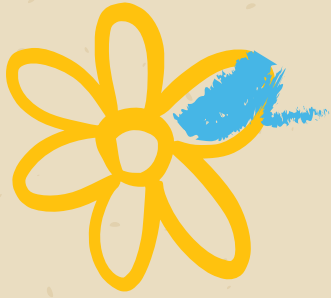
Step 1. Ask students to think of a colour that makes them think of relaxation.

Step 2. Ask students to think of a colour that represents stress.

Step 3. Ask students to imagine breathing in the relaxing colour and visualize it filling their lungs.

Step 4. Ask students to imagine breathing out the stressful colour.





5 Colouring Pages

This is a great way to focus students' attention on the present. Print downloadable colouring pages for an easy and relaxing exercise.



6 Moments of Gratitude

Ask students to write down five things they are grateful for today to help them feel more appreciative of non-material things they may take for granted about themselves and others. You can encourage them to also do this in their own time, for example before going to bed or first thing in the morning.

7 Visualization

Ask students to visualize a place that makes them feel safe and happy. Suggest that they revisit this place whenever they feel anxious or fearful.



8 Reflection

End classes with a mindful moment where students close their eyes and think about what they have learned in the lesson.



You can also share the [Youth Mental Health Toolkit](#) for students to read in their own time.

HELPING TO NORMALIZE MENTAL HEALTH

There is a strong stigma around mental health, but this can change if more people talk about it. As teachers, you can lead the way. Encourage students to talk about how they feel. You can be a positive role model and share your own feelings to help normalize this practice. Teach students that talking and supporting each other is better than keeping feelings inside.



You can also read more about what you can do to support youth mental health in this [Caregiver Mental Health Toolkit](#).

EXPRESSING KINDNESS AT SCHOOL

Doing good can feel good. Did you know that seeing kindness in action slows the heart rate and releases serotonin that relieves symptoms of depression? Encourage students to show kindness to one another as well as people outside the classroom. Take kindness home.



ASKING FOR HELP

Teachers can encourage students to talk about their feelings and practise mindfulness, but sometimes students will need more help than you are able to give. Follow your school guidelines and alert a senior member of staff if you have concerns about any student. They can also be directed to the following professional services.



Hotline | 1323

Mental Health Clinics at general hospitals

Empathetic listening service | www.satiapp.co

LoveCare Station

Online counselling (16:00-24:00) | www.lovecaestation.com

LINE Chat (12:00-20:00) | @lovecaestation

Self-assessment tool | www.5๓7๖.com