

2 Mindfulness Finger Mazes



Use these beautiful finger mazes to promote mindfulness, connection and relaxation with your students.

Year: K-6

Curriculum: AUS V9

This resource integrates elements of Personal and Social Capability, Critical and Creative Thinking and skills from the Health and Physical Education Curriculum.

Resource Description: These finger mazes of contemplation consist of a maze design that students can trace with their fingers, while the teacher reads through the script.

To use, print a copy for each student. Students gently run their fingers along the maze's path, focusing on the movement and sensations as the teacher reads through the script. This repetitive action can help calm the mind, reduce stress, and promote concentration. As students navigate through the maze, they may also reflect on their thoughts, feelings or intentions, enhancing their mindfulness practice.

Before commencing the task, invite students to take three big breaths and pay attention to how they feel. You may choose to play some relaxing music in the background. After completing the maze, encourage students to reflect on how they feel.

Resource Objective: Mental Fitness Focus.

Most suitable time to integrate this resource: Use these exercises to help students concentrate, following sport, as a transition, or at the end of the day.

Gotcha4Life Protective Factor link: Emotional Adaptability ('Build your emotional muscles')

Let's build our mental fitness together

© Gotcha4Life Foundation. You are free to redistribute this resource in any medium for non-commercial purposes. Attribution should be given to Gotcha4Life Foundation, gotcha4life.org



The Heart of Connection

Mental Fitness is about connecting with others, and also ourselves



Follow the calming path of the heart of connection.

Place your finger gently at the start of the path. Take three deep breaths and notice how you feel inside, then gently follow the path with your finger to the centre of your heart.

Put your other hand on your heart, take a big breath in, and slowly let it out. Feel your heart beating.

Now think about someone who cares about you, and your smile might become even bigger. Think about a family member or friend that you love to spend time with, and how they make you feel.

Take another breath and let it out slowly. Now, think about yourself as you take another breath in, and feel the corners of your mouth turn up into a great big smile.

If you haven't already, follow the path all the way to the centre. Can you feel how your Heart of Connection fills you up with love?

When you're ready, slowly follow the path back with your finger to where you started. Step back into your day knowing that your heart, mind and body is filled with love and people who care about you.

**Let's build our
mental fitness together**

gotcha4life.org ©2024 Gotcha4Life Foundation



The Heart of Connection

Mental Fitness is about connecting with others, and also ourselves



Follow the calming path of the heart of connection.

Place your finger gently at the start of the path. Take three deep breaths and notice how you feel inside, then gently follow the path with your finger to the centre of your heart.

Put your other hand on your heart, take a big breath in, and slowly let it out. Feel your heart beating.

Now think about someone who cares about you, and your smile might become even bigger. Think about a family member or friend that you love to spend time with, and how they make you feel.

Take another breath and let it out slowly. Now, think about yourself as you take another breath in, and feel the corners of your mouth turn up into a great big smile.

If you haven't already, follow the path all the way to the centre. Can you feel how your Heart of Connection fills you up with love?

When you're ready, slowly follow the path back with your finger to where you started. Step back into your day knowing that your heart, mind and body is filled with love and people who care about you.

**Let's build our
mental fitness together**

gotcha4life.org ©2024 Gotcha4Life Foundation



Be an Emotional Explorer

All feelings are welcome



Let's embark on a short journey as emotional explorers.

Place your finger gently at the start of the maze.
Take a deep breath and begin tracing the path.

As you follow the twists and turns, remember that all feelings are okay. Different emotions can feel like new adventures.

Pause for a moment and think about how you're feeling. Maybe you're happy, sad, or excited. Whatever it is, know that it's okay to feel this way.

Take another deep breath and feel a sense of acceptance. Remember that you are brave and strong, even when emotions are tricky.

Now, let's take a break here. Think of a time when you felt a strong emotion, whether it was joy, sadness, anger, or excitement. Remember that it's okay to feel this way, and that your feelings are all welcome.

As you trace your finger back to where you started, remember that you're an amazing emotional explorer. You can handle any feeling that comes your way, and you have people who care about you who are always ready to help.

**Let's build our
mental fitness together**

gotcha4life.org ©2024 Gotcha4Life Foundation



Be an Emotional Explorer

All feelings are welcome



Let's embark on a short journey as emotional explorers.

Place your finger gently at the start of the maze.
Take a deep breath and begin tracing the path.

As you follow the twists and turns, remember that all feelings are okay. Different emotions can feel like new adventures.

Pause for a moment and think about how you're feeling. Maybe you're happy, sad, or excited. Whatever it is, know that it's okay to feel this way.

Take another deep breath and feel a sense of acceptance. Remember that you are brave and strong, even when emotions are tricky.

Now, let's take a break here. Think of a time when you felt a strong emotion, whether it was joy, sadness, anger, or excitement. Remember that it's okay to feel this way, and that your feelings are all welcome.

As you trace your finger back to where you started, remember that you're an amazing emotional explorer. You can handle any feeling that comes your way, and you have people who care about you who are always ready to help.

**Let's build our
mental fitness together**

gotcha4life.org ©2024 Gotcha4Life Foundation

