

# Boredom Busters Bitez

## **MINDFULNESS.**

Today's theme is all about mindfulness. Mindfulness is when you notice what is going on around you. It can be when you know how something tastes or smells. Or it can be when you know how you feel. Mindfulness is great because it can help you calm down when you're sad, mad, frustrated. It can help you feel better during tough times, and even make scary times less scary.

Today's fun includes a story about a time when Maci Sparks felt upset, a craft where you'll make a special tool, and an activity to help you unwind.

# Maci Sparks and the Mindfulness Wand

**Maci Sparks was so excited! Today was the big day! She was having a tea party for all of her friends. She had been planning this party for weeks. The party was going to be held in her garden. All of her flowers were blooming.**

There were roses, gerbera daisies, zinnias, lilies, gardenias, begonias, azaleas, coneflowers, chrysanthemums, and more! The garden looked like a beautiful rainbow. Maci couldn't wait for her friends to see the pretty flowers.



Maci had invited all of her friends to her tea party. She had gone to the store yesterday to buy tea and cake. She had also gathered together some of the craft supplies in her house. When she and her friends were done having tea, they would make crafts.

Maci was wearing her favorite dress. She grabbed a lace table cloth and headed outside. It was time to start setting up for the party. Everyone would be at her house in the next hour!

Suddenly, there was a loud CRACK! Lightning split across the sky. The clouds rapidly darkened, and the sun went away.

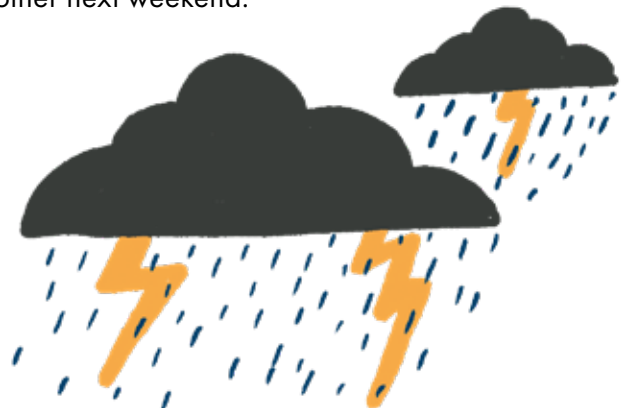
Maci stood outside and looked at the sky. What in the world was happening? Why was it

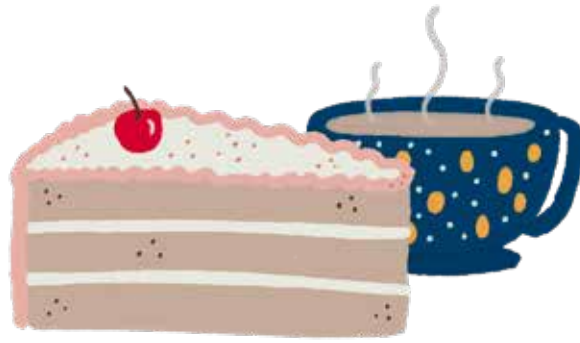
getting so dark and stormy? It wasn't supposed to rain today! Maci had checked the weather last night! BOOM, thunder shuddered through the air. With another crack, more lightning lit up the dark clouds. Then the rain started.

Maci ran inside, but her dress was already soaked. She looked outside and saw her beautiful garden get soaked with rain. Some of the flower petals were falling off.

A knock sounded at the front door. Maci ran to the door, shivering in her wet dress. She opened the door. Her best friend, Kelly, stood outside. She was soaked too! Kelly came in the house.

"Kelly, I didn't know it was going to rain today! What are we going to do?" Maci said. Kelly said, "Maci, you're going to have to postpone your party. I'll help you call everyone." Maci and Kelly called their friends. They said they were going to postpone the party until next weekend. All of their friends were sad, but they understood. It was important to stay inside and stay safe. There would always be time to see each other next weekend.





When Maci got off the phone with the last friend, she started crying. Kelly gave her a hug. "Maci, it's okay to be sad. Sometimes things happen and your plans have to change. Why don't we have a sleepover instead? We can put on pajamas now, and have tea and eat cake. Then we can make crafts!"

Kelly thought that was a great idea. She decided to make one too.

While Kelly was making her wand, Maci looked out the window. It was still raining, but the flowers looked very happy!

Maci thought this was a good idea, so that's what they did.

With warm pajamas on and bellies full of cake, they decide to play with the craft supplies. Maci was still sad, but was glad that she was out of the rain.



Maci had a great idea. She used some of the streamers from the party, a paper towel roll, and markers. Maci used these supplies to make a magic wand! Kelly asked her what the wand was for. Maci said, "I'm trying not to be sad that the tea party was postponed and my other friends can't come over. Every time I feel sad, I'm going to use the magic in the wand to help me take a deep breath. I'm going to think about how glad I am that you're with me, and that we're still having fun on this rainy day."



# Make Maci's Mindfulness Wand

When Maci Sparks felt upset about what happened she knew she needed to calm down. She knew her mindfulness wand would calm her down right away. Follow the directions down below to create your own mindfulness wand. If you ever feel nervous, sad, or mad, it will help calm you down just like it did Maci!

## MATERIALS



TOILET PAPER  
OR PAPER TOWEL ROLL



RULER



CRAYONS  
AND MARKERS



RIBBON,  
STREAMERS,  
AND STRING



SCISSORS



GLUE

## INSTRUCTIONS



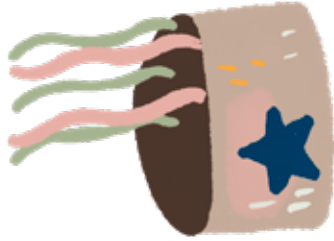
Use the markers, crayons, or colored pencils to decorate the outside of your tube.



Use the scissors to cut a small section off of one end of your tube. The section should be about 1 inch thick.



Use the scissors to cut the streamers, ribbons, or strings into strips that are about 6 inches long. Use your ruler to help you measure out the strips.



Use the glue or tape to attach the strips to the inside of the smaller section of the tube. Make sure to only attach the strips to half of the circle of the tube. See the drawing.



Fit the smaller tube into one of the ends of the larger tube. The part of the smaller tube with strips should not go inside the tube. note: squeezing the tubes a little bit helps them fit better.

### **FAST FACT**

Our breathing is related to how we feel. You can change your feelings by changing how you breathe!

### **HOW TO USE**

Whenever you feel sad, mad, stressed, or scared, hold your wand up to your face. Make sure the side with the streamers, ribbons, and strings is away from your face. Focus all of your energy onto your breathing. When you're ready, blow into the top of the magic wand so all of the materials begin to blow around.

Focus on your breathing and on the materials.  
Keep doing this until you feel calm again.

### **KEEP IT GOING!**

**Experiment by using different sizes of paper tubes.**

**You can also make your own paper tubes by rolling and taping construction paper!**

**Also experiment with different lengths of streamers, ribbons, and strings!**

# Mindfulness Word Search

J Y J O W C A B G U Z Z U B C  
Y W I H I I R R I O G P A O C  
C N C Z Q T E E O P Q D B C I  
A B C Q V H D A K L O P J W L  
L P C E I O L T S V H K J M U  
M Y W W G U X H G A R Q Z R X  
S L X B Y G G I E E X O I P S  
Q B K H A H N N U K D S F A I  
U A M G F T E G S C G G Q X M  
O N O V A R N P I C B P M R A  
F Y R W E V A Z F J S E Y S G  
W P X S C V N E Z H E A M U I  
M Y S S E N D N I K J C U C N  
V O R N A S K L Y Z G E W O E  
W D D T M F D X P G R L V F G

## Word Bank

CALM

IMAGINE

SERENE

YOGA

FOCUS

ZEN

BREATHING

KINDNESS

PEACE

THOUGHT



**Boredom Busters Bitez is an extension of our previous publication, Boredom Busters. Instead of one large publication, we will release three different Boredom Buster activities each day. Every day will have a different theme. Visit this page this page each day, download the activity file, and print them out!**

**The themes for this week are: In the Garden, Mindfulness, Make-Believe, Pond-Life, and Jam Out!**

**For more resources and activities for children, please visit [buckslib.org](http://buckslib.org)**

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