

## WAYS TO USE STIX IN YOUR SETTING



*The Stix Mindfulness Remotes are an award-winning device that supports children to manage their feelings and emotions, teaching them long-term strategies that encourages children to take control of their own mental health. The calming built-in voice guides you through screen-free therapeutic exercises involving balance, deep breathing, guided meditation and movement-based activities, designed to promote calmness and relaxation. A fun and interactive way to teach well-being techniques in any setting.*

### Individual

Help support individuals' well-being through promoting relaxation and concentration. The calming exercises can help to ease anxiety, stress, or be used to practise mindfulness. The Stix activities last 3-5 minutes and can be easily incorporated into the daily timetable to provide sensory breaks. The balancing games available on the Stix are ideal for supporting individuals to focus.

### Peer Support

Mindfulness is for everyone, and older children will enjoy working with younger children to support them through the activities. Stix are fun and engaging, and collaboratively pupils can share progress, discuss activities they enjoy and recommend exercises to each other.

### Emotional Regulation

Manage emotions effectively, helping to reduce anger, frustration and meltdowns through learning strategies to pause, breathe and resume control in challenging situations. If a child needs a quick break from things during the day, they can grab the Stix, use them for 3-5 minutes, and help themselves to regulate. Great for transitions from playground to lessons, lunch hall to playground, or other times in the day when children may need time to self-regulate. Using the Stix remotes to focus on emotions teaches them techniques to help manage their thoughts and feelings.

## Small Group

Using Stix in your setting provides a chance for children to practise mindfulness together. Integrate Stix into your sensory circuits, offering an innovative way for mindfulness exercises. Fun and interactive well-being activities can be used with small groups of children to teach useful calming techniques that help them feel good.

## Interventions

Stix can be used alongside other mental health and emotional support interventions. Setting aside a few minutes a day for mindful breathing and activities can make a huge difference to the day. The app allows children to track their progress whilst winning badges and earning stars, which can be used in the 'Monster Wardrobe' to customise their own mindful monster!

## Parental Engagement

Involving parents could help extend the benefits of Stix beyond the classroom and into the home, further supporting children's emotional health. Stix can give peace of mind for parents as an effective tool to support mental well-being. Parents could be invited in to use the Stix with the children and learn useful strategies they can use with their child at home. They can learn helpful techniques to ease stress that can be used with or without the Stix remotes. The app can be used to share pupil progress and show the activities the child has been doing.

## ACTIVITIES TO USE WITH STIX

The Stix comes with a free Stix app with a growing library of activities. The Stix mindfulness programme has been developed by experts and mindfulness coaches that has been split into four categories that teach the fundamental skills of mindfulness and introduce wellbeing techniques to the users. Examples of these are:

### 1. Mindfulness of the Breath

*Teaching basic breathing skills and providing techniques to help manage stressful situations.*

- **Balloon Arms-** A movement-based activity where you learn to breathe by visualising your body as a balloon.
- **Belly Breathing-** A non-movement-based activity where you visualise your stomach as the inflating balloon.
- **Breathe with the Sea-** Learn about breathing while listening to the sounds of the waves moving in and out on the shore.

## 2. Mindfulness of the Body

*Building awareness of bodily feelings to help children understand how their body connects with how they are feeling.*

- **Balance-** Three rounds of balancing to improve focus. The Stix detect movement whilst your balancing, changing the lights from green to red if you fidget!
- **Big Stretch-** Breathing in and out as you stretch your body by reaching up as high as you can, and by stretching down to touch your toes.
- **Snow Angel-** This activity uses the concept of body scanning to help identify each part of your body, all while forming snow angels in the imaginary snow.

## 3. Mindfulness of Thoughts and Feelings

*Developing an understanding of how thoughts and emotions arise with techniques for children to use when they are emotional.*

- **Bubble Popping-** Visualise your thoughts as bubbles floating through the air. You cannot see anything if your vision is crowded by bubbles, but you can pop your thought bubbles with the Stix! This activity uses the movement detection on the Stix to provide audio feedback every time you pop a thought bubble.
- **Rainbow Painting-** Imagine the Stix together are a giant paint brush that lets you paint the rainbow into the sky. Following each coloured light from the Stix, paint the colours onto the rainbow. This activity encourages children to think about each colour of the rainbow and what emotion this makes them think of, and how that makes them feel.
- **Surfing-** This activity encourages children to ride an imaginary surfboard whilst learning to ride waves of emotions. The key aim here is to learn that emotions rise and fall, and that by identifying them we can ride them back to shore.

## 4. Mindfulness of the Heart

*Learning the basics of compassion, gratitude and appreciation.*

- **Ball of Light-** A calming activity aimed at teaching visualisation skills to promote relaxation and teach gratitude.
- **Mindful Colours-** Watch the colour wheel of lights from the Stix as the voice takes you through breathing techniques. Learn how each colour makes you feel as you go through the colour wheel.
- **Senses-** This activity teaches children about the five basic human senses, getting them to notice their environment around them.

