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# Waves of Inclusion

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TOOLKIT  
for

Water-based and  
Mindfulness Activities

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**Toolkit for Inclusive Water-based and Mindfulness  
Activities**  
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# 1

## Introduction

## 1. Introduction

This **toolkit** has been developed as a practical resource for trainers working at the intersection of sport, inclusion, and well-being. It brings together two complementary sets of tools: structured water-based activity plans for mixed-teams of Ukrainian refugee and local youth, and dedicated mindfulness session plans tailored to the specific emotional needs of Ukrainian youth.

The toolkit responds to a clear and urgent need. Young people displaced by conflict face distinct challenges, disrupted routines, emotional distress, language barriers, and the difficulty of forming new social connections in an unfamiliar environment. At the same time, local youth benefit from structured opportunities to engage meaningfully across cultural boundaries.

**Water-based activities** offer a uniquely powerful setting for this, as the aquatic environment levels social hierarchies, invites playfulness, and created shared experiences that transcend language. When implemented through mixed teams, these activities become a vehicle for social integration, mutual trust, respect and intercultural understanding.

The **mindfulness** component addresses a parallel need. Grounded in trauma-informed approach, the mindfulness sessions included in this toolkit are designed to offer Ukrainian youth a structured space for emotional regulation, self-awareness, and calm, complementing the physical and social engagement of the water-based activities with tools for inner well-being.

Together, the two components of this toolkit support four interconnected outcomes:

- **mental health and well-being**
- **social inclusion**
- **intercultural interaction and**
- **life skills development**

The sessions plans that follow are intended as flexible guides rather than rigid scripts, trainers are encouraged to **adapt** the proposed activities to the **needs, confidence levels, and cultural backgrounds** of their specific groups, always withing a framework of safety, respect and genuine social inclusion.

# 2

## Inclusive Water-based Activities for Mixed Youth Groups

## 2. Inclusive Water-based Activities for Mixed Youth Groups

### 2.1 Introduction to the water-based activities

This chapter provides practical guidance for trainers implementing **inclusive water-based activities** designed to support the mental and physical well-being, social inclusion and intercultural interaction of young people. The intervention is designed to target **mixed groups of refugee and non-refugee youth**, promoting safe and engaging shared water experiences that build connection across cultural and personal boundaries.

#### 2.1.1 Target Groups

The program is designed for groups up to **40 young people between the ages of 10 and 17** and aims to bring together 20 Ukrainian refugee youth and 20 local youth in Romania and Poland respectively. These participants share common needs that the program directly address, emotional support, social integration, and confidence building. The mixed-group format is intentional selected as it creates the conditions for genuine peer connection, normalises difference and encourages mutual understanding.

#### 2.1.2 The role of Trainers

The trainers in this intervention act as **facilitators**, not as instructors in the traditional sense. Their role is to guide rather than control, to create an environment where every participant feels safe, and to actively encourage engagement and social inclusion throughout each water-based session. This requires specific skills such as **clear and empathetic communication, confident group management, and basic water safety requirements.**

#### 2.1.3 Core principles

The program is grounded on **four core principles**. **Inclusion** means that all participants take part on equal terms. Teams are deliberately mixed, including Ukrainian and local youth, and no one is excluded on the basis of swimming ability or physical confidence, making sure that every participant belongs. A **trauma-informed approach** recognises that some participants, particularly those with a Ukrainian refugee background, may carry experiences of loss, displacement, or distress. The program ensures that **no one is pressured to participate** in any activity, personal boundaries are respected without question, and the **emotional and physical safety** of participants is treated as a non-negotiable foundation. The **intercultural awareness** shapes how the trainers communicate with participants and how activities are designed. Simple language, visual demonstrations and an openness to otherness are built into every session. The program's ultimate goal is not to smooth over cultural distinctions but to create shared experiences that make otherness a source of richness rather than division. **Communication** in

this context goes beyond words. The trainers are encouraged to demonstrate before they explain, to keep verbal instructions brief and to make full use of the body languages and visual cues, which is particularly important in groups where participants may not share a common language.

#### 2.1.4 Session Structure

Each session follows a consistent **four-part structure** that moves participants from comfort building through active engagement to reflection and calm. Each session opens with a **warm-up** of **10-15 minutes**, centered on an ice-breaker activity designed to build ease within the mixed-group and reduce anxiety about what follows. The **core activity phase**, which runs for **30-50 minutes**, involves one or two main activities with a strong emphasis on teamwork and collaboration. Following, the **reflection period** of **10-15 minutes**, during which the group comes together for discussion and an emotional check-in, serves as a moment to express what was felt and noticed. The session closes with a **cool-down** of **5-10 minutes**, using relaxation techniques such as breathing exercises or floating to bring energy levels down gently and help the participants' transition out of the session.

#### 2.1.5 Activity Implementation Tips

The good facilitation in the water environment rests on a few consistent habits:

- **Always demonstrate** an activity before offering a verbal explanation, as showing is more effective than telling, and removes the language barriers.
- **Keep the energy of the group balanced**, neither letting things become flat nor allowing them to tip into chaos.
- **Rotate roles** within activities so that no participant is always leading or always following, and actively encourage teamwork at every stage.

#### 2.1.6 Inclusion Strategies

**Inclusion strategies** that are utilised during the delivery of the program include:

- **Intentional grouping:** This is one of the trainer's most powerful tools. Participants should be mixed deliberately across cultural backgrounds, language groups, and confidence and ability levels.
- **Peer support:** Pairing a more confident participant with a shyer one, for instance, can cultivate engagement, that a trainer alone cannot achieve.
- **Non-verbal Communication:** This type of communication should be normalised and modelled from the start, and the difficulty levels of activities should be adapted to ensure that every participant can participate meaningfully, regardless of their swimming ability.

#### 2.1.7 Safety Guidelines

A **qualified lifeguard** must be **present at all times** during the delivery of the water-based activities. Participants must understand that behaviors like **running and pushing are not permitted** in or around the water. All the activities must be adapted to the **water depth available** and the

**swimming ability** of each group, and **continuous supervision** must be maintained throughout each water-based session. Before any activity begins, trainers **must explain the safety rules clearly** to all participants, as safety is not a footnote but the condition that makes everything else possible.

### 2.1.8 Managing Group Dynamics

Groups of young people are dynamic, and trainers must always be prepared to read and respond to shifts in energy and engagement. When participation is low, moving to pair work or simplifying the task can lower the threshold for involvement and draw quieter participants back in. When energy runs high or the group becomes disorganised, the right response is to pause the activity, reset calmly and restate the instructions before continuing. In the event of a conflict between participants, trainers must stop the activity, facilitate a brief discussion, reinforce the group's shared commitment to respect of otherness, and resume only when it is appropriate to do so.

### 2.1.9 Evaluation approach

The trainers observe three dimensions throughout each session:

1. The **level of participation** across the group
2. The **quality of cooperation** between participants and
3. The **communication** taking place, verbal and non-verbal, within pairs and across the wider group.

These observations are recorded using a structured checklist. Short reflection questions at the end of each water-based session complement this, and the pre- and post- program questionnaires provide a broader picture of the individual and group development over time.

### 2.1.10 Trainer Checklist

Before each session, trainers must confirm that:

- the **pool** and the **immediate environment** have been **safety-checked**,
- all **materials** are **prepared** and **in place**,
- the **activities** for the sessions **have been selected and adapted** to the specific group,
- **participant groups** have been **arranged**, and
- the **evaluation tools** are **ready for use**.

### 2.1.11 Post-session Reflection

After each water-based session, trainers take the time to reflect on the following four questions:

1. **What worked well?**
2. **Who was not fully engaged and why?**
3. **Was inclusion genuinely achieved across the group?**
4. **What can be improved next time?**

This reflective practice is not an administrative task, but a way for the program to improve and for the trainers to grow.

### 2.1.12 Water-based Program Impact




The water-based activity sessions that comprise this program contribute to four interconnected outcomes:




- Greater **social inclusion** among participants
- Improved **physical** and **emotional** well-being
- Stronger **communication skills** and
- Increased **resilience**

These outcomes are not abstract goals. They are visible in the water, in a relay completed by strangers who become teammates, in a shy participant who floated in calm for the first time, in a conversation that crossed a language barrier because two young people chose to try.




## 2.2 Short description of Water-based activities

This section presents an overview of the **fifteen inclusive water-based activities** designed to support the mental and physical well-being, social inclusion and intercultural interaction of **of Ukrainian refugee and non-refugee youth**. Each activity is described briefly, with the full implementation guidance provided in the following chapter.




Activity 1. Water Name Circle	
 <b>Objective</b>	<b>Ice-breaking, communication</b>
 <b>Duration</b>	<b>30 minutes</b>
 <b>Description</b>	<p>Participants stand in a circle in the water. Each participant says their name and performs a simple movement. The group repeats the name and movement, promoting interaction and group cohesion.</p>

Activity 2. Mixed Team Relay	
 <b>Objective</b>	<b>Teamwork</b>
 <b>Duration</b>	<b>40 minutes</b>
 <b>Description</b>	<p>Participants are divided into mixed teams. Each team completes a relay race in the water, encouraging cooperation, coordination, and group engagement.</p>




### Activity 3. Water Balloon Cooperation

 Objective	Trust
 Duration	30 minutes
 Description	Participants work in small groups to pass water balloons without dropping them. The activity promotes trust, coordination, and collaborative effort.




### Activity 4. Floating Stories

 Objective	Creativity
 Duration	35 minutes
 Description	Participants float in small groups and collaboratively create a story. Each participant adds a part, encouraging imagination, communication, and group interaction.




### Activity 5. Human Bridge

 Objective	Trust
 Duration	30 minutes
 Description	Participants work together to create a “human bridge” in the water using their bodies. The activity promotes trust, cooperation, and physical coordination.




## Activity 6. Treasure Hunt

 Objective	Exploration
 Duration	40 minutes
 Description	Participants search for objects placed in the water. Working in teams, they explore the space and collect items, encouraging curiosity and collaboration.




## Activity 7. Obstacle Course

 Objective	Physical teamwork
 Duration	45 minutes
 Description	Participants complete a series of water-based obstacles in teams. The activity promotes physical engagement, teamwork, and problem-solving.




## Activity 8. Pass the Splash

 Objective	Trust
 Duration	25 minutes
 Description	Participants stand in a circle and pass a splash of water in a rhythmic sequence. The activity enhances coordination, timing, and group synchronization.




## Activity 9. Balance Challenge

 Objective	Cooperation
 Duration	30 minutes
 Description	Participants work in teams to balance on floating objects. The activity encourages cooperation, stability, and mutual support.




## Activity 10. Cultural Splash Exchange

 Objective	Inclusion
 Duration	40 minutes
 Description	Participants share simple games or movements inspired by their cultural backgrounds. The activity promotes inclusion, intercultural understanding, and participation.




## Activity 11. Water Mirror Movement

 Objective	Empathy, non-verbal communication
 Duration	30 minutes
 Description	Participants form pairs in the water. One participant performs simple movements, while the other mirrors them. Roles are then switched, promoting cooperation and mutual understanding.

## Activity 12. Floating Trust Circle

 Objective	Trust-building, teamwork
 Duration	30-35 minutes
 Description	Participants form small groups and create a circle in the water. They attempt to float together while maintaining balance, encouraging trust and group coordination.




## Activity 13. Water Communication Challenge

 Objective	Communication skills, teamwork
 Duration	35 minutes
 Description	Participants work in teams to complete a task in the water. In a second round, verbal communication is not allowed, encouraging the use of non-verbal communication.

## Activity 14. Follow the Leader (Water Edition)

 Objective	Leadership, participation
 Duration	25-30 minutes
 Description	Participants follow movements performed by a leader in the water. The leader changes regularly, ensuring all participants take part and develop confidence.

## Activity 15. Water Team Puzzle

 <b>Objective</b>	<b>Problem-solving, cooperation</b>
 <b>Duration</b>	<b>35-40 minutes</b>
 <b>Description</b>	<p>Participants work in teams to arrange floating objects into a specific shape. The activity promotes teamwork and coordinated problem-solving.</p>

## Activity Matrix

Activity	Objective	Duration	Inclusion Focus	Skills Developed
Water Name Circle	Ice-breaking	30 min	Mixed interaction	Communication
Mixed Team Relay	Teamwork	40 min	Mixed teams	Cooperation
Water Balloon	Trust	30 min	Pair work	Coordination
Floating Stories	Creativity	35 min	Group sharing	Expression

## Activity Matrix

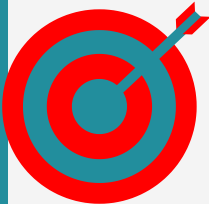



Activity	Objective	Duration	Inclusion Focus	Skills Developed
Human Bridge	Trust	30 min	Group cooperation	Problem-solving
Treasure Hunt	Exploration	40 min	Mixed roles	Teamwork
Obstacle Course	Physical	45 min	Peer support	Confidence
Pass the Splash	Coordination	25 min	Group rhythm	Engagement
Balance Challenge	Cooperation	30 min	Shared task	Balance
Cultural Exchange	Inclusion	40 min	Cultural sharing	Awareness
Water Mirror Movement	Empathy	30 min	Pair interaction	Non-verbal communication

## Activity Matrix

Activity	Objective	Duration	Inclusion Focus	Skills Developed
Floating Trust Circle	Trust	30 min	Group bonding	Cooperation
Water Communication Challenge	Communication	35 min	Non-verbal interaction	Adaptability
Follow the Leader	Leadership	25 min	Equal participation	Leadership
Water Team Puzzle	Problem-solving	40 min	Group work	Critical thinking






## 2.3 Detailed description of Water-based activities





This section provides a **detailed description** of each water-based activity included in the program. For each activity, trainers will find the learning objectives, location requirements, duration, step by step implementation guidance, inclusion strategies, materials and equipment needed, safety measures, expected outcomes and evaluation method. The activities are designed to be delivered in **mixed teams of Ukrainian refugee and local youth**, and each one has been developed with inclusion, intercultural interaction, and emotional safety at its core. Trainers are encouraged to read through each activity carefully before the session and to **adapt** it, where necessary, to **better cater** the **specific needs and dynamics** of their group.

Activity 1. Water Name Circle	
 <b>Objective</b>	To promote initial interaction, reduce social anxiety, and develop basic communication and group cohesion skills
 <b>Location</b>	Shallow pool (waist-deep water)
 <b>Duration</b>	30 minutes
 <b>Activity Description</b>	<ol style="list-style-type: none"> <li>1. The facilitator gathers participants in a circle in shallow water.</li> <li>2. The activity is introduced as a fun way to learn names and feel comfortable in the group.</li> <li>3. The facilitator demonstrates by saying their name and performing a simple water movement (e.g. splash, arm wave).</li> <li>4. One participant at a time: <ul style="list-style-type: none"> <li>• Says their name</li> <li>• Perform a movement</li> </ul> </li> <li>5. The whole group repeats both the name and the movement.</li> <li>6. After everyone participates, a second “faster round” is done to reinforce memory.</li> <li>7. The activity ends with a short reflection (e.g. Whose name do you remember?).</li> </ol>






 <p><b>Inclusion Strategy</b></p>	<ul style="list-style-type: none"> <li>• <b>Non-verbal participation is allowed</b></li> <li>• <b>Equal turn-taking ensures everyone is included</b></li> <li>• <b>Low-pressure activity reduces language barriers</b></li> </ul>
 <p><b>Materials/Equipment</b></p>	<p><b>None</b></p>
 <p><b>Safety Measures</b></p>	<ul style="list-style-type: none"> <li>• <b>Conducted in shallow water</b></li> <li>• <b>No aggressive splashing</b></li> <li>• <b>Lifeguard supervision</b></li> </ul>
 <p><b>Expected Outcomes</b></p>	<p><b>Participants will be able to introduce themselves and recall at least 5 peers' names within 30 minutes, demonstrating increased comfort in group interaction.</b></p>
 <p><b>Evaluation Method</b></p>	<ul style="list-style-type: none"> <li>• <b>Observation of participation</b></li> <li>• <b>Quick verbal recall exercise</b></li> <li>• <b>Group reflection</b></li> </ul>





## Activity 2. Mixed Team Water Relay

 <b>Objective</b>	<p>To develop teamwork, cooperation, and peer support through structured group challenges.</p>
 <b>Location</b>	<p>Swimming pool (mixed shallow and medium depth)</p>
 <b>Duration</b>	<p>40-45 minutes</p>
 <b>Activity Description</b>	<ol style="list-style-type: none"> <li>1. Participants are divided into mixed teams (equal mix of refugee and local youth).</li> <li>2. Each team selects a name to build group identity.</li> <li>3. The facilitator explains relay stations: <ul style="list-style-type: none"> <li>• Swim or walk across pool</li> <li>• Carry a floating object</li> <li>• Balance task</li> <li>• Return and tag next participant</li> </ul> </li> <li>4. The facilitator demonstrates one full relay cycle.</li> <li>5. Teams complete the relay sequentially. A second round introduces cooperative challenges (e.g., completing tasks in pairs).</li> <li>6. The activity ends with group reflection on teamwork.</li> </ol>
 <b>Inclusion Strategy</b>	<ul style="list-style-type: none"> <li>• Mixed teams ensure interaction</li> <li>• Tasks adapted for different skill levels</li> <li>• Peer encouragement is required</li> </ul>


 <p><b>Materials/Equipment</b></p>	<ul style="list-style-type: none"> <li>• Floating objects</li> <li>• Cones or markers</li> <li>• Pool noodles</li> </ul>
 <p><b>Safety Measures</b></p>	<ul style="list-style-type: none"> <li>• Clear lanes</li> <li>• Supervised transitions</li> <li>• No running or pushing</li> </ul>
 <p><b>Expected Outcomes</b></p>	<p>Participants will demonstrate at least two cooperative behaviors (e.g. helping, encouraging peers) during relay tasks within one session.</p>
 <p><b>Evaluation Method</b></p>	<ul style="list-style-type: none"> <li>• Observation checklist (teamwork behaviors)</li> <li>• Facilitator notes</li> <li>• Short reflection discussion</li> </ul>

## Activity 3. Water Balloon Cooperation

 <b>Objective</b>	<p>To enhance trust, non-verbal communication, and coordination between participants.</p>
 <b>Location</b>	<p>Shallow pool</p>
 <b>Duration</b>	<p>30-35 minutes</p>
 <b>Activity Description</b>	<ol style="list-style-type: none"> <li>1. Participants form mixed pairs.</li> <li>2. The facilitator explains that each pair must transport a water balloon without using their hands. Demonstration is provided (e.g., using shoulders or elbows).</li> <li>3. Practice round allows participants to explore strategies.</li> <li>4. Challenge rounds begin:             <ul style="list-style-type: none"> <li>• Increase distance</li> <li>• Add obstacles</li> <li>• Introduce time limit</li> </ul> </li> <li>5. Pairs rotate partners after each round to increase interaction.</li> <li>6. Activity ends with reflection on communication strategies used.</li> </ol>
 <b>Inclusion Strategy</b>	<ul style="list-style-type: none"> <li>• Mixed pairs ensure direct interaction</li> <li>• Non-verbal cooperation reduces language barriers</li> <li>• Partner rotation increases inclusivity</li> </ul>







 <b>Materials/Equipment</b>	<ul style="list-style-type: none"> <li>• Water balloons</li> </ul>
 <b>Safety Measures</b>	<ul style="list-style-type: none"> <li>• No throwing balloons</li> <li>• Soft materials only</li> <li>• Constant supervision</li> </ul>
 <b>Expected Outcomes</b>	<p>Participants will complete at least 3 successful cooperative passes using non-verbal communication within 20 minutes.</p>
 <b>Evaluation Method</b>	<ul style="list-style-type: none"> <li>• Observation of cooperation</li> <li>• Pair reflection</li> <li>• Facilitator feedback</li> </ul>




### Activity 4. Floating Stories

 <b>Objective</b>	<p>To promote creativity, communication and cultural expression through collaborative storytelling.</p>
 <b>Location</b>	<p>Shallow pool</p>
 <b>Duration</b>	<p>35-40 minutes</p>






 <p><b>Activity Description</b></p>	<ol style="list-style-type: none"> <li>1. Participants are divided into mixed groups.</li> <li>2. Each group receives pool noodles or floating aids.</li> <li>3. Groups are instructed to create a short story while floating together.</li> <li>4. The facilitator encourages themes (e.g., adventure, friendship).</li> <li>5. Participants can contribute verbally or through gestures.</li> <li>6. Each group presents their story to others.</li> <li>7. Group reflection follows.</li> </ol>
 <p><b>Inclusion Strategy</b></p>	<ul style="list-style-type: none"> <li>• Mixed groups</li> <li>• Non- verbal storytelling allowed</li> <li>• Equal opportunity to contribute</li> </ul>
 <p><b>Materials/Equipment</b></p>	<ul style="list-style-type: none"> <li>• Pool noodles</li> </ul>
 <p><b>Safety Measures</b></p>	<ul style="list-style-type: none"> <li>• Supervised floating</li> <li>• No pushing</li> </ul>
 <p><b>Expected Outcomes</b></p>	<p>Participants will contribute at least one idea (verbal or non-verbal) to a group story within 20 minutes.</p>
 <p><b>Evaluation Method</b></p>	<ul style="list-style-type: none"> <li>• Observation of participation</li> <li>• Group presentations</li> <li>• Reflection discussion</li> </ul>




## Activity 5. Human Bridge Challenge






 <b>Objective</b>	<p>To develop trust, problem solving skills and group cooperation.</p>
 <b>Location</b>	<p>Shallow pool</p>
 <b>Duration</b>	<p>30-35 minutes</p>
 <b>Activity Description</b>	<ol style="list-style-type: none"> <li>1. Participants form mixed groups.</li> <li>2. The facilitator articulates the aim: construct a “human bridge” using bodies.</li> <li>3. Groups develop plans on where to place themselves.</li> <li>4. One participant at a time crosses the bridge.</li> <li>5. Groups adapt and improve their structure.</li> <li>6. Activity ends with discussion of strategies.</li> </ol>
 <b>Inclusion Strategy</b>	<ul style="list-style-type: none"> <li>• Every participant has a role</li> <li>• Cooperation is required</li> <li>• Encourages mutual support</li> </ul>
 <b>Materials/Equipment</b>	<p>None</p>

 <p><b>Safety Measures</b></p>	<ul style="list-style-type: none"> <li>• No climbing on shoulders</li> <li>• Controlled movements</li> <li>• Close supervision</li> </ul>
 <p><b>Expected Outcomes</b></p>	<p>Participants will work in a group to solve a physical group challenge in 15 minutes that exhibits joint decision making.</p>
 <p><b>Evaluation Method</b></p>	<ul style="list-style-type: none"> <li>• Observation of teamwork</li> <li>• Group reflection</li> </ul>





<h2 style="text-align: center;">Activity 6. Water Treasure Hunt</h2>	
 <p><b>Objective</b></p>	<p>To promote teamwork, exploration and problem-solving.</p>
 <p><b>Location</b></p>	<p>Pool (shallow or medium depth)</p>
 <p><b>Duration</b></p>	<p>40 minutes</p>
 <p><b>Activity Description</b></p>	<ol style="list-style-type: none"> <li>1. Facilitator hides objects across different areas of the pool.</li> <li>2. Participants are formed into mixed teams. Instructions: Gather as many objects as you can.</li> <li>3. The team creates roles (diver, collector, supporter).</li> <li>4. Activity runs in timed rounds.</li> <li>5. The final process-sharing and reflection.</li> </ol>






 <b>Inclusion Strategy</b>	<ul style="list-style-type: none"> <li>• Different roles for different abilities</li> <li>• Team decision-making</li> <li>• Encourages collaboration</li> </ul>
 <b>Materials/Equipment</b>	<p>Dive toys/floating objects</p>
 <b>Safety Measures</b>	<ul style="list-style-type: none"> <li>• Depth-appropriate tasks</li> <li>• Supervision at all times</li> </ul>
 <b>Expected Outcomes</b>	<p>Participants will collectively retrieve at least 3 objects within 20 minutes, reflecting role distribution.</p>
 <b>Evaluation Method</b>	<ul style="list-style-type: none"> <li>• Task completion</li> <li>• Team interaction observation</li> </ul>

<h2 style="text-align: center;">Activity 7. Water Obstacle Course</h2>	
 <b>Objective</b>	<p>To promote physical confidence, teamwork, and coordination.</p>
 <b>Location</b>	<p>Pool</p>
 <b>Duration</b>	<p>45 minutes</p>
 <b>Activity Description</b>	<ol style="list-style-type: none"> <li>1. Facilitator sets up stations by pool equipment.</li> <li>2. Stations include: <ul style="list-style-type: none"> <li>• Jumping</li> <li>• Balancing</li> <li>• Swimming</li> </ul> </li> <li>3. Participants move in groups through the stations.</li> <li>4. Teams support each other.</li> <li>5. Variation round adds difficulty.</li> <li>6. Reflection discussion.</li> </ol>






 <b>Inclusion Strategy</b>	<ul style="list-style-type: none"> <li>• Approach Mixed ability groups</li> <li>• Peer support encouraged</li> <li>• Tasks adaptable</li> </ul>
 <b>Materials/Equipment</b>	<ul style="list-style-type: none"> <li>• Floats</li> <li>• Hoops</li> <li>• Noodles</li> </ul>
 <b>Safety Measures</b>	<ul style="list-style-type: none"> <li>• Clear instructions</li> <li>• No running</li> </ul>
 <b>Expected Outcomes</b>	<p>Participants will complete each station and assist 1 or more of their teammates during the activity.</p>
 <b>Evaluation Method</b>	<ul style="list-style-type: none"> <li>• Observation</li> <li>• Facilitator checklist</li> </ul>





## Activity 8. Pass the Splash

 <b>Objective</b>	<p>To enhance coordination, rhythm, and collective awareness in the group.</p>
 <b>Location</b>	<p>Shallow pool</p>
 <b>Duration</b>	<p>25-30 minutes</p>
 <b>Activity Description</b>	<ol style="list-style-type: none"> <li>1. Participants form a circle.</li> <li>2. Facilitator shows splash pattern.</li> <li>3. Participants hand off the splash to the next person.</li> <li>4. Gradual increase in speed.</li> <li>5. Group attempts synchronized rhythm.</li> <li>6. Reflection.</li> </ol>

 <b>Inclusion Strategy</b>	<ul style="list-style-type: none"> <li>• Non-verbal interaction</li> <li>• Equal participation</li> </ul>
 <b>Materials/Equipment</b>	None
 <b>Safety Measures</b>	<ul style="list-style-type: none"> <li>• Gentle splashing only</li> </ul>
 <b>Expected Outcomes</b>	Participants are to keep their group rhythm coordinated and up to par, for at least one minute.
 <b>Evaluation Method</b>	<ul style="list-style-type: none"> <li>• Observation</li> <li>• Group feedback</li> </ul>




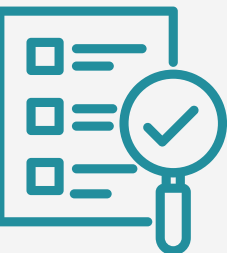
## Activity 9. Water Balance Challenge

 <b>Objective</b>	To strengthen cooperation, communication, and physical coordination.
 <b>Location</b>	Pool
 <b>Duration</b>	30-35 minutes
 <b>Activity Description</b>	<ol style="list-style-type: none"> <li>1. Teams are formed.</li> <li>2. Each team gets a floating mat.</li> <li>3. Participants attempt to balance together.</li> <li>4. Increase difficulty (more participants).</li> </ol> Reflection.
 <b>Inclusion Strategy</b>	<ul style="list-style-type: none"> <li>• Shared task</li> <li>• Requires communication</li> </ul>





 <b>Materials/Equipment</b>	<b>Floating mats</b>
 <b>Safety Measures</b>	<ul style="list-style-type: none"> <li>• Supervised use</li> <li>• No pushing</li> </ul>
 <b>Expected Outcomes</b>	<b>Participants will maintain group balance for at least 10 seconds as a function of coordinated effort.</b>
 <b>Evaluation Method</b>	<ul style="list-style-type: none"> <li>• Observation</li> <li>• Team discussion</li> </ul>


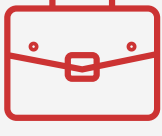



## Activity 10. Cultural Splash Exchange

 <b>Objective</b>	<b>To promote intercultural understanding, respect, and inclusion.</b>
 <b>Location</b>	<b>Shallow pool</b>
 <b>Duration</b>	<b>40-45 minutes</b>
 <b>Activity Description</b>	<ol style="list-style-type: none"> <li>1. Participants form mixed groups.</li> <li>2. Every group assembles a simple activity from their culture.</li> <li>3. The groups present and teach their activity.</li> <li>4. Every person participates in the activity.</li> <li>5. Reflection discussion.</li> </ol>
 <b>Inclusion Strategy</b>	<ul style="list-style-type: none"> <li>• Cultural sharing</li> <li>• Mixed participation</li> <li>• Equal voice</li> </ul>




 <b>Materials/Equipment</b>	<b>Optional props</b>
 <b>Safety Measures</b>	<ul style="list-style-type: none"> <li>• <b>Controlled movements</b></li> <li>• <b>Supervision</b></li> </ul>
 <b>Expected Outcomes</b>	<p><b>Participants will present and engage in at least one cultural activity, demonstrating intercultural interaction.</b></p>
 <b>Evaluation Method</b>	<ul style="list-style-type: none"> <li>• <b>Reflection discussion</b></li> <li>• <b>Participant feedback</b></li> </ul>

## Activity 11. Water Mirror Movement




 <b>Objective</b>	<p><b>To enhance empathy, non-verbal communication, and mutual understanding.</b></p>
 <b>Location</b>	<p><b>Shallow pool</b></p>
 <b>Duration</b>	<p><b>30 minutes</b></p>
 <b>Activity Description</b>	<ol style="list-style-type: none"> <li><b>1. Participants form mixed pairs.</b></li> <li><b>2. One participant leads slow water movements (arms, splashes, floating gestures).</b></li> <li><b>3. The second participant mirrors the movements as accurately as possible.</b></li> <li><b>4. After 3–5 minutes, roles switch.</b></li> <li><b>5. A second round includes synchronized movement without a leader.</b></li> <li><b>6. Group reflection on cooperation and understanding.</b></li> </ol>

 <b>Inclusion Strategy</b>	<ul style="list-style-type: none"> <li>• Non-verbal communication</li> <li>• Equal participation</li> <li>• Safe space for shy participants</li> </ul>
 <b>Materials/Equipment</b>	<p>None</p>
 <b>Safety Measures</b>	<ul style="list-style-type: none"> <li>• Slow movements only</li> <li>• No splashing in face</li> </ul>
 <b>Expected Outcomes</b>	<p>Participants will successfully mirror at least 3 movements with their partner, demonstrating improved non-verbal coordination within 15 minutes.</p>
 <b>Evaluation Method</b>	<ul style="list-style-type: none"> <li>• Observation</li> <li>• Pair reflection</li> </ul>

### Activity 12. Floating Trust Circle




 <b>Objective</b>	<p>To build trust and group cohesion through shared physical support.</p>
 <b>Location</b>	<p>Shallow to medium pool</p>
 <b>Duration</b>	<p>30-35 minutes</p>

 <p><b>Activity Description</b></p>	<ol style="list-style-type: none"> <li>1. Participants form circles holding each other lightly.</li> <li>2. They attempt to float together as a group.</li> <li>3. The facilitator introduces challenges: <ul style="list-style-type: none"> <li>• Close eyes</li> <li>• Lift one member slightly</li> </ul> </li> <li>4. Groups adjust positioning for balance.</li> <li>5. Reflection on trust and group support.</li> </ol>
 <p><b>Inclusion Strategy</b></p>	<ul style="list-style-type: none"> <li>• Shared responsibility</li> <li>• Encourages trust</li> <li>• Mixed groups</li> </ul>
 <p><b>Materials/Equipment</b></p>	<p>Optional pool noodles</p>
 <p><b>Safety Measures</b></p>	<ul style="list-style-type: none"> <li>• Supervision</li> <li>• No pushing</li> </ul>
 <p><b>Expected Outcomes</b></p>	<p>Participants will maintain a group floating formation for at least 10 seconds, demonstrating coordinated trust-based interaction.</p>
 <p><b>Evaluation Method</b></p>	<ul style="list-style-type: none"> <li>• Observation</li> <li>• Group discussion</li> </ul>

<h2 style="text-align: center;">Activity 13. Water Communication Challenge</h2>	
 <p><b>Objective</b></p>	<p>To develop communication skills under constraints.</p>
 <p><b>Location</b></p>	<p>Shallow pool</p>
 <p><b>Duration</b></p>	<p>35 minutes</p>

 <p><b>Activity Description</b></p>	<ol style="list-style-type: none"> <li>1. Teams are given a simple task (e.g., move object across pool).</li> <li>2. First round: normal communication.</li> <li>3. Second round: no verbal communication allowed.</li> <li>4. Teams must adapt using gestures and coordination.</li> <li>5. Reflection on communication strategies.</li> </ol>
 <p><b>Inclusion Strategy</b></p>	<ul style="list-style-type: none"> <li>• Reduces language barriers</li> <li>• Encourages creativity</li> <li>• Equal participation</li> </ul>
 <p><b>Materials/Equipment</b></p>	<p>Floating objects</p>
 <p><b>Safety Measures</b></p>	<ul style="list-style-type: none"> <li>• Clear instructions</li> <li>• Controlled movements</li> </ul>
 <p><b>Expected Outcomes</b></p>	<p>Participants will complete at least one task using only non-verbal communication within 10 minutes.</p>
 <p><b>Evaluation Method</b></p>	<ul style="list-style-type: none"> <li>• Task completion</li> <li>• Facilitator observation</li> </ul>

### Activity 14. Follow the Leader (Water Edition)

 <p><b>Objective</b></p>	<p>To promote leadership, imitation, and group engagement.</p>
 <p><b>Location</b></p>	<p>Shallow pool</p>
 <p><b>Duration</b></p>	<p>25-30 minutes</p>

 <p><b>Activity Description</b></p>	<ol style="list-style-type: none"> <li>1. Participants form a line or circle.</li> <li>2. One participant becomes the leader.</li> <li>3. The leader performs water movements (jump, float, splash pattern).</li> <li>4. Group follows.</li> <li>5. Leadership rotates every 2-3 minutes.</li> <li>6. Reflection on leadership and inclusion.</li> </ol>
 <p><b>Inclusion Strategy</b></p>	<ul style="list-style-type: none"> <li>• Everyone becomes leader</li> <li>• Equal opportunity</li> <li>• Low-pressure participation</li> </ul>
 <p><b>Materials/Equipment</b></p>	<p>None</p>
 <p><b>Safety Measures</b></p>	<ul style="list-style-type: none"> <li>• No risky movements</li> <li>• Supervision</li> </ul>
 <p><b>Expected Outcomes</b></p>	<p>Each participant will take on a leadership role at least once, demonstrating engagement and initiative.</p>
 <p><b>Evaluation Method</b></p>	<ul style="list-style-type: none"> <li>• Observation</li> <li>• Participation tracking</li> </ul>

### Activity 15. Water Team Puzzle

 <p><b>Objective</b></p>	<p>To develop problem-solving and teamwork.</p>
 <p><b>Location</b></p>	<p>Shallow pool</p>
 <p><b>Duration</b></p>	<p>35-40 minutes</p>

 <p><b>Activity Description</b></p>	<p>1. Teams receive floating “pieces” (objects).  2 .Objective: assemble them into a shape (e.g., square, line).  3 .Rules:  <ul style="list-style-type: none"> <li>• Must stay in water</li> <li>• Must cooperate</li> </ul> 4. Complexity increases with time limits.  5 Reflection on strategies used.</p>
 <p><b>Inclusion Strategy</b></p>	<ul style="list-style-type: none"> <li>• Shared goal</li> <li>• Mixed teams</li> <li>• Encourages participation</li> </ul>
 <p><b>Materials/Equipment</b></p>	<p>Floating objects/pool noodles</p>
 <p><b>Safety Measures</b></p>	<ul style="list-style-type: none"> <li>• No pushing</li> <li>• Controlled movement</li> </ul>
 <p><b>Expected Outcomes</b></p>	<p>Participants will complete one structured group task within 15 minutes, demonstrating coordinated problem-solving.</p>
 <p><b>Evaluation Method</b></p>	<ul style="list-style-type: none"> <li>• Task success</li> <li>• Team interaction</li> </ul>

## 2.4 Evaluation Framework for the Water-based activities

This section presents a proposed evaluation framework developed to assess the effectiveness, participation and impact of the water-based activities included in this toolkit. It is designed to support trainers and facilitators and provide them with practical tools for measuring how the water-based activities contribute to social inclusion, teamwork, communication, well-being and personal development among participants.

The evaluation approach combines quantitative indicators, facilitator observation, and skills-based assessment to capture both measurable outcomes and personal experiences. Each activity includes tailored Key Performance Indicators (KPIs) that allow the facilitators to monitor participant engagement, cooperation, problem solving, communication, and leadership in a structured yet flexible way.

The facilitator observation Checklist offers a simple mechanism for documenting group dynamics, inclusion, safety, and participant interaction, with particular attention to fostering meaningful engagement between diverse groups, including Ukrainian refugee and local youth. The Skills Mapping Framework further connects the activities to core competencies, such as empathy, resilience, self-confidence, and collaboration, helping sport practitioners to understand the broader developmental value of participation.

The Impact Dashboard organises outcomes into thematic dimensions, social, emotional, cognitive, and communication-related impacts, allowing facilitators and other stakeholders to identify patterns, measure progress, and reflect on the overall contribution of the water-based activities to group cohesion and participant empowerment.

The aforementioned tools provide a practical and evidence-informed structure for evaluating the activity outcomes, supporting continuous improvement, accountability, and the long-term impact of inclusive, water-based youth initiatives.

### **Key Performance Indicators (KPIs) per Activity**

Activity 1. Water Name Circle: Percentage of participants recalling  $\geq 5$  names; overall participation rate.

Activity 2. Mixed Team Relay: Number of cooperative behaviors observed per team.

Activity 3. Water Balloon Cooperation: Number of successful non-verbal task completions.

Activity 4. Floating Stories: Number of participants contributing ideas.

Activity 5. Human Bridge: Successful group problem-solving within time limit.

Activity 6. Treasure Hunt: Number of items retrieved collaboratively

Activity 7. Obstacle Course: Percentage of participants completing all stations

Activity 8. Pass the Splash: Duration of sustained group rhythm

Activity 9. Balance Challenge: Time maintaining group balance

Activity 10. Cultural Splash Exchange: Level of participation in intercultural sharing

Activity 11. Water Mirror Movement: Number of successful mirrored movements per pair

Activity 12. Floating Trust Circle: Duration of stable group floating

Activity 13. Water Communication Challenge: Successful completion of tasks without verbal communication

Activity 14. Follow the Leader (Water Edition): Number of participants taking leadership roles

Activity 15. Water Team Puzzle: Completion of group task within time limit.

### **Facilitator Observation Checklist**

- Participants actively engaged**
- Mixed interaction between refugee and local youth**
- Evidence of cooperation (helping, encouraging)**
- Equal participation within groups**
- Communication (verbal and non-verbal)**
- Respectful behavior**
- Inclusion of less confident participants**
- Safe behavior in water**
- Positive group atmosphere**
- Completion of activity objectives**

## Skills Mapping

**Teamwork:** Cooperation, shared goals, peer support

**Empathy:** Understanding others, supportive behavior

**Resilience:** Persistence, overcoming challenges

**Communication:** Verbal and non-verbal interaction

**Social Inclusion:** Participation across diverse groups

**Self-confidence:** Active engagement in activities

**Problem-solving:** Group strategy, adaptability

### KPI Table-Activity Evaluation Framework

Number	Activity	KPI	Measurement Type
1	Water Name Circle	% of participants recalling $\geq 5$ names	Quantitative
2	Mixed Team Relay	Number of cooperative behaviors per team	Observation
3	Water Balloon Cooperation	Successful non-verbal task completions	Quantitative
4	Floating Stories	Number of participants contributing ideas	Quantitative
5	Human Bridge	Task completion within time limit	Performance
6	Treasure Hunt	Number of items retrieved collaboratively	Quantitative

<b>Number</b>	<b>Activity</b>	<b>KPI</b>	<b>Measurement Type</b>
7	Obstacle Course	% completing all stations	Quantitative
8	Pass the Splash	Duration of sustained rhythm	Time-based
9	Balance Challenge	Time maintaining balance	Time-based
10	Cultural Splash Exchange	Participation in intercultural sharing	Observation
11	Water Mirror Movement	Number of successful mirrored actions	Observation
12	Floating Trust Circle	Duration of stable group floating	Time-based
13	Water Communication Challenge	Tasks completed without verbal communication	Performance
14	Follow the Leader	Number of participants leading	Participation
15	Water Team Puzzle	Task completion within time limit	Performance

## Impact Dashboard -Activity Evaluation Framework

### Social Impact (Inclusion & Interaction)

Activity	KPI	Measurement Type
Water Name Circle	Participants recalling ≥5 names	% of group
Mixed Team Relay	Cooperative behaviors observed	Count per team
Cultural Splash Exchange	Intercultural participation	Observation level
Follow the Leader	Participants taking leadership roles	Participation count

### Emotional Impact (Well-being & Empathy)

Activity	KPI	Measurement Type
Water Mirror Movement	Successful mirrored interactions	Observation
Floating Trust Circle	Duration of stable group floating	Time-based
Cultural Splash Exchange	Successful trust-based exchanges	Completion count
Floating Stories	Participation in storytelling	Number of contributors

## Cognitive Impact (Problem-Solving & Adaptation)

Activity	KPI	Measurement Type
Water Team Puzzle	Task completion within time limit	Performance
Human Bridge	Successful group strategy execution	Completion
Obstacle Course	Completion of all stations	% of participants
Treasure Hunt	Items retrieved collaboratively	Count

## Communication & Coordination

Activity	KPI	Measurement Type
Water Communication Challenge	Tasks completed without speaking	Performance
Pass the Splash	Duration of rhythm coordination	Time-based
Balance Challenge	Time maintaining group balance	Time-based

# 3

## Mindfulness Activities for Refugee Youth

## 3. Mindfulness Activities for Ukrainian Refugee Youth

### 3.1 Introduction

This chapter presents a collection of **mindfulness-based activities** designed to support the emotional well-being, resilience, and social connectedness of **Ukrainian refugee youth, aged 10-17 years old**. Displacement, uncertainty, and exposure to stressful experiences can significantly affect young people's emotional health, sense of safety, and ability to adapt to new environments. In this context, mindfulness activities can provide meaningful opportunities for relaxation, emotional expression, self-awareness, and positive social interaction. The activities included in this chapter have been developed to create **safe, inclusive and engaging spaces** where young people can reconnect with themselves, build trust with others, and strengthen coping skills through gentle, experiential learning. Rather than focusing on performance and achievement, mindfulness encourages participants to become more aware of their emotions, physical sensations, thoughts, and surroundings in ways that promote calmness, confidence, and emotional regulation.

Recognising the diverse needs, comfort levels, and contexts of refugee youth, the chapter is divided into three complementary sections: **Section 1** introduces activities conducted in indoor or outdoor land-based settings, **Section 2** presents mindfulness activities that take place in aquatic environments and **Section 3** introduces mindfulness activities that combine land- and water-based experiences to support emotional well-being, sensory awareness, relaxation, and group connection. This combination of thirty (30) activities provide the facilitators with practical and adaptable tools to promote the psychosocial well-being, resilience, inclusion, and emotional recovery among Ukrainian refugee youth. The activities may be adjusted according to age, group size, cultural sensitivity, emotional readiness, and environmental conditions, ensuring accessibility and meaningful participation for all.






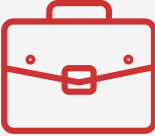

### 3.2 Section 1: Mindfulness Activities on Land

This section introduces mindfulness activities conducted in **outdoor or indoor land-based environments**. These exercises focus on **grounding, breathing, sensory awareness, emotional reflection, movement, creativity, and interpersonal connection**. The activities are designed to help participants:

- **develop emotional balance,**
- **reduce stress,**
- **improve concentration and**
- **foster a sense of belonging within the group.**

Below there is a detailed description of each activity, including its objective, location, duration, step-by-step implementation process, required materials, inclusion strategies, safety considerations, expected outcomes and evaluation methods. Each description is designed to support the facilitators in implementing the land-based mindfulness activities effectively and inclusively.

## Activity 1. Mindful Breathing (Anchor Breathing)

 <b>Objective</b>	<b>Emotional regulation and grounding</b>
 <b>Location</b>	<b>Classroom, gym, or quiet indoor space.</b>
 <b>Duration</b>	<b>8-10 minutes</b>
 <b>Activity Description</b>	<ol style="list-style-type: none"> <li>1. Ask students to sit or stand comfortably.</li> <li>2. Say: “We will practice slow breathing to calm the body and mind”</li> <li>3. Demonstrate the rhythm using your hand: <ul style="list-style-type: none"> <li>• Inhale for 4 seconds</li> <li>• Hold for 1 second</li> <li>• Exhale for 5 seconds</li> </ul> </li> <li>4. Guide 3–5 breathing cycles.</li> <li>5. Optional: Students may close their eyes only if they feel comfortable.</li> <li>6. Ask: “What changed in your body after breathing slowly?”</li> </ol>
 <b>Strategy</b>	<b>Non-verbal demonstration.</b>
 <b>Materials</b>	<b>None</b>
 <b>Safety</b>	<b>Avoid fast or forced breathing</b>



### Expected Outcomes

Students complete 3 controlled breathing cycles.



### Evaluation Method

- Teacher observation
- Short verbal check-in

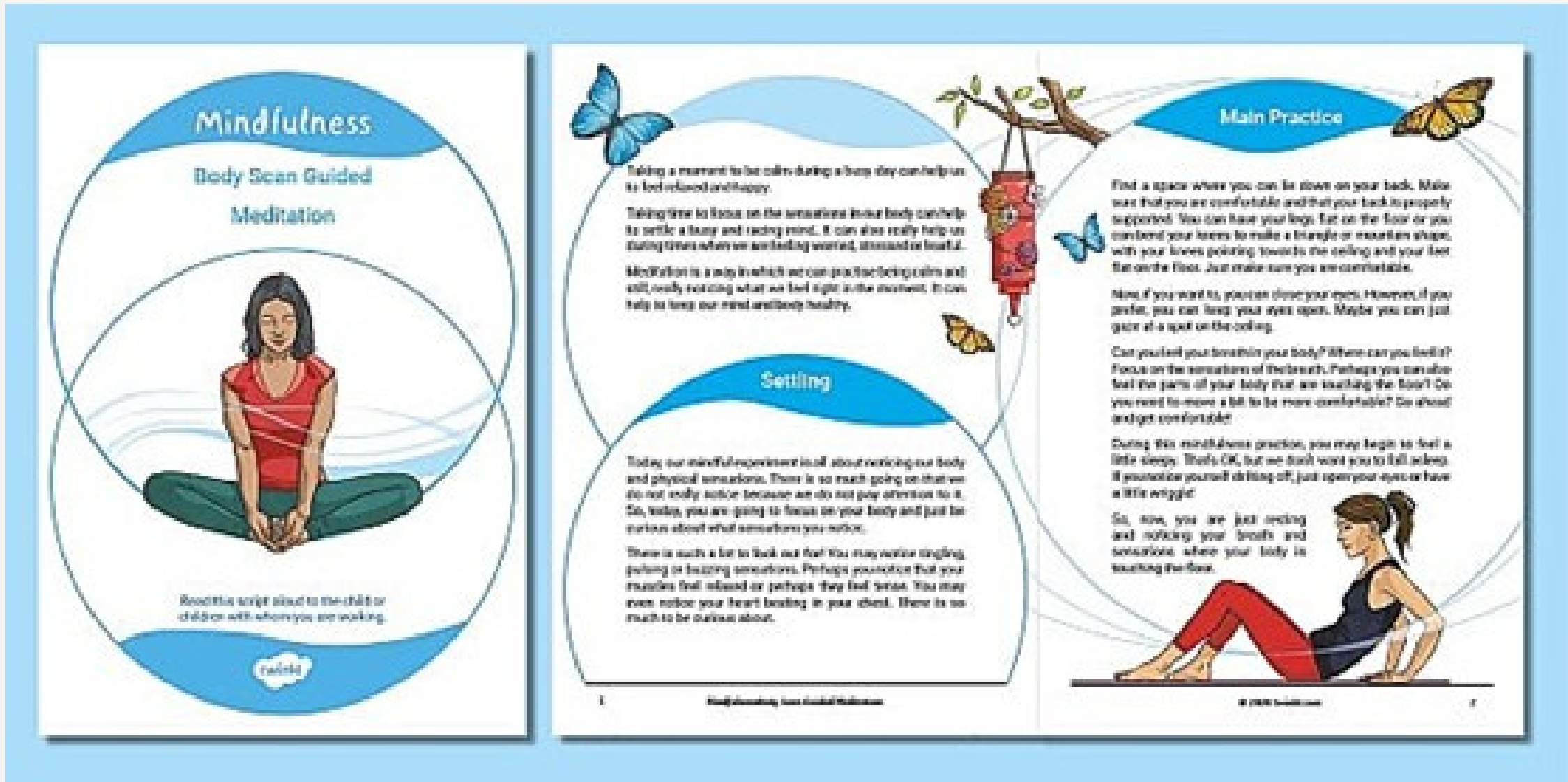


Image 1. Body scan Guided meditation.






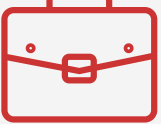


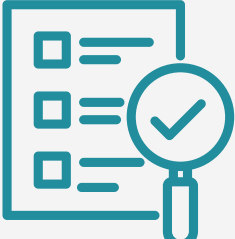
Source: <https://www.twinkl.ie/resource/mindfulness-body-scan-guided-meditation-t-1f-2549033>



Image 2: Bubble Breathing/Water Breathing

Source: OpenAI ChatGPT. AI-generated image (Apr. 28, 2026, 2:22 p.m.). 2026. AI-generated image. OpenAI.

## Activity 2. Body Scan Awareness

 <b>Objective</b>	<p>Increase body awareness and reduce tension.</p>
 <b>Location</b>	<p>Classroom or gym.</p>
 <b>Duration</b>	<p>10 minutes</p>
 <b>Activity Description</b>	<ol style="list-style-type: none"> <li>1. Ask students to sit or lie down.</li> <li>2. Say: “We will notice each part of the body from the feet to the head”</li> <li>3. Guide slowly through feet → legs → stomach → chest → arms → face.</li> <li>4. Emphasize: “Just notice, don’t change anything”</li> <li>5. Ask: “Which part felt most relaxed?”</li> </ol>
 <b>Strategy</b>	<p>Slow pacing, simple language.</p>
 <b>Materials</b>	<p>Optional mats.</p>
 <b>Safety</b>	<p>Quiet environment.</p>
 <b>Expected Outcomes</b>	<p>Students identify two relaxed body areas.</p>
 <b>Evaluation Method</b>	<p>Reflection question</p>



Floating Body Scan



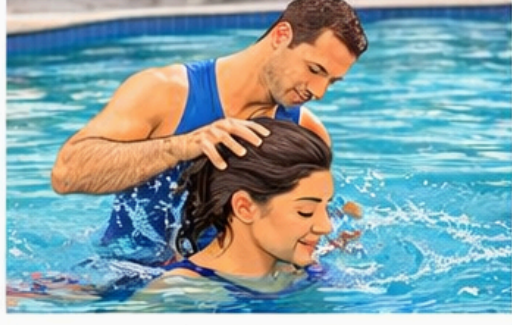
Water Mindful Stretching



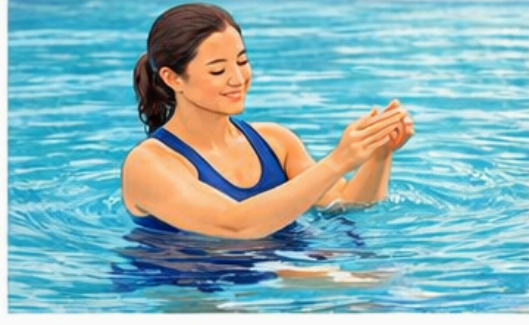
Therapist-Aided Relaxation



Hand-Focused Sensory Exercise



Flowing Water Massage



Inner Balance Exercise



Wading Body Scan



Mindful Water Play



Floating Meditation



Therapist-Assisted Water Stretch



Water Weight Ease



Water Weight Ease



Floating Meditation



Therapist-Assisted Water Stretch



Gratitude Reflection in Water






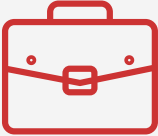





Water Balance Challenge

### Image 3: Floating Body Scan

Source: Microsoft Copilot. (2026). Avatar-style water therapy activities [AI-generated image]. Generated using Microsoft Copilot (ChatGPT).


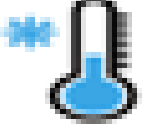














## Activity 3. Five Senses Grounding

 <b>Objective</b>	<p>Reduce anxiety and increase present-moment awareness.</p>
 <b>Location</b>	<p>Indoors or outdoors</p>
 <b>Duration</b>	<p>8 minutes</p>
 <b>Activity Description</b>	<ol style="list-style-type: none"> <li>1. Say: “We will use our five senses to feel more present”</li> <li>2. Guide participants through each sense: <ul style="list-style-type: none"> <li>• See: “Name 3 things you can see”</li> <li>• Hear: “Name 2 sounds you can hear”</li> <li>• Touch: “Notice one thing you can feel”</li> <li>• Smell: “Take one slow breath and notice any scent”</li> <li>• Taste: “Notice the taste in your mouth”</li> </ul> </li> <li>3. Keep the pace slow and calm.</li> <li>4. Ask: “Which sense helped you feel more grounded?”</li> </ol>
 <b>Strategy</b>	<p>Ideal for multilingual groups.</p>
 <b>Materials</b>	<p>None</p>
 <b>Safety</b>	<p>Slow movement only</p>

 <p><b>Expected Outcomes</b></p>	<p>Participants complete all five sensory steps</p>
 <p><b>Evaluation Method</b></p>	<p>Verbal or written reflection.</p>

### Sensory Collection

Find something....

 <p><b>warm or cool</b></p> 	 <p><b>hard or soft</b></p> 
 <p><b>big or small</b></p> 	 <p><b>rough or smooth</b></p> 
 <p><b>loud or quiet</b></p> 	 <p><b>bright or dark</b></p> 
 <p><b>heavy or light</b></p> 	 <p><b>scented or odorless</b></p> 

- What senses did you use to find these objects?
- What is your favorite object?
- What do you like about it?

Image 4. Sensory Collection.  
Source: <https://www.childtherapyguide.com/blog/scavenger-hunts-for-kids>

## Activity 4. Mindful Listening


 <b>Objective</b>	<p>Strengthen attention, concentration and auditory awareness.</p>
 <b>Location</b>	<p>Classroom or quiet hallway</p>
 <b>Duration</b>	<p>6-8 minutes</p>
 <b>Activity Description</b>	<ol style="list-style-type: none"> <li>1. Say: “We will listen carefully to the sounds around us”</li> <li>2. Ask participants to close their eyes only if comfortable.</li> <li>3. Guide them to notice: <ul style="list-style-type: none"> <li>• Near sounds</li> <li>• Far sounds</li> <li>• Continuous sounds</li> <li>• Sudden sounds</li> </ul> </li> <li>4. After 1–2 minutes, ask them to open their eyes.</li> <li>5. Ask: “Which sound did you notice that you hadn’t heard before?”</li> </ol>
 <b>Strategy</b>	<p>Participants may draw the sounds instead of describing them.</p>
 <b>Materials</b>	<p>None</p>
 <b>Safety</b>	<p>Ensure the space is safe for closed eyes.</p>
 <b>Expected Outcomes</b>	<p>Participants identify 2-3 distinct sounds</p>
 <b>Evaluation Method</b>	<p>Group discussion, Sound-list sharing</p>



Image 5. Mindfulness Listening.



Source: <https://www.twinkl.com.au/resource/mindful-listening-t-p-813>



Image 6: Pool Sounds

Source: OpenAI ChatGPT. AI-generated image (Apr. 28, 2026, 2:22 p.m.). 2026.  
AI-generated image. OpenAI.

## Activity 5. Mindful Walking

 <b>Objective</b>	<p>Improve focus through slow, intentional movement.</p>
 <b>Location</b>	<p>Gym, hallway or outdoor path</p>
 <b>Duration</b>	<p>8 minutes</p>
 <b>Activity Description</b>	<ol style="list-style-type: none"> <li>1. Say: “We will walk slowly and notice each step”</li> <li>2. Guide participants to: <ul style="list-style-type: none"> <li>• Feel the heel touching the ground</li> <li>• Feel the shift of weight</li> <li>• Feel the toes lifting</li> </ul> </li> <li>3. Encourage slow breathing while walking.</li> <li>4. Ask: “How did your walking change when you slowed down?”</li> </ol>
 <b>Strategy</b>	<p>Participants may draw the sounds instead of describing them.</p>
 <b>Materials</b>	<p>None</p>
 <b>Safety</b>	<p>Clear walking path</p>
 <b>Expected Outcomes</b>	<p>Students complete 2 mindful walking cycles.</p>
 <b>Evaluation Method</b>	<p>Teacher observation</p>

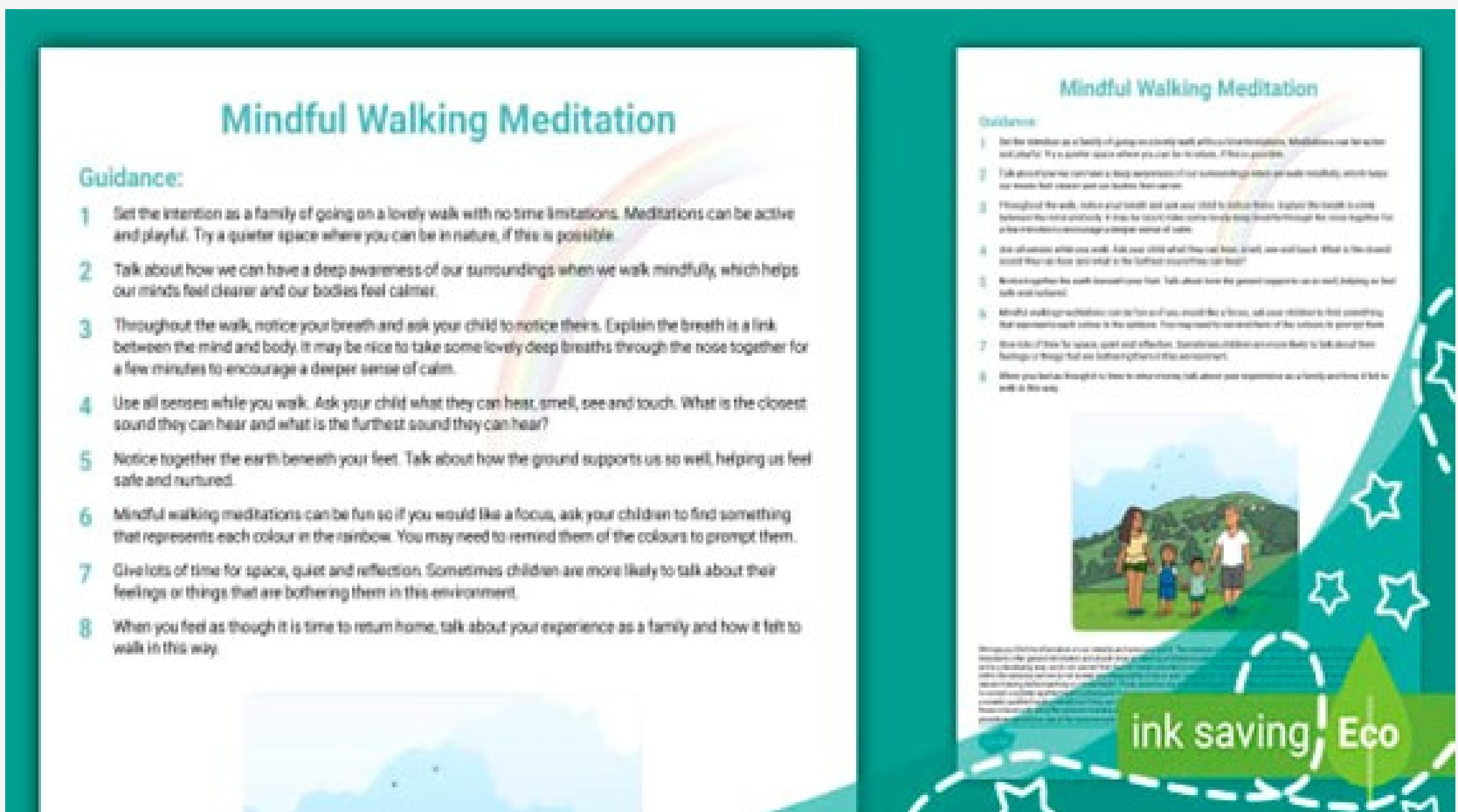


Image 7. Mindfulness walking meditation.

Source: <https://www.twinkl.fi/resource/mindful-walking-meditation-t-p-2763>



Image 8. Mindfulness walking.

Source: <https://www.sport-thieme.de/blog/spiele/bewegungsrallye-spielidee-fuer-draussen>

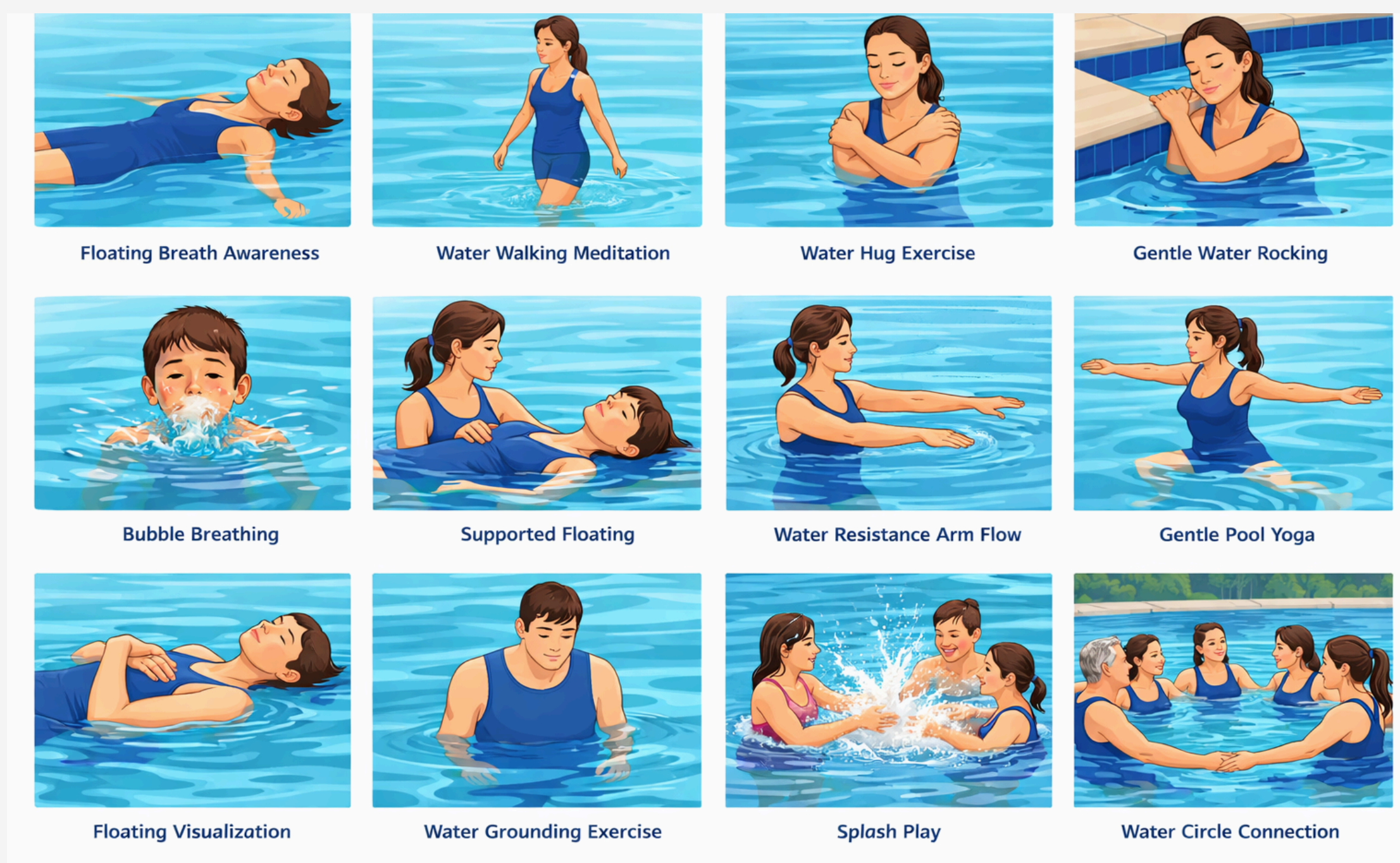


Image 9: Water Walking Meditation

Source: Microsoft Copilot. (2026). Avatar-style water therapy activities [AI-generated image]. Generated using Microsoft Copilot (ChatGPT).

## Activity 6. Mindful Eating










 <b>Objective</b>	<p>Strengthen sensory awareness and slow attention.</p>
 <b>Location</b>	<p>Classroom</p>
 <b>Duration</b>	<p>10 minutes</p>
 <b>Activity Description</b>	<ol style="list-style-type: none"> <li>1. Give each student a small safe snack.</li> <li>2. Say: “We will explore this object with all our senses before eating”</li> <li>3. Guide:             <ul style="list-style-type: none"> <li>• Look at it closely</li> <li>• Feel its texture</li> <li>• Smell it</li> <li>• Place it on the tongue without chewing</li> <li>• Slowly taste and chew</li> </ul> </li> <li>4. Ask: “What did you notice that you usually don’t?”</li> </ol>
 <b>Strategy</b>	<p>Students may use a non-food object if needed.</p>
 <b>Materials</b>	<p>Small snack or object.</p>
 <b>Safety</b>	<p>Check for allergies.</p>
 <b>Expected Outcomes</b>	<p>Students describe 3 sensory details.</p>
 <b>Evaluation Method</b>	<p>Short reflection</p>



Image 10. Mindful eating.

Source: <https://minnesota.agclassroom.org/matrix/lessons/820/>



Image 11. Mindful eating prompts

Source: <https://www.twinkl.com.au/resource/mindful-eating-prompts-t-fd-1640075850>

# Aquatic Mindfulness Exercises

## 1. Water Breathing



Take slow, deep breaths, feel the water around you.

## 2. Floating Meditation



Lie back, relax and drift peacefully.

## 3. Aqua Body Scan



Focus on each part of your body in the water.

## 4. Gentle Stretches



Do slow, mindful stretches.

## 5. Water Walking



Walk slowly, feel the water move around you.

## 6. Bubble Focus



Watch and feel the bubbles you create.

## 7. Floating Leaf



Watch a leaf float by, follow it with your eyes.

## 8. Pool Sounds



Listen to the sounds of the water.

## 9. Tactile Awareness



Feel the water on your skin and hands.

## 10. Wading Pause



Stand still and be present in the water.

## 11. Mindful Kicking



Kick gently and focus on the sensation.

## 12. Serenity Float












Float peacefully, embrace the calm.

Image 12: Gentle Stretches.

Source: OpenAI ChatGPT. AI-generated image (Apr. 28, 2026, 2:22 p.m.). 2026. AI-generated image. OpenAI.

## Activity 7. – Balloon Breathing

 <b>Objective</b>	<p>Reduce stress through extended exhalation.</p>
 <b>Location</b>	<p>Classroom or gym</p>
 <b>Duration</b>	<p>6 minutes</p>
 <b>Activity Description</b>	<ol style="list-style-type: none"> <li>1. Say: “Imagine your belly is a balloon”</li> <li>2. Guide: <ul style="list-style-type: none"> <li>• Inhale and “inflate” the balloon</li> <li>• Exhale slowly to “deflate” it</li> </ul> </li> <li>3. Repeat 5 cycles.</li> <li>4. Ask: “Did your balloon grow bigger or smaller as you relaxed?”</li> </ol>
 <b>Strategy</b>	<p>Visual demonstration with hands.</p>
 <b>Materials</b>	<p>None</p>
 <b>Safety</b>	<p>Avoid hyperventilation.</p>
 <b>Expected Outcomes</b>	<p>Students complete 5 slow balloon breaths.</p>
 <b>Evaluation Method</b>	<p>Teacher observation</p>

## Activity 8. Thoughts as Clouds












 <b>Objective</b>	<p>Help students observe thoughts without judgment.</p>
 <b>Location</b>	<p>Classroom</p>
 <b>Duration</b>	<p>8 minutes</p>
 <b>Activity Description</b>	<ol style="list-style-type: none"> <li>1. Say: “Imagine your thoughts are clouds moving across the sky”</li> <li>2. Guide students to: <ul style="list-style-type: none"> <li>• Notice a thought</li> <li>• Label it (“worry,” “plan,” “memory”)</li> <li>• Let it float away</li> </ul> </li> <li>3. Repeat with 3-4 thoughts.</li> <li>4. Ask: “Which cloud was easiest to let go?”.</li> </ol>
 <b>Strategy</b>	<p>Students may draw their “clouds.”</p>
 <b>Materials</b>	<p>None</p>
 <b>Safety</b>	<p>Avoid triggering content; keep neutral.</p>
 <b>Expected Outcomes</b>	<p>Students identify and release 2 thoughts.</p>
 <b>Evaluation Method</b>	<p>Reflection drawing or sharing.</p>







Image 13: Mindfulness

Source: <https://sphero.com/blogs/news/relaxation-techniques>

## Activity 9. Gratitude Reflection










 <b>Objective</b>	<p>Increase positive emotion and emotional balance.</p>
 <b>Location</b>	<p>Classroom</p>
 <b>Duration</b>	<p>6-8 minutes</p>
 <b>Activity Description</b>	<ol style="list-style-type: none"> <li>1. Say: “Think of something small you are grateful for today”</li> <li>2. Guide students to:             <ul style="list-style-type: none"> <li>• Visualize the person/object/moment</li> <li>• Notice how the body feels when thinking of it.</li> </ul> </li> <li>3. Ask: “Where do you feel gratitude in your body?”</li> </ol>
 <b>Strategy</b>	<p>Students may write instead of speaking.</p>

 <p><b>Materials</b></p>	<p><b>Paper optional</b></p>
 <p><b>Safety</b></p>	<p><b>Keep examples neutral and inclusive.</b></p>
 <p><b>Expected Outcomes</b></p>	<p><b>Students identify one gratitude item.</b></p>
 <p><b>Evaluation Method</b></p>	<p><b>Gratitude sharing or writing.</b></p>



**Image 14: Gratitude Reflection in Water and Floating Visualization**  
**Source: Microsoft Copilot. (2026). Avatar-style water therapy activities [AI-generated image]. Generated using Microsoft Copilot (ChatGPT).**

## Activity 10. Emotion Check-in

 <b>Objective</b>	<p>Improve emotional awareness and self-regulation.</p>
 <b>Location</b>	<p>Classroom</p>
 <b>Duration</b>	<p>5 minutes</p>
 <b>Activity Description</b>	<ol style="list-style-type: none"> <li>1. Say: ““Let’s check how we feel right now”</li> <li>2. Guide students to notice: <ul style="list-style-type: none"> <li>• Body sensations</li> <li>• Energy level</li> <li>• Emotion label (e.g. calm, tired, excited)</li> </ul> </li> <li>3. Ask: “What emotion is strongest right now?”</li> </ol>
 <b>Strategy</b>	<ul style="list-style-type: none"> <li>• Non-verbal rating scale.</li> <li>• Use emotion cards or colors.</li> </ul>
 <b>Materials</b>	<p>Emotion cards or emotion chart (optional)</p>
 <b>Safety</b>	<ul style="list-style-type: none"> <li>• Avoid asking for personal stories.</li> <li>• Respect privacy</li> </ul>
 <b>Expected Outcomes</b>	<p>Students identify one current emotion (emotion and body location).</p>
 <b>Evaluation Method</b>	<ul style="list-style-type: none"> <li>• Quick check-in (verbal or card).</li> <li>• Before-after comparison.</li> </ul>



Floating Body Scan



Water Mindful Stretching



Therapist-Aided Relaxation



Hand-Focused Sensory Exercise



Flowing Water Massage



Inner Balance Exercise



Wading Body Scan



Mindful Water Play



Floating Meditation



Therapist-Assisted Water Stretch



Water Weight Ease



Water Weight Ease



Floating Meditation



Therapist-Assisted Water Stretch



Gratitude Reflection in Water









Water Balance Challenge

### Image 15: Inner Balance Exercise

Source: Microsoft Copilot. (2026). Avatar-style water therapy activities [AI-generated image]. Generated using Microsoft Copilot (ChatGPT).

### 3.3 Mindfulness Activities in Water

This section presents mindfulness activities that take place in **aquatic environments**. Water-based mindfulness can offer unique sensory and therapeutic benefits, helping participants experience **relaxation, body awareness, trust and emotional release** in a calming and playful setting. Through guided movement, floating, breathing, and cooperative exercises, these activities aim to enhance emotional well-being while strengthening group cohesion and confidence in a safe environment.

Activity 1. Floating Breath Awareness	
 <b>Objective</b>	Promote safety, calm breathing and body relaxation in water.
 <b>Location</b>	Shallow pool area.
 <b>Duration</b>	8 minutes
 <b>Activity Description</b>	<ol style="list-style-type: none"> <li>1. Ask participants to hold the pool edge or use a noodle for support.</li> <li>2. Say: “We will breathe slowly while feeling the water hold us”</li> <li>3. Guide: <ul style="list-style-type: none"> <li>• Inhale as the chest rises</li> <li>• Exhale and feel the body soften</li> </ul> </li> <li>4. Repeat 5-6 cycles.</li> <li>5. Ask: “Did the water help your breathing slow down?”</li> </ol>
 <b>Strategy</b>	<ul style="list-style-type: none"> <li>• Provide noodles or belts for support.</li> <li>• Lie on back, float, breathe slowly, feel water support.</li> </ul>
 <b>Materials</b>	Pool noodles optional












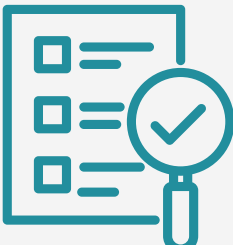
 <p><b>Safety</b></p>	<p>Ensure participants stay in shallow, safe depth</p>
 <p><b>Expected Outcomes</b></p>	<p>Participants complete 5 slow breath cycles.</p>
 <p><b>Evaluation Method</b></p>	<p>Teacher observation</p>

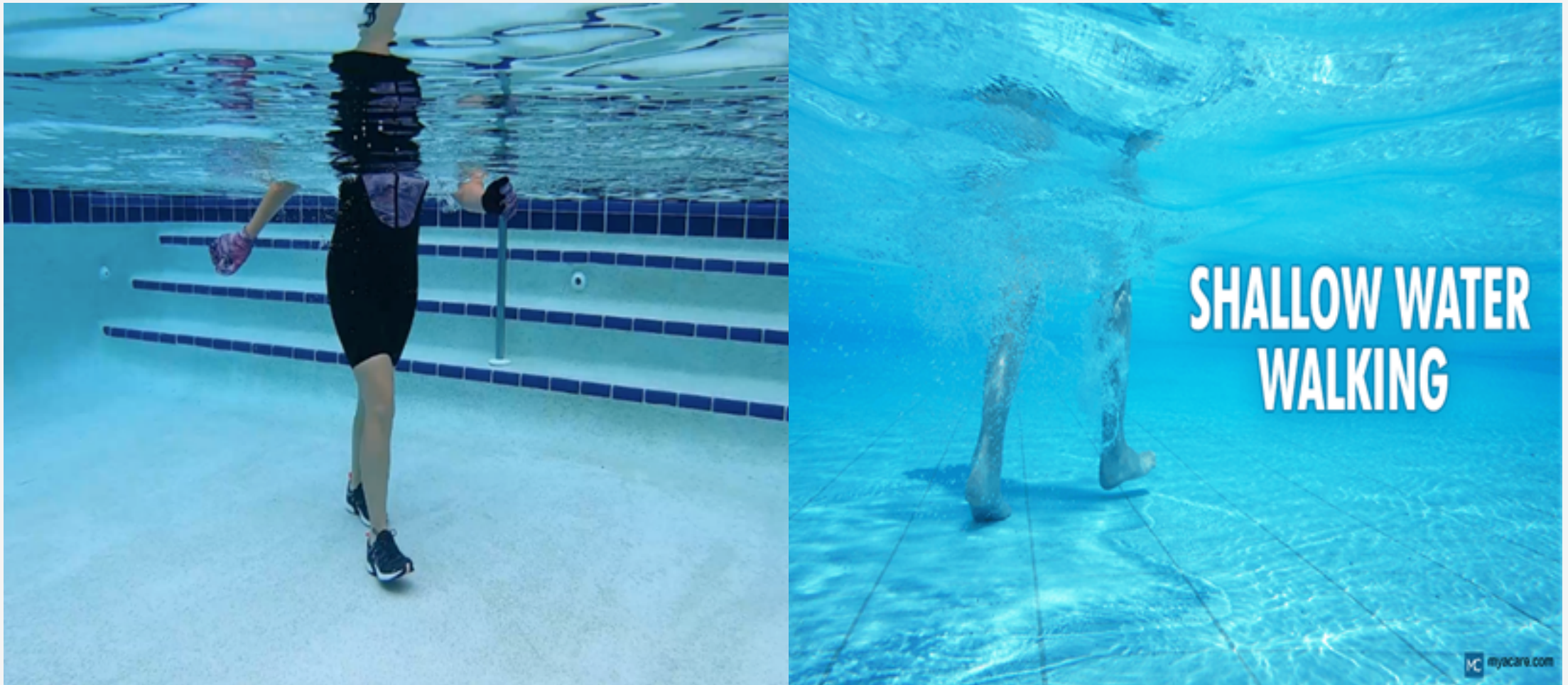


Image 16: Floating Breath Awareness.

Source: OpenAI ChatGPT. AI-generated image (Apr. 28, 2026, 2:22 p.m.). 2026. AI-generated image. OpenAI.

## Activity 2. Water Walking Meditation






 <p><b>Objective</b></p>	<p>Ground attention and body awareness. Improve focus through slow, mindful movement in water.</p>
 <p><b>Location</b></p>	<p>Shallow pool lane</p>
 <p><b>Duration</b></p>	<p>8-10 minutes</p>
 <p><b>Activity Description</b></p>	<ol style="list-style-type: none"> <li>1. Say: “Walk slowly and feel the water around your legs”.</li> <li>2. Guide students to notice: <ul style="list-style-type: none"> <li>• Pressure of water</li> <li>• Movement of feet</li> <li>• Rhythm of steps</li> </ul> </li> <li>3. Encourage slow breathing.</li> <li>4. Ask: “What did you notice about your steps in the water?”</li> </ol>
 <p><b>Strategy</b></p>	<ul style="list-style-type: none"> <li>• Participants may walk with support.</li> <li>• Walk slowly in water, notice pressure and movement.</li> </ul>
 <p><b>Materials</b></p>	<p>None</p>
 <p><b>Safety</b></p>	<p>Non-slip walking path</p>
 <p><b>Expected Outcomes</b></p>	<p>Participants complete 2 mindful walking laps.</p>
 <p><b>Evaluation Method</b></p>	<p>Reflection question</p>







Images 17-18: Water Walking Meditation






Sources: a. <https://blog.h2owear.com/why-foot-mobility-belongs-in-your-water-walking-routine>





b. <https://myacare.com/blog/shallow-water-walking-lowimpact-exercise-for-joint-and-functional-recovery>

Activity 3. Water Hug Exercise	
 <b>Objective</b>	Support emotional comfort. Increase self-soothing and emotional regulation.
 <b>Location</b>	Shallow pool
 <b>Duration</b>	6 minutes
 <b>Activity Description</b>	<ol style="list-style-type: none"> <li>1. Say: “Wrap your arms around yourself like a gentle hug”.</li> <li>2. Guide participants to sway slowly left and right.</li> <li>3. Encourage slow breathing.</li> <li>4. Ask: “How did your body feel during the water hug?”</li> </ol>
 <b>Strategy</b>	<ul style="list-style-type: none"> <li>• Wrap arms around self, sway gently.</li> <li>• Students may hold a noodle instead of hugging.</li> </ul>






 <b>Materials</b>	<b>Noodles optional.</b>
 <b>Safety</b>	<b>Keep movements slow.</b>
 <b>Expected Outcomes</b>	<b>Participants complete 1 minute of slow swaying.</b>
 <b>Evaluation Method</b>	<b>Teacher observation</b>





### Activity 4. Gentle Water Rocking

 <b>Objective</b>	<b>Calm the nervous system. Reduce tension through rhythmic movement.</b>
 <b>Location</b>	<b>Shallow pool</b>
 <b>Duration</b>	<b>6-8 minutes</b>
 <b>Activity Description</b>	<ol style="list-style-type: none"> <li>1. Say: “Let the water help you move gently like a wave”.</li> <li>2. Guide participants to rock forward–backward or side-to-side.</li> <li>3. Encourage slow breathing.</li> <li>4. Ask: “Which direction felt more relaxing?”.</li> </ol>
 <b>Strategy</b>	<ul style="list-style-type: none"> <li>• Hold edge or float, rock forward/backward.</li> <li>• Provide support for balance.</li> </ul>

 <b>Materials</b>	<b>Noodles optional.</b>
 <b>Safety</b>	<b>Avoid fast rocking.</b>
 <b>Expected Outcomes</b>	<b>Participants maintain slow rocking for 1 minute.</b>
 <b>Evaluation Method</b>	<b>Reflection question.</b>





### Activity 5. Bubble Breathing (Water)

 <b>Objective</b>	<b>Teach slow exhalation. Encourage long exhalation and calm focus.</b>
 <b>Location</b>	<b>Shallow pool</b>
 <b>Duration</b>	<b>5 minutes</b>
 <b>Activity Description</b>	<ol style="list-style-type: none"> <li>1. Say: “Take a breath in, and blow bubbles into the water”.</li> <li>2. Guide 5-6 bubble breaths.</li> <li>3. Ask: “Did blowing bubbles make your breathing slower?”.</li> </ol>
 <b>Strategy</b>	<ul style="list-style-type: none"> <li>• Inhale above water → exhale underwater making bubbles.</li> <li>• Students may blow bubbles at surface level.</li> </ul>

 <b>Materials</b>	None
 <b>Safety</b>	Avoid inhaling water.
 <b>Expected Outcomes</b>	Participants complete 5 bubble breaths.
 <b>Evaluation Method</b>	Teacher observation.





### Activity 6. Supported Floating

 <b>Objective</b>	Build trust and relational safety. Promote trust, relaxation, and body awareness.
 <b>Location</b>	Shallow pool
 <b>Duration</b>	8 minutes
 <b>Activity Description</b>	<ol style="list-style-type: none"> <li>1. Participants float on their back with teacher or peer support.</li> <li>2. Say: “Let the water hold you. Notice how your body feels lighter”</li> <li>3. Guide slow breathing.</li> <li>4. Ask: “Which part of your body felt the lightest?”</li> </ol>
 <b>Strategy</b>	<ul style="list-style-type: none"> <li>• Partner supports floating participant.</li> <li>• Use noodles for extra support.</li> </ul>


 <b>Materials</b>	<b>Noodles or float belts.</b>
 <b>Safety</b>	<b>Continuous supervision.</b>
 <b>Expected Outcomes</b>	<b>Students maintain floating for 20-30 seconds.</b>
 <b>Evaluation Method</b>	<b>Teacher observation.</b>





### Activity 7. Water Resistance Arm Flow

 <b>Objective</b>	<b>Release tension through movement. Increase focus through slow, controlled arm movements.</b>
 <b>Location</b>	<b>Shallow pool</b>
 <b>Duration</b>	<b>6 minutes</b>
 <b>Activity Description</b>	<ol style="list-style-type: none"> <li>1. Say: “Move your arms slowly through the water and feel the resistance”.</li> <li>2. Guide circular or sweeping motions.</li> <li>3. Encourage slow breathing.</li> <li>4. Ask: “Where did you feel the most resistance?”</li> </ol>
 <b>Strategy</b>	<ul style="list-style-type: none"> <li>• Move arms slowly in circular patterns.</li> <li>• Participants may perform smaller movements.</li> </ul>






 <b>Materials</b>	None
 <b>Safety</b>	Avoid fast or forceful motions.
 <b>Expected Outcomes</b>	Students complete 10 slow arm cycles.
 <b>Evaluation Method</b>	Teacher observation.





### Activity 8. Gentle Pool Yoga

 <b>Objective</b>	Combine mindfulness with stretching. Improve balance, flexibility, and calm focus.
 <b>Location</b>	Shallow pool
 <b>Duration</b>	10 minutes
 <b>Activity Description</b>	<ol style="list-style-type: none"> <li>1. Guide simple poses: <ul style="list-style-type: none"> <li>• Water tree pose</li> <li>• Water warrior pose</li> <li>• Supported forward fold</li> </ul> </li> <li>2. Encourage slow breathing and stable posture.</li> <li>3. Ask: “Which pose felt easiest to balance?”</li> </ol>
 <b>Strategy</b>	Students may hold the pool wall. Water mountain pose → forward bend → balance pose.






 <b>Materials</b>	None
 <b>Safety</b>	Avoid slippery surfaces.
 <b>Expected Outcomes</b>	Students hold each pose for 10 seconds.
 <b>Evaluation Method</b>	Teacher observation.





### Activity 9. Floating Visualization

 <b>Objective</b>	Use imagery for emotional security. Promote mental imagery and deep relaxation.
 <b>Location</b>	Shallow pool
 <b>Duration</b>	8 minutes
 <b>Activity Description</b>	<ol style="list-style-type: none"> <li>1. Participants float with support.</li> <li>2. Say: “Imagine a calm place, like a beach or quiet forest”.</li> <li>3. Guide slow breathing.</li> <li>4. Ask: “What calm place did you imagine?”</li> </ol>
 <b>Strategy</b>	<ul style="list-style-type: none"> <li>• Float and imagine water as supportive energy.</li> <li>• Participants may visualize while holding the wall.</li> </ul>

 <b>Materials</b>	<b>Noodles optional.</b>
 <b>Safety</b>	<b>Continuous supervision.</b>
 <b>Expected Outcomes</b>	<b>Participants maintain visualization for 1 minute.</b>
 <b>Evaluation Method</b>	<b>Reflection question.</b>

### Activity 10. Water Circle Connection

 <b>Objective</b>	<b>Promote belonging and social connection. Strengthen teamwork, connection, and group awareness.</b>
 <b>Location</b>	<b>Shallow pool</b>
 <b>Duration</b>	<b>10 minutes</b>
 <b>Activity Description</b>	<ol style="list-style-type: none"> <li>1. Students form a circle in the water.</li> <li>2. Say: “We will move the water together as one group”.</li> <li>3. Guide gentle circular motions with hands.</li> <li>4. Encourage synchronized breathing.</li> <li>5. Ask: “How did the group movement feel?”</li> </ol>
 <b>Strategy</b>	<ul style="list-style-type: none"> <li>• Group stands in circle, moves water gently toward center.</li> <li>• Students may stand closer for stability</li> </ul>

 <b>Materials</b>	<b>None</b>
 <b>Safety</b>	<b>Ensure stable footing.</b>
 <b>Expected Outcomes</b>	<b>Group maintains synchronized movement for 30 seconds.</b>
 <b>Evaluation Method</b>	<b>Group reflection</b>












**Image 19: Water Hug Exercise -Supported Floating - Water Resistance Arm Flow-Gentle Pool Yoga - Floating Visualization - Water Circle Connection**

**Source: Microsoft Copilot. (2026). Avatar-style water therapy activities [AI-generated image]. Generated using Microsoft Copilot (ChatGPT).**

### 3.4 Combined Land & Water Mindfulness Activities

This section presents ten mindfulness activities that combine land- and water-based experiences that support emotional well-being, relaxation, sensory awareness, and group connection. The activities are designed to help participants transfer the mindfulness skills from land into water through breathing, grounding, movement, reflection, and guided sensory experiences. Participants are encouraged to develop emotional regulation, reduce stress, improve concentration, and strengthen their confidence and social connection in a safe and inclusive way by engaging in both environments.

<b>Activity 1. Breath-to-Water Transition</b>	
 <b>Objective</b>	<b>Help participants to carry calm breathing from land into water.</b>
 <b>Location</b>	<b>From the classroom to a shallow pool.</b>
 <b>Duration</b>	<b>10 minutes</b>
 <b>Activity Description</b>	<ol style="list-style-type: none"> <li><b>1. On land: Practice 3 slow breathing cycles.</b></li> <li><b>2. Say: “We will keep this calm breath as we enter the water”</b></li> <li><b>3. In water: Students repeat the same breathing rhythm while holding the wall.</b></li> <li><b>4. Ask: “What stayed the same in your breathing?”</b></li> </ol>
 <b>Strategy</b>	<b>Visual demonstration</b>
 <b>Materials</b>	<b>None</b>
 <b>Safety</b>	<b>Enter water slowly.</b>

 <p><b>Expected Outcomes</b></p>	<p><b>Students maintain slow breathing in both environments.</b></p>
 <p><b>Evaluation Method</b></p>	<p><b>Teacher observation.</b></p>



**Image 20. Water breathing**






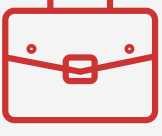



Source: <https://synergyfloatcenter.com/self-care-sunday-finding-yourself-while-floating/>



**Image 21. Land breathing**

Source: <https://ahead-app.com/blog/Mindfulness/3-minute-mindfulness-for-teens-quick-techniques-to-calm-pre-test-anxiety>

## Activity 2. Grounding and Water Entry Awareness

 <b>Objective</b>	<b>Strengthen sensory awareness during transitions.</b>
 <b>Location</b>	<b>From the classroom to a shallow pool.</b>
 <b>Duration</b>	<b>12 minutes</b>
 <b>Activity Description</b>	<ol style="list-style-type: none"> <li>1. On land: Identify 3 sensory cues (see/hear/feel).</li> <li>2. In water: Notice temperature, pressure, and movement.</li> <li>3. Ask: “Which senses changed when you entered the water?”</li> </ol>
 <b>Strategy</b>	<b>Students may point instead of speaking.</b>
 <b>Materials</b>	<b>None</b>
 <b>Safety</b>	<b>Calm, shallow entry</b>
 <b>Expected Outcomes</b>	<b>Students identify 2 sensory differences.</b>
 <b>Evaluation Method</b>	<b>Reflection question.</b>

## Activity 3. Body Scan and Supported Floating











 <b>Objective</b>	<p>Increase body awareness and relaxation.</p>
 <b>Location</b>	<p>From the classroom to a shallow pool.</p>
 <b>Duration</b>	<p>12 minutes</p>
 <b>Activity Description</b>	<ol style="list-style-type: none"> <li>1. On land: Quick body scan from feet to head.</li> <li>2. In water: Students float with support and notice body sensations.</li> <li>3. Ask: “Which part of your body felt lighter in the water?”</li> </ol>
 <b>Strategy</b>	<p>Use noodles for support.</p>
 <b>Materials</b>	<p>Noodles optional.</p>
 <b>Safety</b>	<p>Continuous supervision.</p>
 <b>Expected Outcomes</b>	<p>Students identify one area of increased relaxation.</p>
 <b>Evaluation Method</b>	<p>Teacher observation.</p>



Image 22. Deep relaxation.

Source: <https://www.ananda.org/blog/the-right-way-to-end-deep-relaxation/>









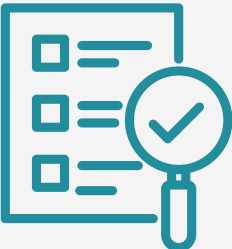
## Activity 4. Mindful Walking and Water Resistance Flow

 <b>Objective</b>	<p>Connect slow movement on land with controlled movement in water.</p>
 <b>Location</b>	<p>From the classroom to a shallow pool.</p>
 <b>Duration</b>	<p>10 minutes</p>
 <b>Activity Description</b>	<ol style="list-style-type: none"> <li>1. On land: Slow walking for 1 minute.</li> <li>2. In water: Slow arm movements feeling resistance.</li> <li>3. Ask: “How did the water change your movement?”</li> </ol>
 <b>Strategy</b>	<p>Smaller movements allowed.</p>
 <b>Materials</b>	<p>None</p>
 <b>Safety</b>	<p>Non-slip surfaces.</p>
 <b>Expected Outcomes</b>	<p>Students complete 10 controlled arm cycles.</p>
 <b>Evaluation Method</b>	<p>Teacher observation.</p>









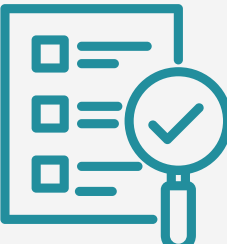
## Activity 5. Emotion Check-in and Water Hug Exercise

 <b>Objective</b>	<p>Support emotional regulation through movement and water pressure.</p>
 <b>Location</b>	<p>From the classroom to a shallow pool.</p>
 <b>Duration</b>	<p>10 minutes</p>
 <b>Activity Description</b>	<ol style="list-style-type: none"> <li>1. On land: Identify your current emotion.</li> <li>2. In water: Perform gentle Water Hug swaying.</li> <li>3. Ask: “Did your emotion change after the water hug?”</li> </ol>
 <b>Strategy</b>	<p>Participants may hold a noodle instead.</p>
 <b>Materials</b>	<p>Noodles optional.</p>
 <b>Safety</b>	<p>Slow movements only.</p>
 <b>Expected Outcomes</b>	<p>Participants report one emotional shift.</p>
 <b>Evaluation Method</b>	<p>Verbal check-in.</p>










## Activity 6. Gratitude Reflection and Floating Visualization

 <b>Objective</b>	<p>Combine positive emotion with deep relaxation.</p>
 <b>Location</b>	<p>From the classroom to a shallow pool.</p>
 <b>Duration</b>	<p>12 minutes</p>
 <b>Activity Description</b>	<ol style="list-style-type: none"> <li>1. On land: Think of one gratitude item.</li> <li>2. In water: Float and visualize the gratitude moment.</li> <li>3. Ask: “What image came to your mind while floating?”</li> </ol>
 <b>Strategy</b>	<p>Students may hold the wall.</p>
 <b>Materials</b>	<p>Noodles optional.</p>
 <b>Safety</b>	<p>Supervision required.</p>
 <b>Expected Outcomes</b>	<p>Students maintain visualization for 1 minute.</p>
 <b>Evaluation Method</b>	<p>Reflection question.</p>










## Activity 7. Mindful Listening and Gentle Water Rocking

	<b>Objective</b>	Enhance auditory awareness and rhythmic calm.
	<b>Location</b>	From the classroom to a shallow pool.
	<b>Duration</b>	10 minutes
	<b>Activity Description</b>	<ol style="list-style-type: none"> <li>1. On land: Listen for near and far sounds.</li> <li>2. In water: Rock gently and notice water sounds.</li> <li>3. Ask: “Which sounds were easier to hear in the water?”</li> </ol>
	<b>Strategy</b>	Students may draw sounds.
	<b>Materials</b>	None
	<b>Safety</b>	Avoid fast rocking.
	<b>Expected Outcomes</b>	Students identify 2 water-specific sounds.
	<b>Evaluation Method</b>	Sound-list sharing.






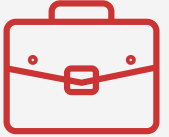


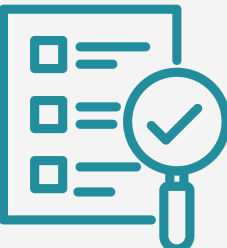
## Activity 8. Thoughts as Clouds and Serenity Float

	<b>Objective</b>	Help students observe and release thoughts.
	<b>Location</b>	From the classroom to a shallow pool.
	<b>Duration</b>	12 minutes
	<b>Activity Description</b>	<ol style="list-style-type: none"> <li>1. On land: Visualize thoughts as clouds drifting away.</li> <li>2. In water: Float calmly and continue releasing thoughts.</li> <li>3. Ask: “Which thought was easiest to let go?”</li> </ol>
	<b>Strategy</b>	Students may float with support.
	<b>Materials</b>	Noodles optional.
	<b>Safety</b>	Supervision required.
	<b>Expected Outcomes</b>	Students release at least one thought.
	<b>Evaluation Method</b>	Reflection drawing

## Activity 9. Mindful Object Awareness and Water Touch Awareness

	<b>Objective</b>	<b>Strengthen sensory focus through touch and texture.</b>
	<b>Location</b>	<b>From the classroom to a shallow pool.</b>
	<b>Duration</b>	<b>10 minutes</b>
	<b>Activity Description</b>	<ol style="list-style-type: none"> <li>1. On land: Explore the texture of a small object.</li> <li>2. In water: Explore the water texture with hands.</li> <li>3. Ask: “How did the sensations differ?”</li> </ol>
	<b>Strategy</b>	<b>Non-food object option</b>
	<b>Materials</b>	<b>One small object</b>
	<b>Safety</b>	<b>Avoid allergens.</b>
	<b>Expected Outcomes</b>	<b>Students describe 2 sensory differences.</b>
	<b>Evaluation Method</b>	<b>Reflection question.</b>

## Activity 10. Calm Start and Water Circle Connection

	<b>Objective</b>	<b>Build group connection from land to water.</b>
	<b>Location</b>	<b>From the classroom to a shallow pool.</b>
	<b>Duration</b>	<b>12 minutes</b>
	<b>Activity Description</b>	<ol style="list-style-type: none"> <li>1. On land: Group breathing for 3 cycles.</li> <li>2. In water: Form a circle and move the water together.</li> <li>3. Ask: “How did the group energy change in the water?”</li> </ol>
	<b>Strategy</b>	<b>Students may stand closer for stability.</b>
	<b>Materials</b>	<b>None</b>
	<b>Safety</b>	<b>Stable footing required.</b>
	<b>Expected Outcomes</b>	<b>Group maintains synchronized movement for 30 seconds.</b>
	<b>Evaluation Method</b>	<b>Group reflection</b>



**Image 23. Land-based Exercises (Jumping jacks, Squats, etc.)**  
 Source: OpenAI ChatGPT. AI-generated image (Apr. 28, 2026, 2:12 p.m.). 2026.  
 AI-generated image. OpenAI.



**Image 24. Water-based Mindfulness Exercises (Water Resistance Punches, Floating Body Scan, etc.).**  
 Source: OpenAI ChatGPT. AI-generated image (Apr. 28, 2026, 2:35 p.m.). 2026.  
 AI-generated image. OpenAI.



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# WAVES OF INCLUSION

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