

Jockey Club Expressive Arts Programme for Children



JUMPING



Hello children, what will you do after finishing your homework? Let's jump!
Try to notice how your body and mind changes while exercising.

Getting prepared

Find a safe and open area.

Move objects out of the way and make sure the area is spacious enough that you will not hit anything while spreading out your arms.

How to get going

Prepare a timer.

Jump on the same spot for 15 seconds at your fastest speed.

Mindfulness Exercise

Close your eyes, put both of your hands on the left of your chest - close to your heart, can you feel your heartbeat? *Please circle or write down the correct answer.*

- How did your breathing change after you finished jumping? Faster About the Same Slower

- Which part(s) of your body feel warmer? Head Neck Shoulders Arms Palms Chest Stomach
Back Waist Thighs Knees Calves Feet
Other _____

- Did you sweat? Yes / No

- What other effects do you notice? Soothed Energized Breathless
Sore Tired Hot
Other _____

- Do you feel different having done the Mindfulness Jumping at Home? I do / do not feel different

- How do you feel? Happy Excited Energetic Satisfied
Emotional Calm Relaxed Bored Tired
Other _____

We hope you like this simple body exercise and enjoy practising Mindfulness Jumping at Home; when you feel bored do it again and see what other feelings you notice.

Organised By



Funded By



香港賽馬會慈善信託基金
The Hong Kong Jockey Club Charities Trust
同心 同步 同進 RIDING HIGH TOGETHER