BE BOLD • BE KIND • BE ADVENTUROUS • BE YOU

KIT

MINDFULNESS KIT FOR TEENS EST. 2019

A TEEN'S GUIDE TO ACTIVE MINDFULNESS

MINI MAG

www.kitmagazine.com.au

Provided by Lovatts Media in collaboration with:

SPECTACULAR SCHOOLS INSPIRED

Welcome 01

We have created this mini edition to give you a taste of *KIT* Magazine.

You've probably heard a million things about mindfulness, but the concept is simple: it's all about paying attention to the present moment. And did you know that mindfulness doesn't always mean Zen meditation and sitting still for hours? Active mindfulness is all about taking your attention and calm out into the world with you so you can enjoy life to the fullest, whether you're skateboarding, exploring nature, listening to music, or spending time with your friends and family.

Here at *KIT* Magazine we believe in adventure, inspiration, self-awareness, and spirit; inside these pages you'll find advice on understanding your feelings, inspiring articles about bringing out the best in yourself, and tips on growing your emotional resilience. Plus fun creative activities and challenges!

Take another slow deep breath in and as you breathe out, let go of your worries and dive into the first issue of *KIT*. We're ready to explore the world with you.

Carly

Cover art by Santo Domingo-based artist Lena Vargas

WWW.KITMAGAZINE.COM.AU

Find us on:

whats INSIDE

02 MINDFULNESS AND YOU
What does it all mean, anyway?

04 DON'T LET THE ANTS BITE
How to beat negative thoughts

06 OVERCOMING OBSTACLES
JP Gauntlett shares how parkour can lead you through adversity

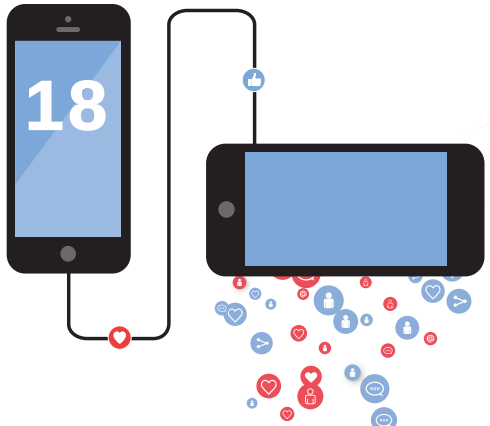
08 ONE STEP AT A TIME
Get moving mindfully with *KIT*'s walking meditation

10 ALL HANDS ON DECK
How skateboarding is changing the world

16 SAYING THANKS!
Look for the good and see your happiness grow

18 BEFORE YOU HIT SEND
Make the best of your time online

20 THE PERFECT PLAYLIST
Want to know how to create a mix of tunes to suit any mood?



MINDFULNESS and you

THINK MINDFULNESS IS ALL ABOUT MEDITATION AND BEING ZEN? THERE'S MORE (AND LESS!) TO IT THAN THAT...

Live in the moment. Pay attention. Relax and slow down. We hear these messages all the time now and they can easily become background noise while school, friends and family life take priority. What these statements all have in common is that what they're really asking you to do is practice mindfulness.

But what is it? When you get right down to it, mindfulness is simply the act of paying attention to the current moment without judgement. Think of it as observing what's happening around you without thinking good or bad thoughts about it.

The truth is, being mindful might sound boring or easy or just not relevant to you, but how often do you think about the past or worry about the future? Which usually ends with you becoming stressed out and not sure how to feel better. This is where mindfulness can help, by offering a way for you to stop and give yourself mental space. From laughing with your friends to listening in class, playing your favourite video game, skateboarding or surfing, even when you eat lunch, you can bring your attention to the present moment. Without judgement. Without second-guessing yourself. Only curiosity and clarity.

SO HOW CAN YOU GET STARTED?

Next time you go to school, whether it's on a bus, train, or in the car, pay attention to what's happening outside your window instead of reading, playing games, or scrolling through social media. Take a moment to think about whether your neck feels stiff, take some three deep breaths, and relax your shoulders. Do you take this trip every day? What's something you can see that you've never noticed before?

MAKE YOUR DAY MORE MINDFUL

MY ROUTINE AT HOME:

WHAT I COULD DO MORE MINDFULLY:

CLASSROOM HABITS:

WHAT I COULD DO MORE MINDFULLY:

DON'T LET THE ANTS BITE

WE ALL HAVE NEGATIVE THOUGHTS SOMETIMES – LEARN HOW TO RECOGNISE THEM SO YOU CAN STOP THEM FROM RUINING YOUR DAY

Do you ever surprise yourself with your thoughts? You might be perfectly happy one minute and then you find yourself thinking horrible thoughts about your classmate, your teacher or yourself and you don't know why. Our thoughts and feelings work together and not always in helpful ways.

It's sad that the worst enemy most of us have is ourselves. This can get worse as we enter our teen and adult years. We attack, blame and criticise ourselves with our ANTS, which stands for Automatic Negative Thoughts. ANTS sound like endless chatter in our heads: "I'm useless, no-one likes me, I'm not enough, I'm a loser, that teacher hates me, it's my fault we lost the game, no-one understands me..."

STOP!

The good news is you can change the lousy feelings ANTS create. Just choose one of the following phrases and repeat it silently in your head – did you know your brain can't listen to two lots of thoughts at the same time? You might say: Delete, delete, delete; I am fine right now; I can do this; No matter what happens, I am still a good person; I'm okay exactly as I am; I am more than this. You can stop it by singing too. Thoughts trigger feelings and lots of ANTS will drown out the voice of your 'spark' so instead of feeling okay you experience fear, frustration, anger or shame. And when you act on these emotions, things can get ugly. If you get stuck in an ANT attack, you can struggle emotionally – you can't hear your inner voice, you might make decisions that hurt yourself or others, and mood problems like depression can arise.

As a young tween or teen in a world of swirling emotions it's important to know this confusing time of change will pass in time. All teens are going through the same struggle so reach out to each other.
And remember, please be kind to yourself – look for the things and people that lift your spirit, stoke your spark, watch out for your friends, dream big and know that you already matter, no matter what!

Words by: Maggie Dent

SAFE STRESS BUSTERS

Surround yourself with friends, supportive parents and adult allies – or 'lighthouses'. Also, remember the power of laughter, it can totally transform emotional states.
There are positive ways to overcome the effects of emotional overwhelm. Try the positive ones often so you can avoid the quick fixes like lots of snacks!

- Play sport
- Watch a funny movie
- Call a friend
- Listen to a relaxation audio (try the Smiling Mind app)
- Practise mindfulness and deep breathing
- Listen to music
- Read
- Go to the park or the beach
- Write in a journal
- Draw a picture

Keep in mind that social media and excessive gaming can make you feel more anxious and interrupt your sleep so be careful of how you use it and how it makes you feel.

Overcoming OBSTACLES

WHEN THERE'S A WALL IN FRONT OF YOU, DO YOU STOP IN YOUR TRACKS OR DO YOU FIND A WAY OVER IT?

Much more than just jumping and doing flips, parkour involves discipline, mental balance, and confidence in yourself and your abilities. JP Gauntlett, owner of Australia's biggest parkour gym Australian Academy of Parkour, Exercise & Self-Defence (AAPES), is a firm believer in the benefits of being a traceur aka a practitioner of parkour.

WHAT IS PARKOUR?

JP: Parkour is an activity from France that involves training to move between two points in the quickest manner possible. Parkour is considered a mental discipline, not a sport, with the solution to most problems being to learn to understand and overcome fear. It entails running, climbing, jumping, vaulting, leaping, crawling and more... and is basically the best fun you'll ever have!

HOW CAN I PRACTISE IT SAFELY?

JP: Find a great teacher, listen to your body, learn the difference between appropriate risk and danger and make sure your focus is on fun, not taking the world by storm.

WHY IS PARKOUR GOOD FOR ME?

JP: The first benefits are the most obvious – being active and getting fresh air puts everyone in a better mood and makes them healthier and happier. Parkour also aids in decision making, risk management, confidence, strength (physical and mental) and heaps more!

HOW CAN I GET STARTED?

JP: Every city has a huge parkour scene. One of the best parts about it is everyone knows everyone; you can go from Sydney to Melbourne to Singapore to London to... well, anywhere and always have friends willing to show you around, train, explore and adventure with you. Parkour culture is unique in the world!

Your best bet is to look up classes to pick up on safety techniques and methods, but also spend as much time meeting people, training and exploring as possible!

REMEMBER: Safety first! Don't try this at home and always train under the supervision of dedicated teachers.

ONE STEP AT A *time*

STRESSED ABOUT TESTS, HANGING OUT WITH FRIENDS, OR JUST CAN'T CALM DOWN? TRY OUR WALKING MEDITATION ACTIVITY TO BRING YOUR BODY TO THE PRESENT MOMENT AND YOUR MIND TO THE NOW

Life is sometimes filled with distractions that seem almost designed to make your thoughts race and put your head in a state of stress – homework, chores, even a disagreement with friends or family. Remember one of the best ways to manage life's many disruptions is through meditation. Turns out meditation can help you study harder, sleep better, and just generally live a calmer, happier life. But sitting still and looking inwards doesn't always work for everyone, especially if you naturally have a lot of energy. If you struggle to slow your thoughts down, try our walking meditation activity. You can practise it inside or while on a walk outside, making it as long or short as you want. And remember, it's like any exercise – the more you practise it, the more comfortable you'll be – so try to spend some time each day walking with intention.

Walking Meditation

To begin, close your eyes and take three slow deep breaths while standing still. This is to signal that you are letting go of whatever is troubling you and giving yourself some time to just be.

Open your eyes, and with one slow step take a breath in and then with your next breath, release it slowly. Aim to breathe deep within your lungs and fill your body with oxygen – as you slowly exhale, it will trigger a relaxation response in your body (it's called your parasympathetic nerve system) that will help you consider your feelings in a calm, thoughtful way. Plus deep breathing increases your production of neurochemicals, giving you a happiness mood boost.
As you practice, you can alter the amount of steps so that one inhale lasts for two or more paces.

To end your walking meditation, pause your steps and take three slow deep breaths. This is to signal that you're ready to go on with your day with a clear and relaxed mind.

all hands on deck

SKATEBOARDING ISN'T JUST A WAY TO SPEND TIME LEARNING TRICKS WITH YOUR FRIENDS – IT'S ALSO A WAY TO CHANGE THE WORLD

CHANGE THE WORLD

"I grew up in a small country town where there wasn't much to do, and I didn't like rules so organised sports wasn't for me. Two of my friends started skateboarding and it looked sick, so I wanted to try it. As soon as I started, I was hooked."

So says Kirby Clark, the founder of Decks For Change, a skateboarding group dedicated to building skateparks in countries like Nepal and East Timor. This mission grew out of Kirby's desire to find more meaning in her life: "I used two things I love, art and skateboarding, and brought them together to create a positive impact. As a designer I always felt the responsibility to create change in the world around me."

Now Decks For Change puts on art workshops and exhibits, celebrating the creativity of skateboarding. By partnering with skate artists locally and internationally, they've raised the funds to build skateparks around the world for kids in under-privileged areas.

EVERYONE'S INVITED

Creativity, skateboarding and mindfulness are natural partners – Nigel Cameron discovered this nine years ago when he founded Totem Skateboarding in Sydney, NSW. They run competitions and in-school and after-school mindfulness programs, teaching not only how to skateboard but how to make skateboards, how to take them apart, logo designs, branding, and more.

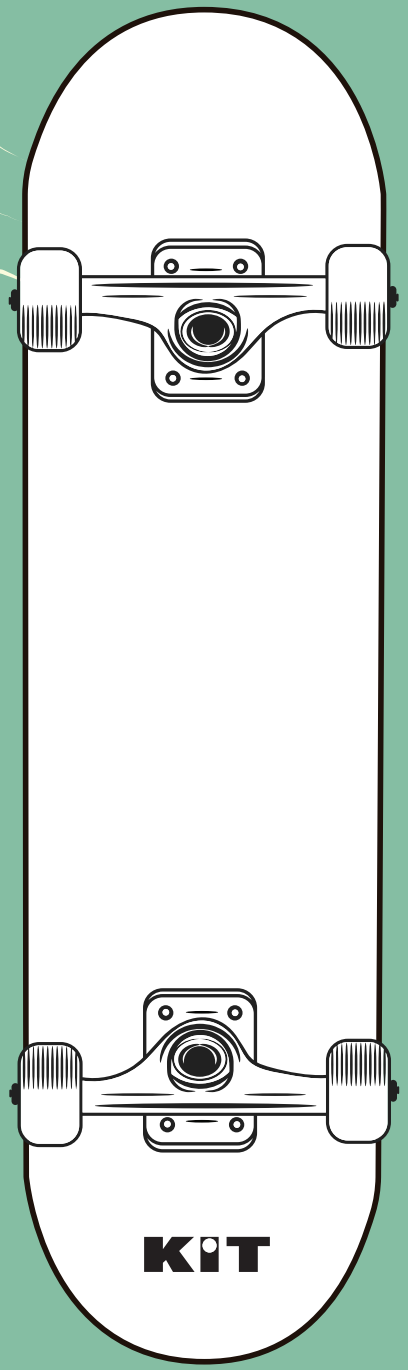
"Skateboarding is something that's definitely a release for people and to have that, for any young person, is really important. You can put so much time, energy and personality into your skateboarding, even if you're not very good at all," Nigel laughs. "I saw this guy four nights ago when we did an event – I didn't even recognise him because he was so tall, he's nineteen now – he came to one of our programs when he was thirteen, and he's just like, 'Thank you so much, I can't believe you gave me so much confidence to be a little bit different.'"

Visit www.decksforchange.com and www.totemskateboarding.com for more information on how skateboarding can change the world.

Photography: Ken Leanfore, Cameron Markin, Andy Buchanan

draw your own deck

PRACTISE YOUR ARTISTIC IDEAS ON OUR DECK OUTLINE, MAKE SURE TO TAKE A PHOTO OF YOUR FINAL DESIGN AND SHARE IT USING #FROMMYKIT AND TAG US @KITMAGAZINEAU



YOU CAN'T CHANGE THE WIND BUT YOU CAN ADJUST YOUR SAILS

Discover our sister magazine, *Teen Breathe*

Australia's #1 mindfulness magazine for teens and tweens. *Teen Breathe* is the ultimate go-to guide for teens and tweens wanting to explore how being mindful in everything you do, and being curious, kind and positive can create a happier, healthier and more authentic life. Featuring uplifting stories, fun crafts and activities, and easy-to-follow guides for relaxing mindful movement.

View *Teen Breathe*'s range of magazines and special editions at
LovattsMagazines.com.au/TB-collection
1800 254 199 | +61 2 4302 1518

@teenbreatheau

SAYING thanks!

HOW AN ATTITUDE OF GRATITUDE DOESN'T JUST IMPROVE THE WORLD AROUND YOU – YOU'LL FEEL BETTER AS WELL!

Has anyone told you 'happiness is a choice'? Turns out it might be more accurate to say that happiness is a habit. And one of the best ways to develop it is to practise gratitude. This means taking time to notice the things in your life, big or little, that you're thankful for. But when you're having a tough day, it can be hard to find the positives, so we've included some tips and tricks on how you can build an attitude of gratitude.

WHAT DO YOU LIKE ABOUT YOURSELF?

Begin by reflecting on your good qualities – they can be anything from being funny to having fun playing a sport, excelling at schoolwork, being supportive of your friends, enjoying art, being interested in science. Whatever they might be, your positive attributes are a reflection of all the ways you can bring gratitude and optimism into the world. This is a way to say thanks to yourself!

YOUR IMPACT WHEN YOU SAY THANKS

If you're having a tough day, one of the best things you can do is try to brighten someone else's. You can try giving a friend a compliment, carry something for someone, or just say thanks when you get on and off the bus. When you help the people around you, your brain produces endorphins (the feel-good chemicals that help reduce stress). So funnily enough, helping others will actually help you feel better as well!

MAKE A LIST OF WHAT YOU'RE GRATEFUL FOR

Now it's time to really think about what you're thankful for. If you don't know where to begin, you can start as big or small as you need and use our Gratitude Scavenger Hunt. Write down your answers and when you complete the list, say thanks by treating yourself to at least one thing you've written down.

TAKE ON *KIT*'S GRATITUDE SCAVENGER HUNT CHALLENGE!

A COMPLIMENT YOU CAN GIVE TO SOMEONE

YOUR FAVOURITE SONG

YOUR FAVOURITE ANIMAL

YOUR FAVOURITE TV SHOW

SOMETHING THAT MAKES YOU LAUGH

SOMETHING YOU LIKE TO EAT

BEFORE YOU HIT *send*

HOW DO YOU SPEND YOUR TIME ONLINE?

Here's a fun fact: did you know that Australian teenagers spend more than 1,200 hours a year using social media? And – here's another less-fun fact – 60% of teens have trouble sleeping after checking their social media at night. So is there a right way to 'do' social media? And how do we make sure our time spent scrolling (and scrolling and scrolling) is empowering and entertaining us rather than making us feel meh?

CHECK YOUR FOUNDATIONS WITH THREE QUESTIONS

The secret to having a more positive experience online actually has nothing to do with your phone. It's all about your foundations – the bedrock or steady ground you're starting on. There are three key areas which make up your online foundation: friendships, values and resilience.

DO YOU HAVE GREAT FRIENDSHIPS?

Here's the thing - the quality of your experience online is really going to be dictated by the friends you already have in your life. So, what are your current friends like? If you already have friends who are loyal, trustworthy, kind, hilarious and who treat you with respect - that's a great starting point!

WHAT ARE YOUR VALUES?

Knowing what you stand for and believe in is really important BEFORE you start commenting and posting online. Why? Because nothing brings your values under the spotlight more than social media. You may find yourself in conversations which go against your personal values. Before you go online, take the time to write out your personal beliefs and values and think about sticking this list on your desk at home where you'll see it often.

ARE YOU RESILIENT?

Ohhh boy. As fun as Instagram and Snapchat can be – life online is not for the faint-hearted. At some point you'll check in and see a party you weren't invited to or a moment you weren't included in. If you already know you're a little thin-skinned and not particularly resilient – it may be a good idea to wait before you start dabbling with social media. A thick skin and a resilient spirit are mandatory.

PROTECT YOUR HEADSPACE

We know that social media can mess with your head and it's easy to compare your insides to everyone else's outsides. That's why it's so important to do everything you can to protect your headspace. After all, if you're going to be online you want it to be working FOR you and not against you.

Words by: Rebecca Sparrow

The perfect playlist

CREATE MUSIC MIXES FOR ANY MOOD WITH OUR TOP FOUR PLAYLIST TIPS

"Music is the soundtrack of our lives." It was true in 1957 when Dick Clarke (the host of *American Bandstand*, ask your grandparents) said it and it's just as true now. Back then vinyl records and jukeboxes were the medium, before cassette tapes and CDs took over the music world. Now streaming services like Spotify, Apple Music and TIDAL are offering up millions of songs at your fingertips. But with an almost limitless catalogue of songs available, how do you narrow down your music choices? One easy and fun way is to make personal mixes. From the perfect rainy day tunes to your favourite summer jams, follow our tips to create the perfect playlist.

1. WHAT'S YOUR PLAYLIST FOR?

Decide why you're making your playlist. Is it for you to listen to or is it to share with others? What sort of mood or activity will it accompany? Once you've got this figured out, you'll probably already have a few songs in mind.

2. FIND THE MAGIC NUMBER

Kieron Donoghue, founder of playlists.net, has a rule of one song per artist and suggests that the magic number for a playlist is somewhere between 30 and 50 songs. Don't feel you have to stay within one genre of music either. Mixing decades and styles is a great way to keep your playlist interesting.

3. ORDER AND FLOW

Now you can get into the flow of your playlist. As you listen you might find that while you love all the songs on there, the transition between the ending of one song and the beginning of another will work better.

4. WHAT'S IN A NAME?

Here's another opportunity to get creative. Instead of a boring name like 'Hang Out Mix 5', pick something memorable and unique to you, like 'Sweet Songs for Summer Days'.

TIP: SAY IT WITH MUSIC

Ever wanted to give someone a present but you haven't had the means to buy them something? One cool present is to make them a playlist – follow the above tips, think about the message you want to communicate to them and what songs you love that you think they'll also love. Every time they listen to your heartfelt mix, they'll know you've spent time thinking about them.

We've picked two playlist themes that always come in handy. Write down the first five songs that come to mind for each theme and then pick a name that makes your playlist unique for you.

PARTY TIME – MUSIC THAT MAKES YOU HAPPY AND LIFTS YOUR SPIRITS

NAME:.....

5 SONGS:

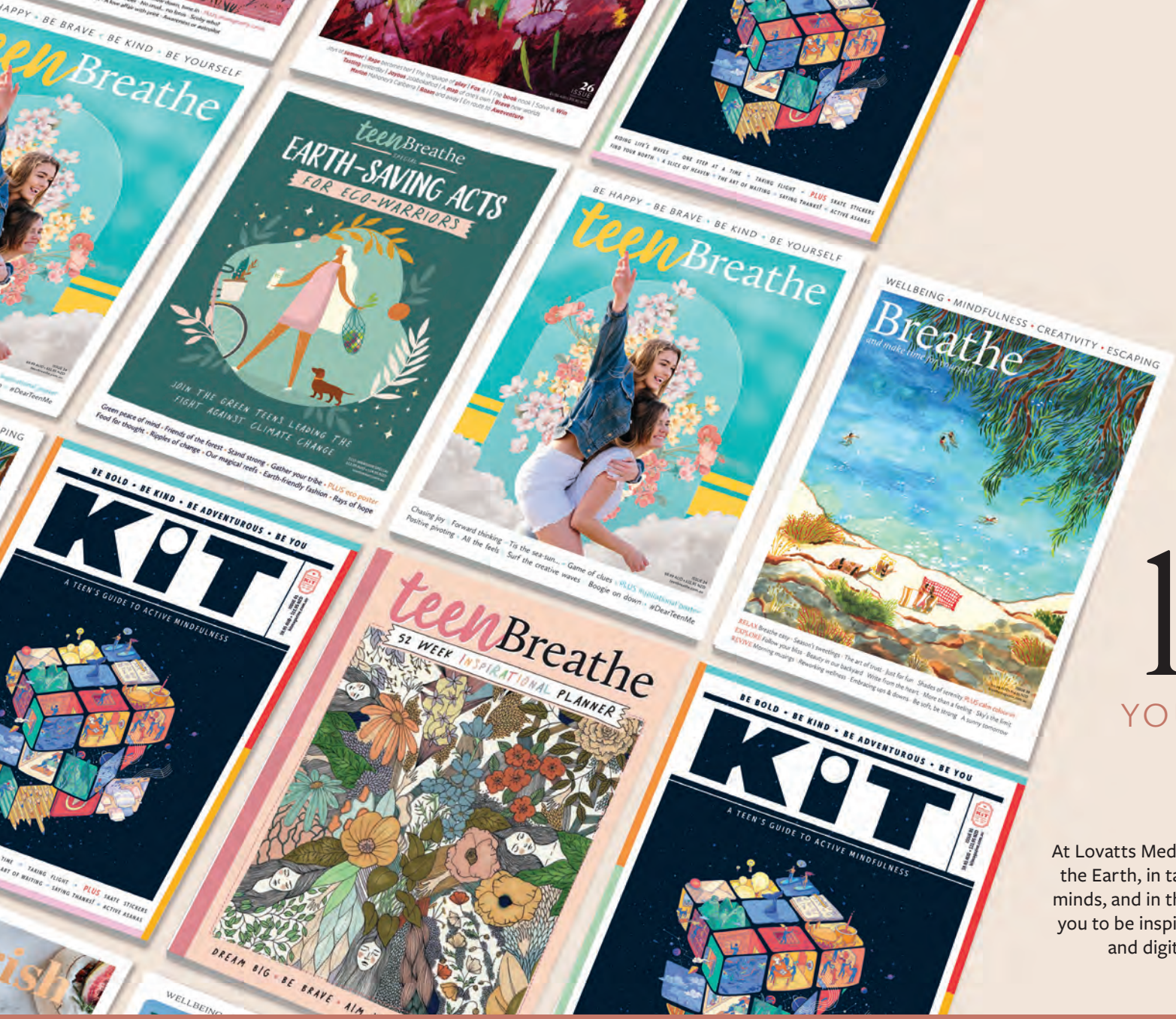
-
-
-
-
-

CHILL OUT - MUSIC THAT CALMS YOU DOWN AND RELAXES YOU

NAME:.....

5 SONGS:

-
-
-
-
-



live

YOUR BEST LIFE

At Lovatts Media, we believe in living more gently on the Earth, in taking time to nourish our bodies and minds, and in the importance of creativity. We invite you to be inspired by our beautiful print magazines and digital brands to live your best life.

Be inspired. Live mindfully. Create your best life.

LovattsMagazines.com.au

@lovattsmagazines #mindfulmagazines

NATO PHONETIC ALPHABET

A	B	C	D	E	F
ALPHA	BRAVO	CHARLIE	DELTA	ECHO	FOXTROT

G	H	I	J	K	L	M
GOLF	HOTEL	INDIA	JULIET	KILO	LIMA	MIKE

N	O	P	Q	R	S
NOVEMBER	OSCAR	PAPA	QUEBEC	ROMEO	SIERRA

T	U	V	W	X	Y	Z
TANGO	UNIFORM	VICTOR	WHISKEY	X-RAY	YANKEE	ZULU

BE BOLD • BE KIND • BE ADVENTUROUS • BE YOU

@kitmagazineau

#kitmagazineau