

# Mindfulness Activity Cards


## Beach

These activity cards contain ideas to promote mindfulness and awareness of surroundings when in a beach setting.

The activities are intended to give the children time and space to think about the environment around them and their own interactions with it.

**Mindfulness Beach**

### Create artwork

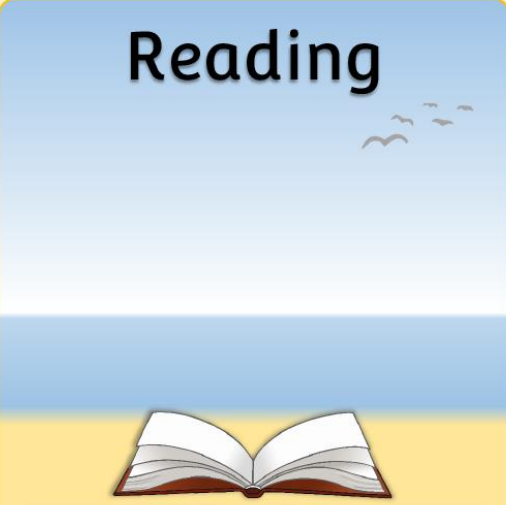


Use beach items, such as shells and stones, to create natural artwork.

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**Mindfulness Beach**

### Reading

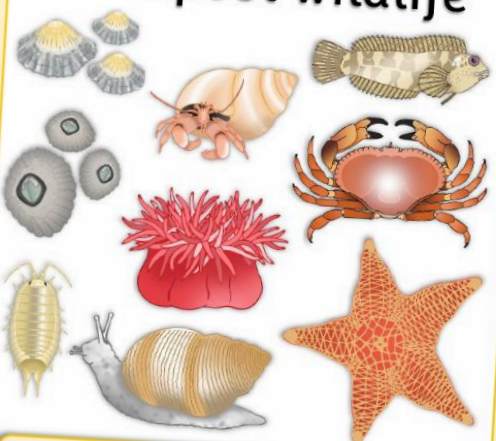


Look at a book or listen to a story whilst sitting on the beach.

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**Mindfulness Beach**

### Rockpool wildlife



Closely watch the movement and behaviour of wildlife in a rockpool on the beach.

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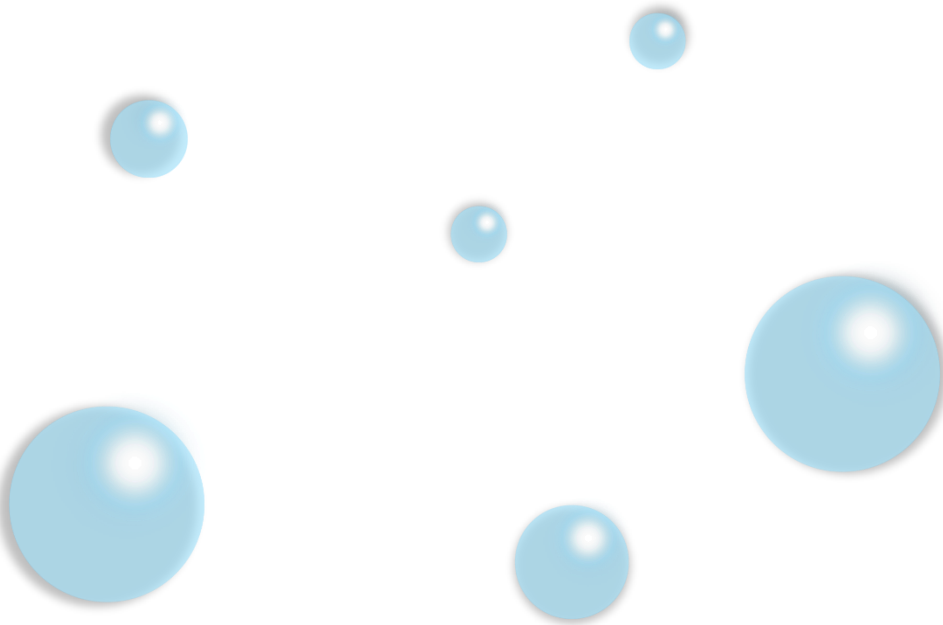


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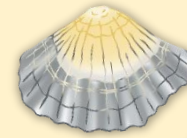
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## Blow bubbles



Watch how bubbles are moved by the breeze and slowly fall to the ground.



# Mindfulness

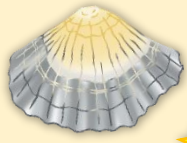
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## Look at the clouds



Watch the cloud shapes slowly move, change, and evolve.



# Mindfulness

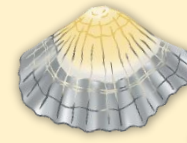
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## Sandprints



Make some prints in the sand with your bare feet or hands. How does it feel?

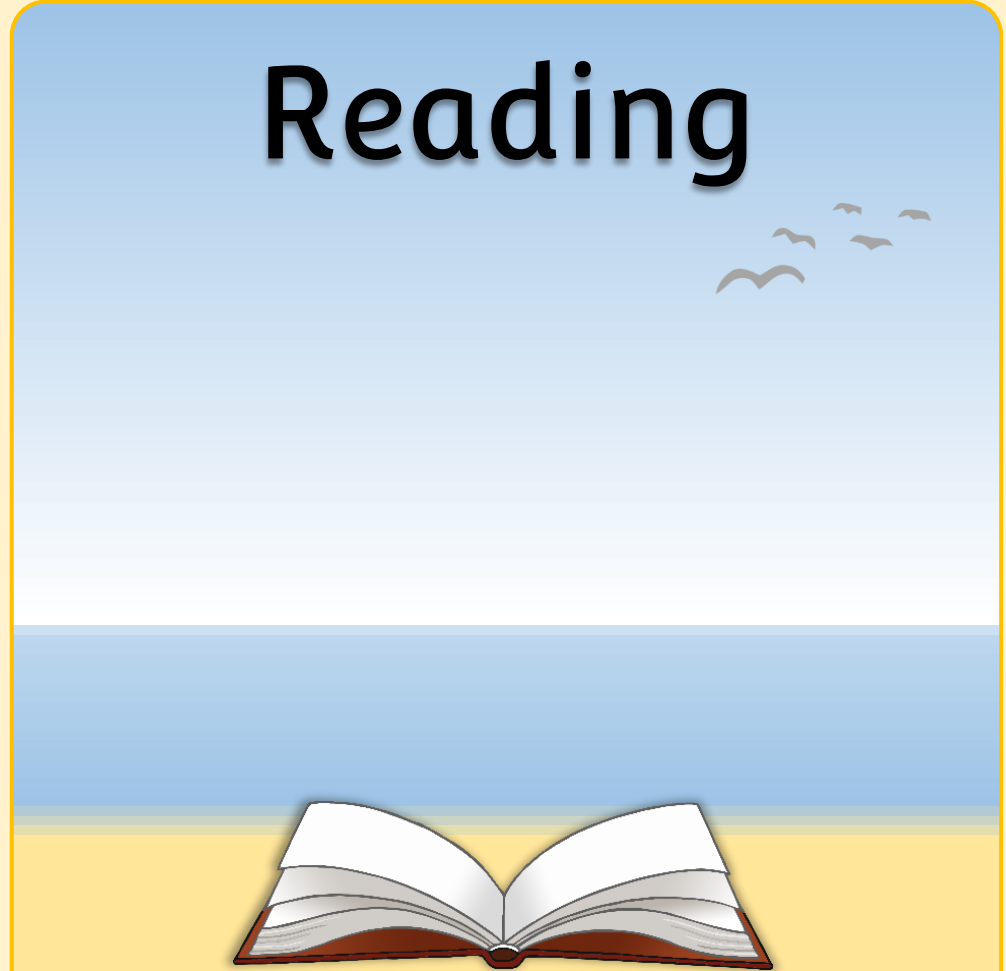


# Mindfulness

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## Reading



Look at a book or listen to a story whilst sitting on the beach.



# Mindfulness

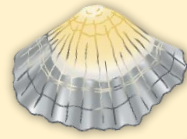
## Beach



# Make marks



Use a stick or twig to make marks in the sand.



# Mindfulness

## Beach



# Create artwork



Use beach items, such as shells and stones, to create natural artwork.



# Mindfulness

## Beach



# Sit and breathe

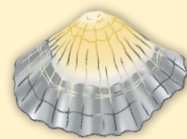


Breathe in...



Breathe out...

Sit on the beach. Close your eyes.  
Breathe in slowly. Breathe out slowly.

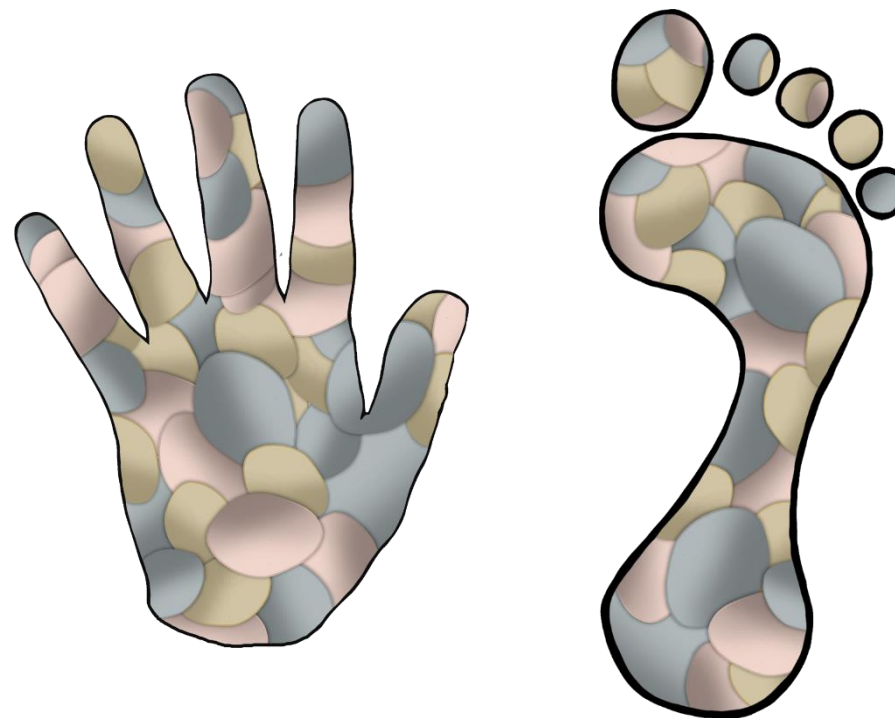


# Mindfulness

## Beach



# Pebble press



Press your hand or foot onto the  
pebbles. How does it feel?



# Mindfulness

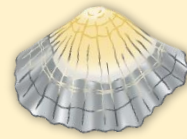
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## Hold a pose



Find a space on the beach and hold different body poses.

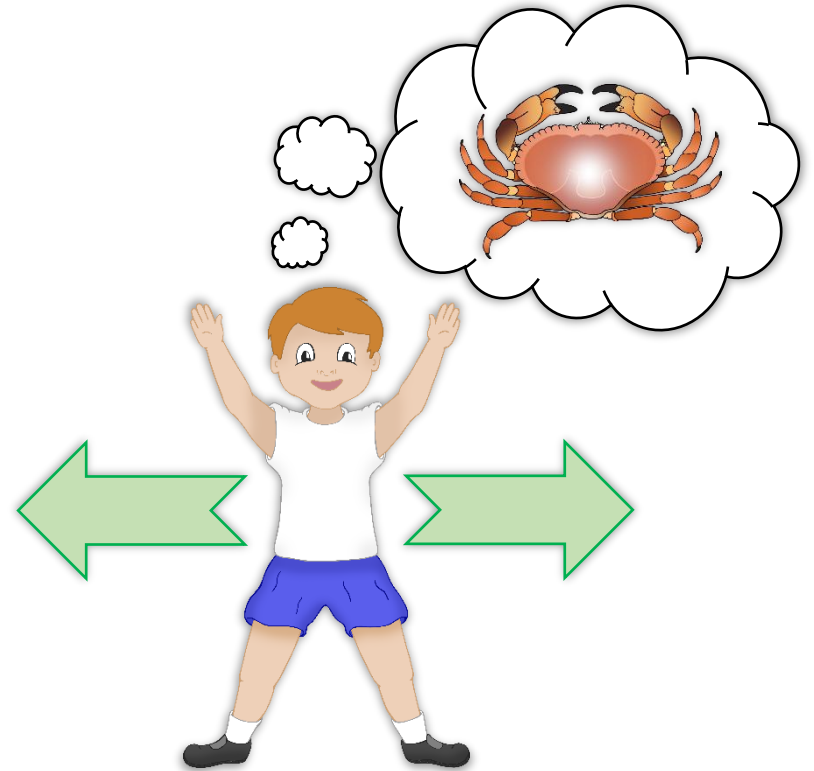


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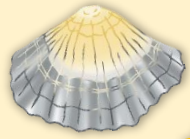
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## Role-play



Think of a beach animal. Can you act like that animal?

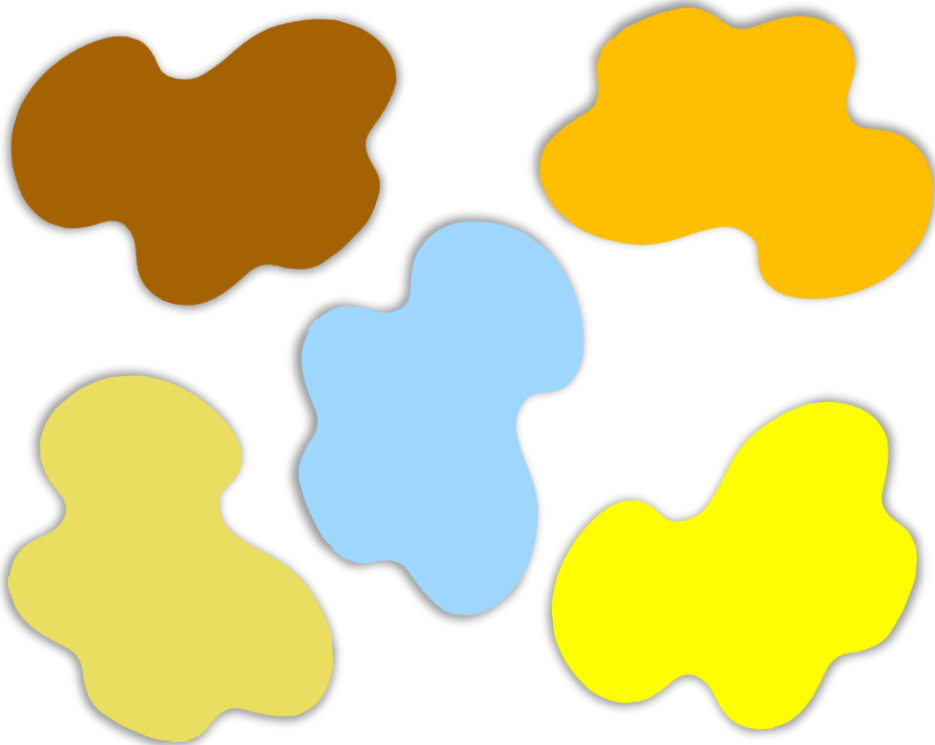


# Mindfulness

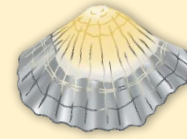
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## I spy colours



Play colour 'I spy' with beach items around you.

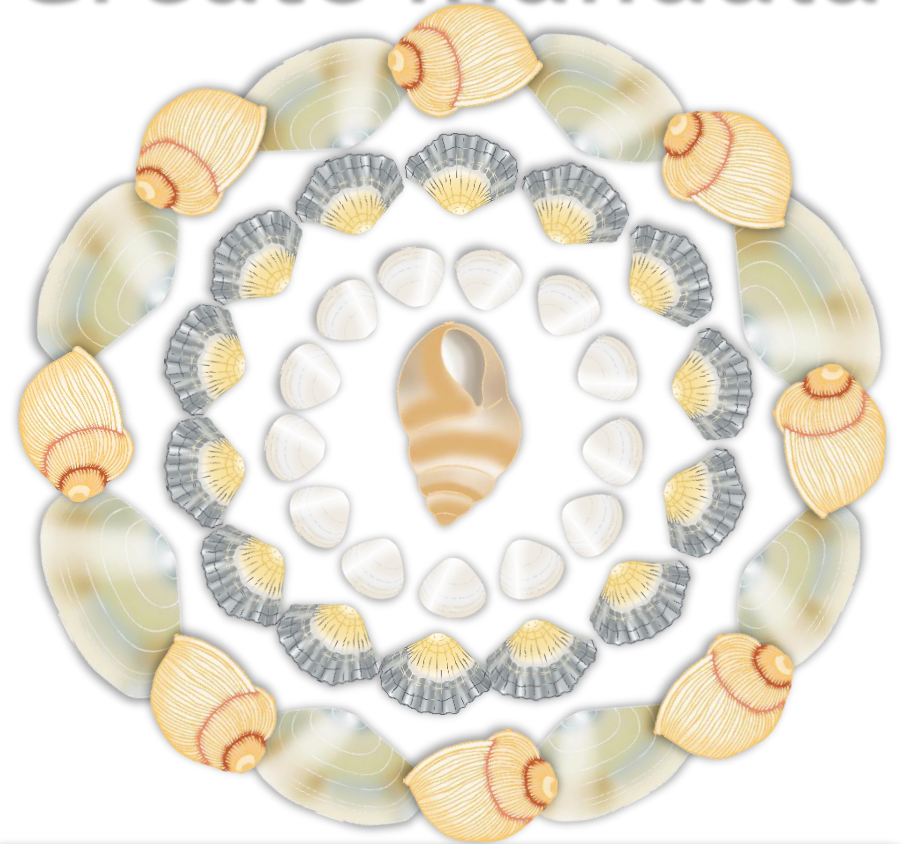


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## Create mandala



Use natural items to create a mandala; repeating patterns in concentric circles.



# Mindfulness

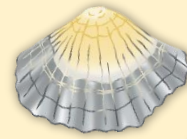
## Beach



## Rockpool wildlife



Closely watch the movement and behaviour of wildlife in a rockpool on the beach.

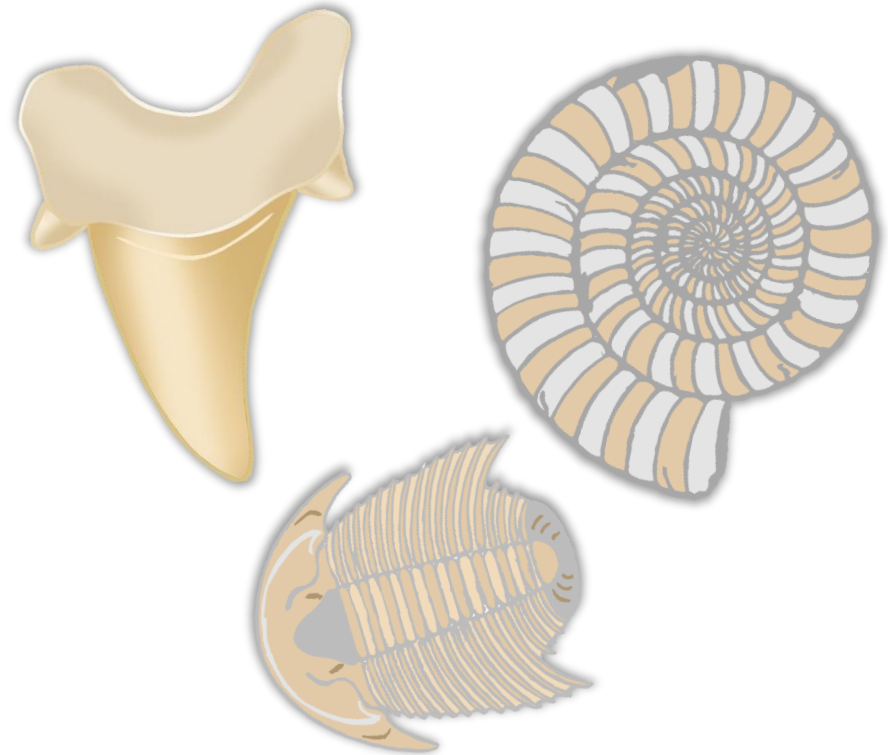


# Mindfulness

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## Fossils



Look closely at the rocks and stones on the beach. Can you find a fossil?





# Mindfulness

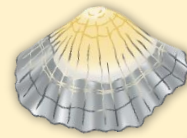
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## Listening walk



What different sounds can you hear as you walk around the beach?

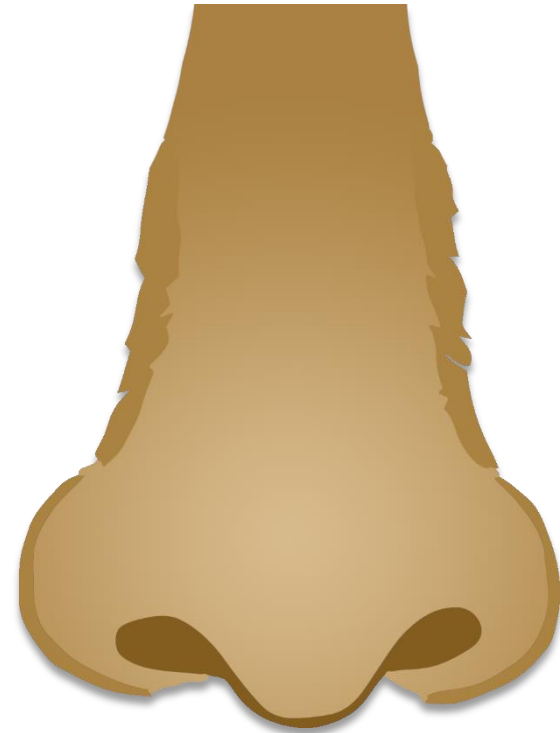


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## Smell walk



During your time on the beach what different smells are you aware of?



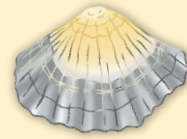
# Mindfulness

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Large empty rectangular box for writing or drawing.

Horizontal empty rounded rectangular box for writing or drawing.



# Mindfulness

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Large empty rectangular box for writing or drawing.

Horizontal empty rounded rectangular box for writing or drawing.