

# Mindfulness Activity Cards

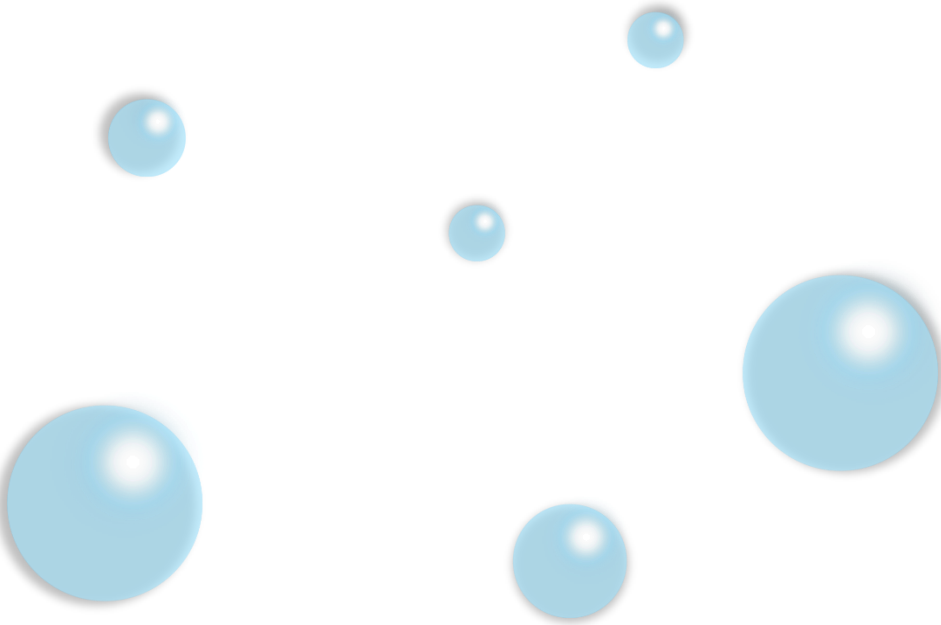
These activity cards contain ideas to promote mindfulness and awareness of surroundings.

The activities are intended to give the children time and space to focus on one thing at a time, remaining in the present moment.



# Mindfulness

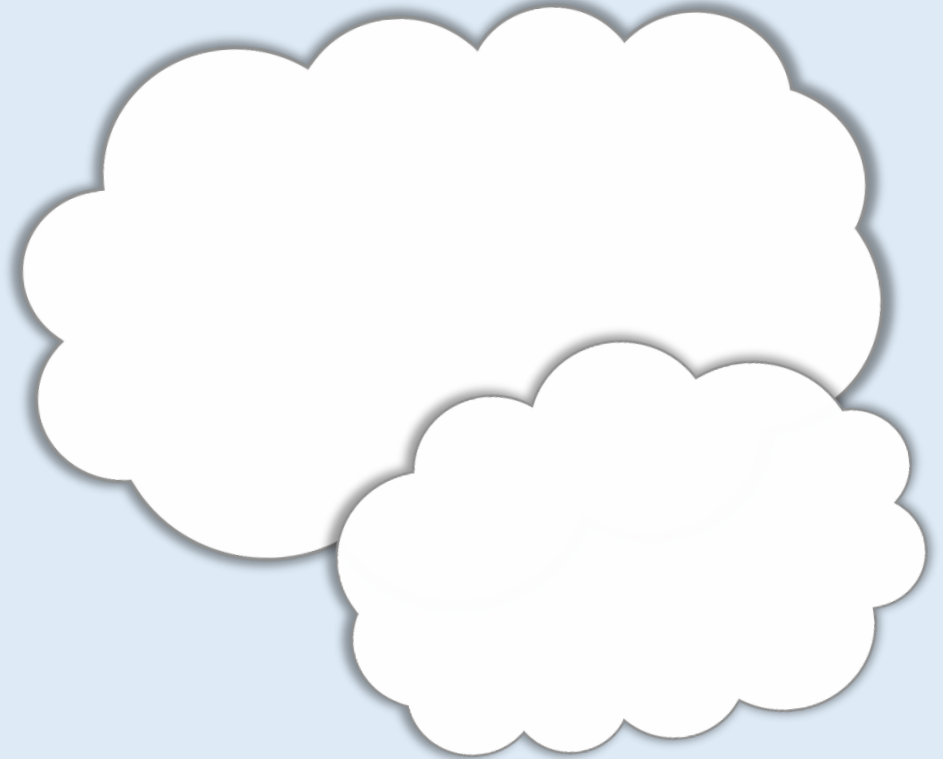
## Blow bubbles



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

# Mindfulness

## Look at the clouds

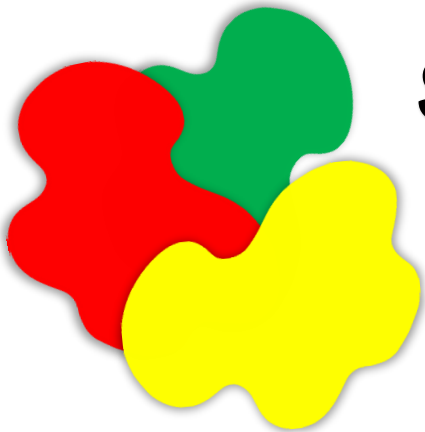


Watch the cloud shapes slowly move and change.

# Mindfulness

## Mindfulness walk

**Colour walk**



**Sound walk**



**Noticing nature**

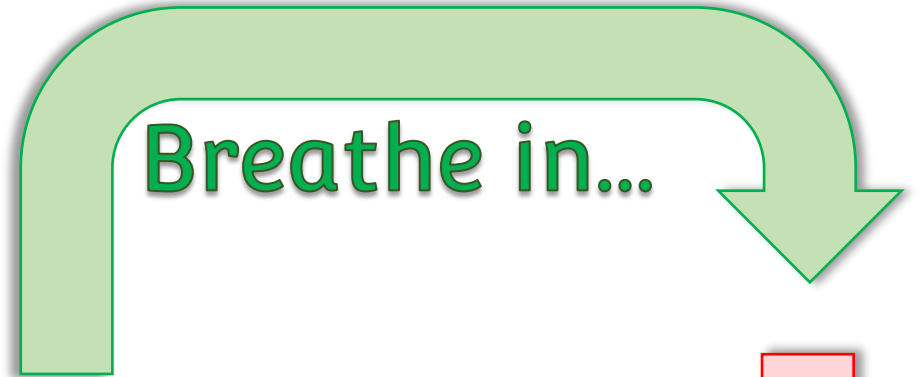


Choose a theme for a walk. Focus on just that theme as you enjoy your walk.

# Mindfulness

## Finger tracing

**Breathe in...**



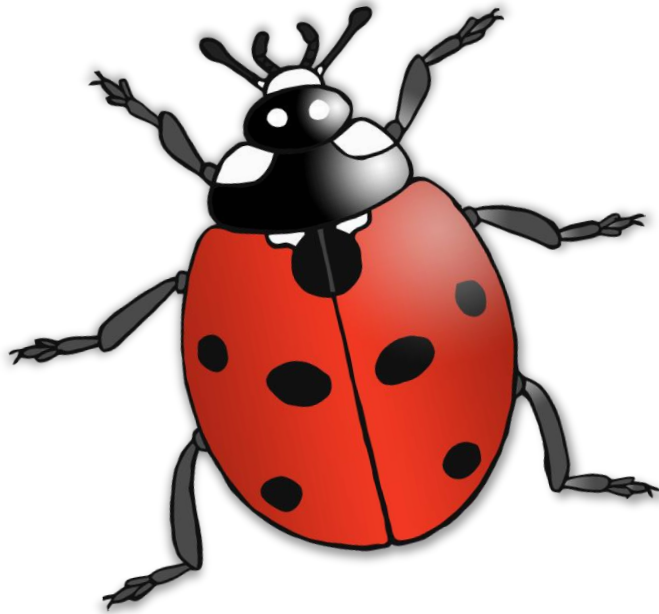
**Breathe out...**



Follow the line with your finger...  
breathe in... breathe out.

# Mindfulness

## Watch a minibeast



Watch a minibeast moving, eating, carrying, etc. Don't touch. Just watch.

# Mindfulness

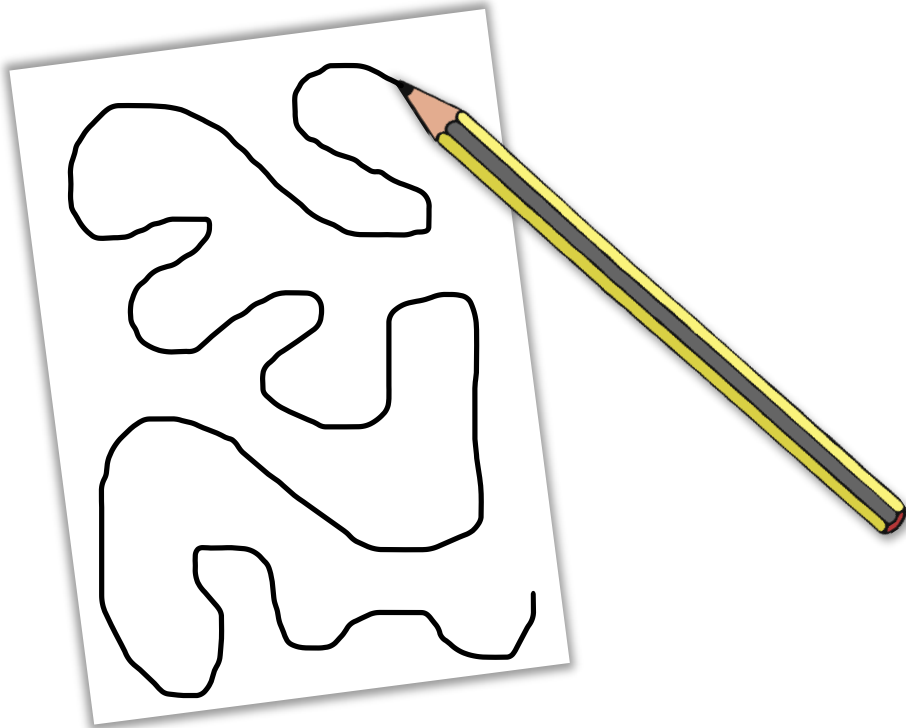
## Plant seeds



Prepare the soil for the seed. Plant the seed and add some water.

# Mindfulness

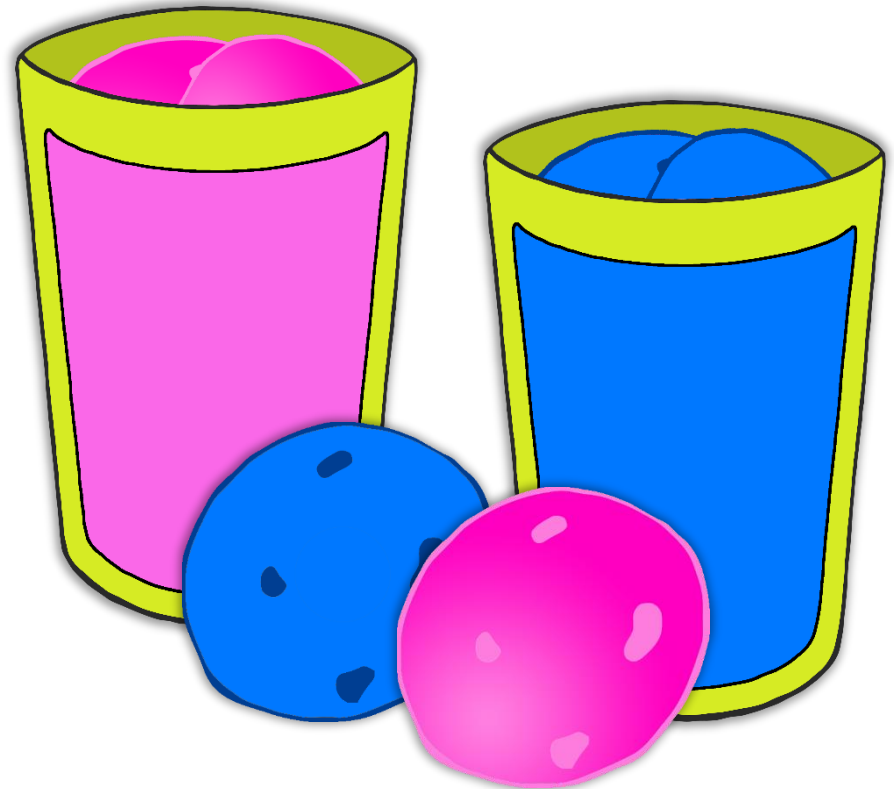
Take a line for a walk



Doodle with a pencil let the line go wherever you want on the paper!

# Mindfulness

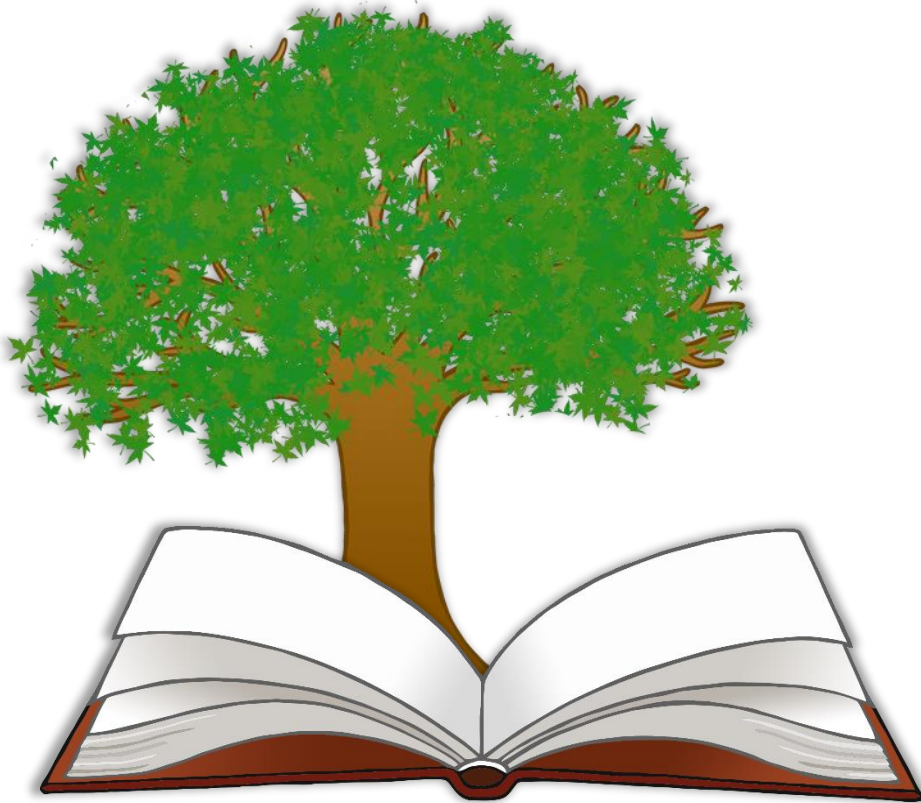
Squeeze playdough



Squeeze some playdough between your fingers. Concentrate on how it feels.

# Mindfulness

Read somewhere quiet



Find a quiet, peaceful place where you can concentrate on your book.

# Mindfulness

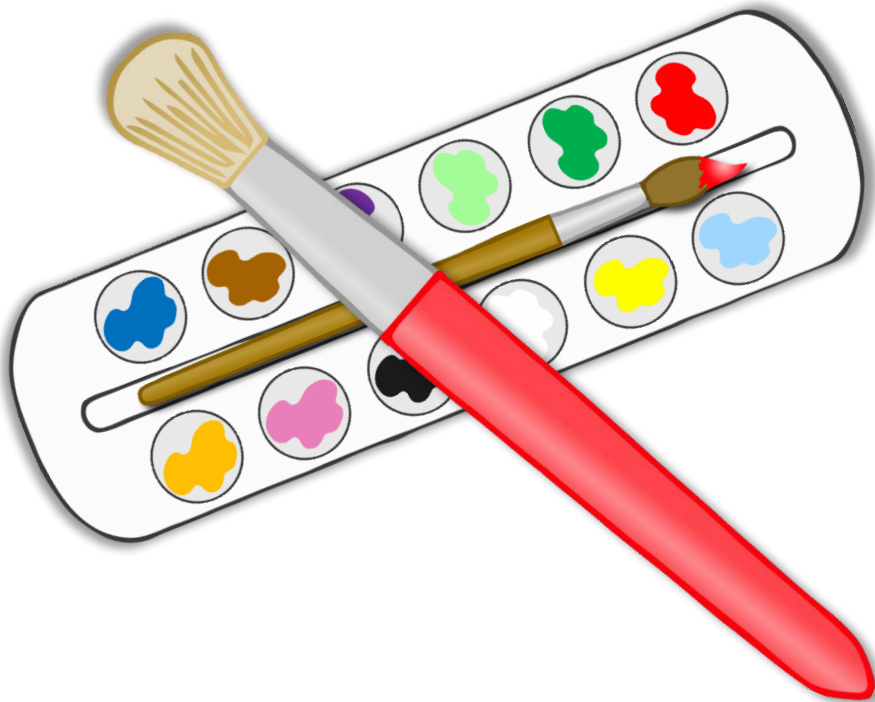
Animal role-play



Think of an animal. Can you act like that animal?

# Mindfulness

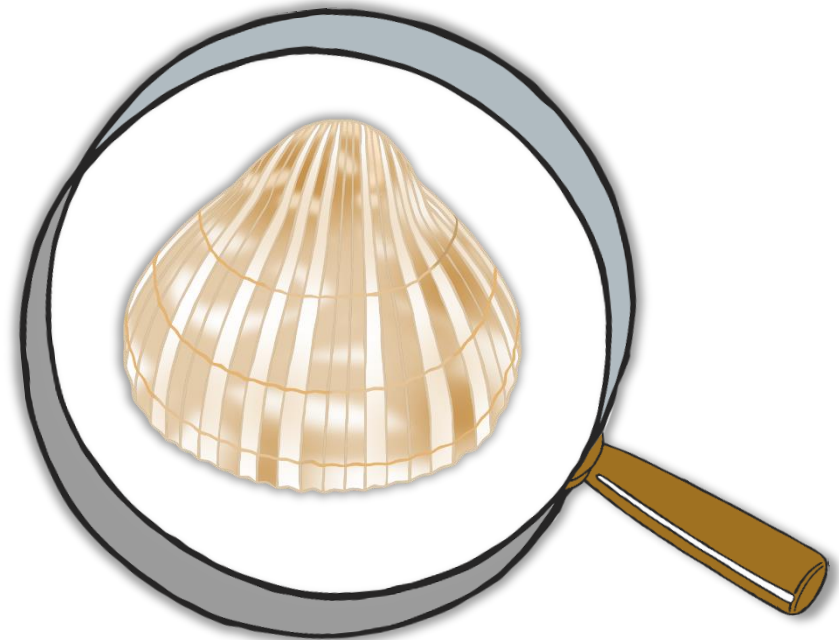
Paint a picture



Take your time to paint a picture.

# Mindfulness

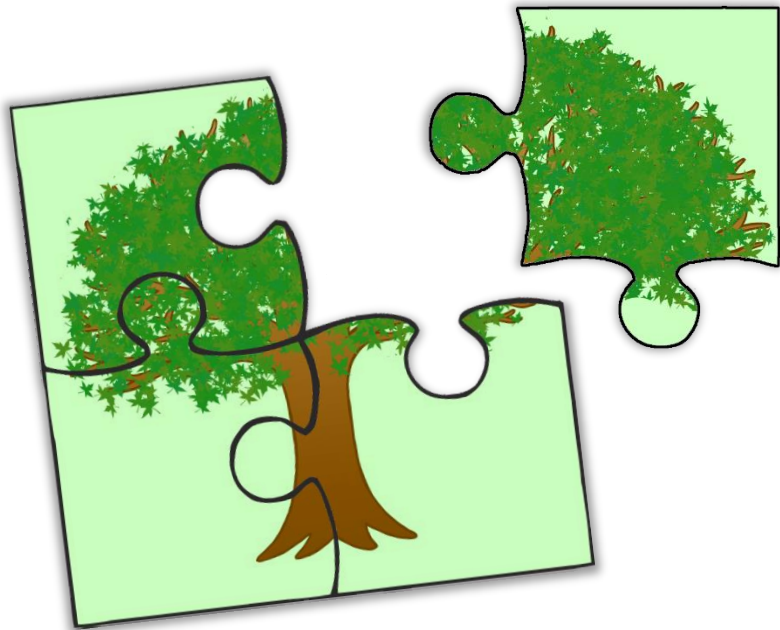
Look at something  
very closely



Look at an object very closely. Look  
at the details. What do you see?

# Mindfulness

Complete a jigsaw puzzle



Complete a jigsaw puzzle in a quiet place.

# Mindfulness

Listen to the bell

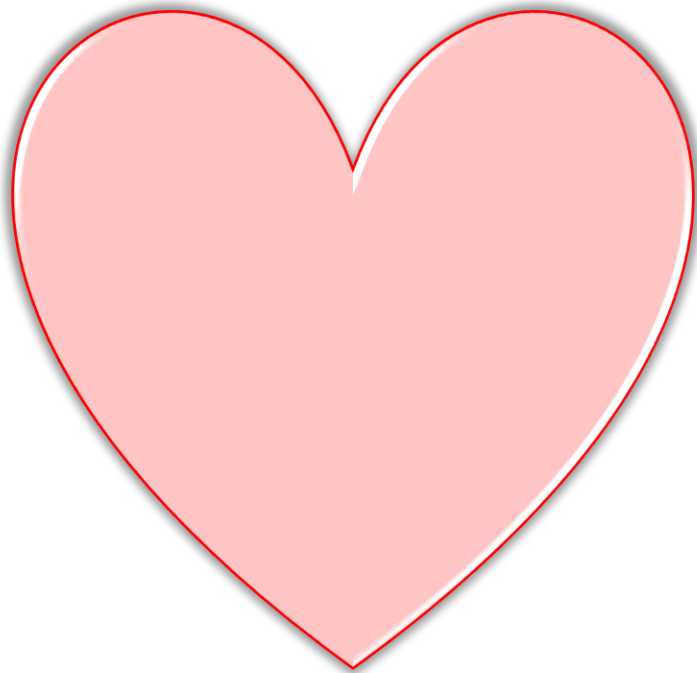


Sit still and close your eyes. Listen to the sound of a single ringing bell.



# Mindfulness

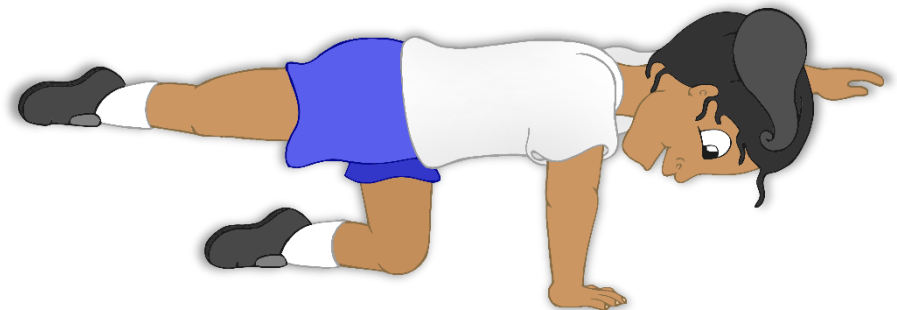
Feel your heartbeat



Feel your heartbeat in your chest and concentrate on the rhythm.

# Mindfulness

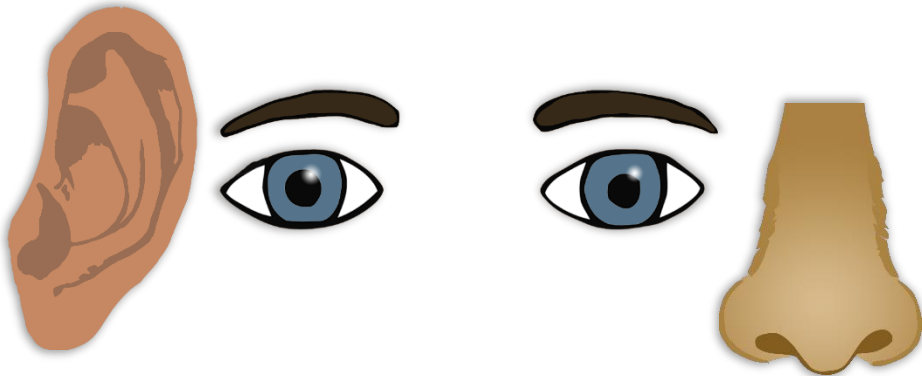
Yoga



Hold your body in yoga shapes. Remember to breathe slowly.

# Mindfulness

## 54321 senses



Think of:

5 things you can see

4 things you can hear

3 things you can smell

2 things you can feel

1 thing you can taste

# Mindfulness

## Listen to calm music



Sit or lie down, close your eyes  
and listen to some calm music.

# Mindfulness

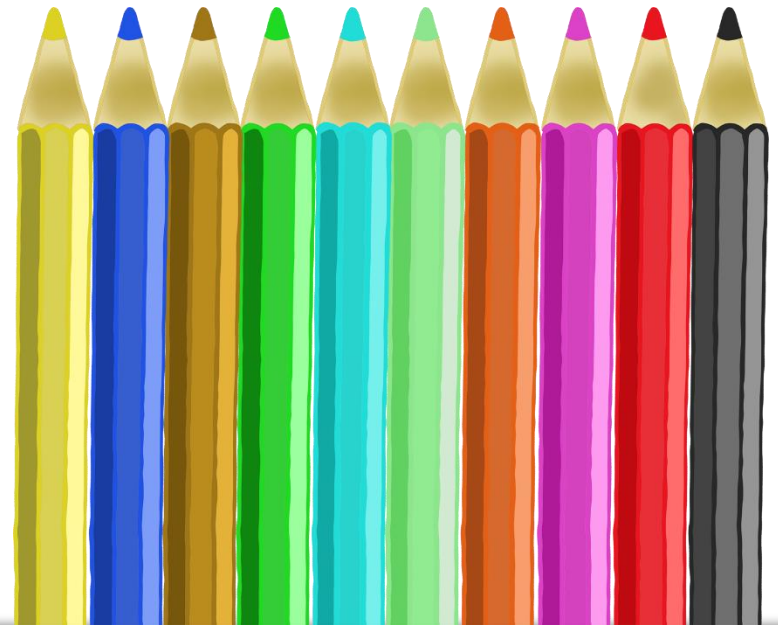
Think of **3** things that  
make you happy



Think of three things that make you  
happy and focus on the nice feeling.

# Mindfulness

Colouring



In a calm peaceful spot, enjoy  
some colouring in.

# Mindfulness

Listen to instrumental music and let your imagination paint pictures in your mind



Close your eyes and listen to some music without words. What do you imagine the music is about?

# Mindfulness

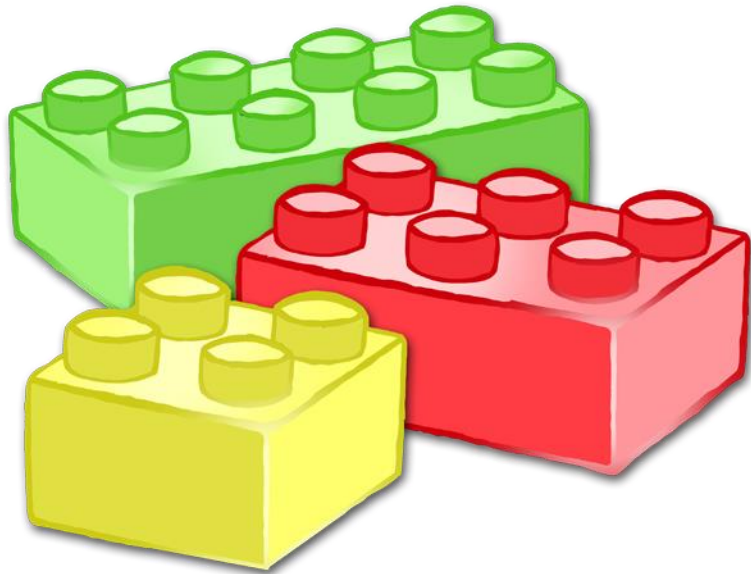
## Teddy breathing



Lie down with a teddy resting on your chest. Slowly breathe in and out. Concentrate on the teddy moving up and down.

# Mindfulness

## Brick building



Enjoy using building blocks to build a model in a quiet place.

# Mindfulness

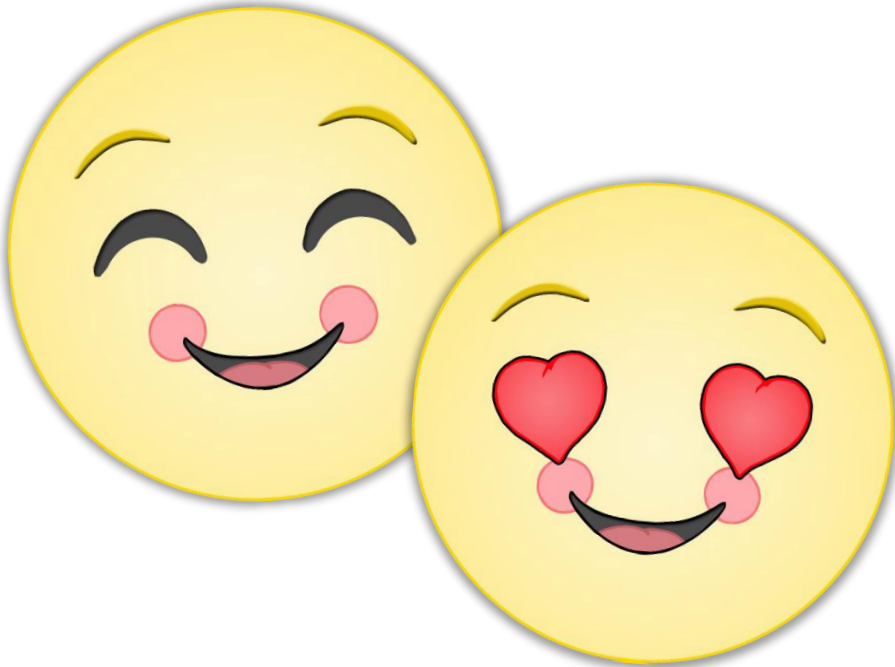
## Send a kind wish



Think of someone you know. In your mind send them a kind wish.

# Mindfulness

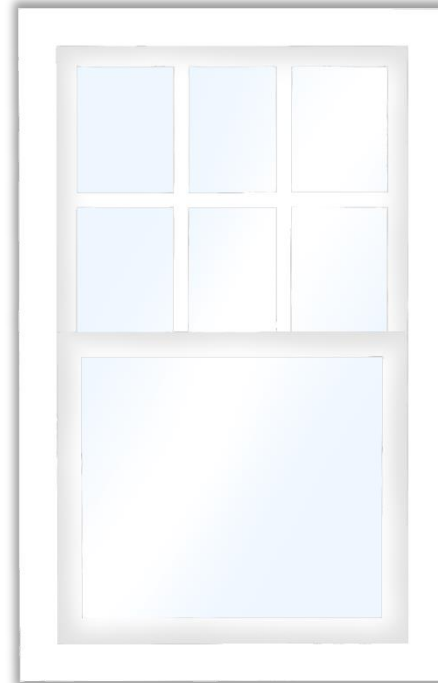
Think of something  
you are grateful for



Think of something or someone in your  
life that you are so happy to have.

# Mindfulness

Look out of a window –  
watch the world go by



Sit in a comfortable spot looking out of a  
window. Sit and look for a while. What can  
you see?

# Mindfulness

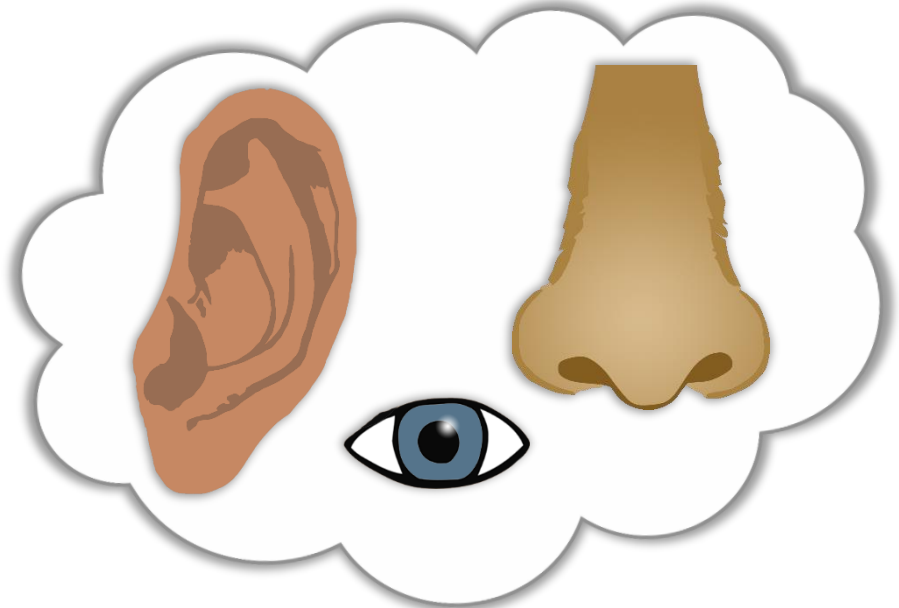
## Mindful listening



Pause – Close your eyes – Listen  
Notice a sound

# Mindfulness

## Imagine senses



Think of an object. Imagine you are holding it. Think of how it feels, how heavy it is, what it looks like, how it smells, etc.

# Mindfulness



# Mindfulness

