

Mindfulness Activities

On this poster are ideas for mindfulness activities that could be undertaken 1:1 with a child or in a small group.

The aim is for the child to focus on one thing at a time and remain very much in the present moment – an important life skill.

We hope this helps!



Mindfulness Activities



Blow bubbles



Look at the clouds



Mindfulness walk



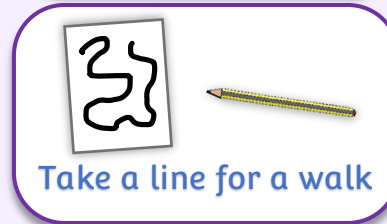
Finger breathing



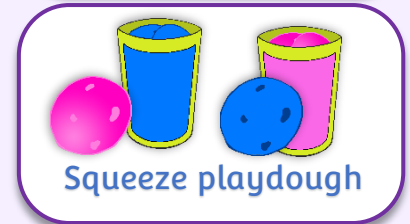
Watch a minibeast



Plant seeds



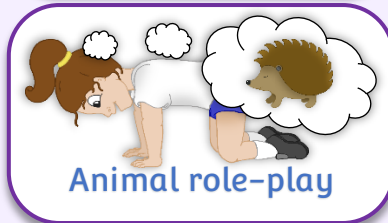
Take a line for a walk



Squeeze playdough



Read somewhere quiet



Animal role-play



Paint a picture



Look very closely



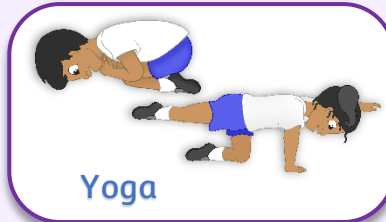
Jigsaw puzzle



Listen to a bell



Feel your heartbeat



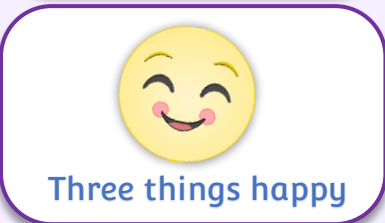
Yoga



54321 senses



Listen to calm music



Three things happy



Colouring



Music + imagination



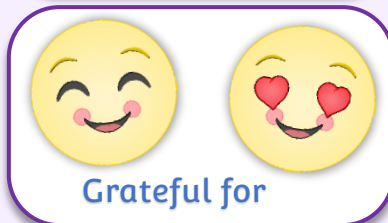
Teddy breathing



Brick building



Send a kind wish



Grateful for



Window watch



Mindful listening



Imagine senses