

Mindful Challenges

Go on a mindful nature walk. What can you see and hear?

Colour a picture. This could just be shapes on a piece of paper.

Can you find a quiet space to read a book? Have some quiet time; can you stay quiet for two minutes thinking about your breathing?

Can you jump up and down ten times and then listen to your heartbeat? Keep listening until it slows back down.

Can you think about how you are feeling and show it using one of the following ways to express it? words/ emoji / photograph / rating out of 10 / picture.

On small pieces of paper write down things that you can do around the house to make you feel happy. Place these in a cup; when you are feeling anxious, pick one out to do.

Spend some time looking at the clouds in the sky. Can you see any shapes? Do they remind you of anything?

Take your favourite toy or stuffed animal, lie down and place it on your belly. Slowly breathe in through the nose and out through the mouth.