

Mindfulness

is simply the process in which you focus on the present moment and clear your mind of problems and worries. Mindfulness techniques are known to help with one's well-being and to improve health in ways such as reducing stress and helping to improve sleep. It has been shown that "losing yourself" in some activity, such as being absorbed in a puzzle, colouring page or similar, can be a great way to help you relax and focus "on the moment". Taking regular breaks, getting fresh air in their lungs or swapping to a mindful activity for a bit, can help you and them concentrate better.

Here's a few things to try for this week:

- ☺ 10 minutes mindful colouring (books available in most supermarkets etc and online links are good if you can print out)
- ☺ Short brain exercises, for example countdown numbers game, conundrums or word puzzles are good for KS2. There are always links online, make sure you add "primary" or KS1/KS2 to your search. (See below)
- ☺ Dot to dot books, spot the differences, mazes
- ☺ Guided Imagery–
https://www.youtube.com/watch?v=V1-0JJJw_IQ
 15 minutes long, suitable for 6-12 year olds, underwater visualisation

• ALWAYS •
 BELIEVE THAT
 SOMETHING
Wonderful
 IS ABOUT
 TO HAPPEN
 - anonymous -

Mindful moments-

Listen to your favourite tunes outside while doodling. What do you end up drawing? Is it linked to the song or is it a randomness of lines? Has a certain word in the song made your mind ping? Also, why not try making up a dance/gymnastics routine to match your chosen song.

Blowing bubbles. Focus on taking in a deep, slow breath, and exhaling steadily to fill the bubble. Pay close attention to the bubbles as they form, detach, and pop or float away. As you blow your breath into the bubble try to imagine passing your worries into the bubble and watch them float away.

5				8	6			1
		2	7		1	6		
	7	1				2	5	
9	1			2			7	
3			1	4	5			6
	6			9			2	4
	5	3				4	6	
		8	9		3	5		
2			5	1				7

What is your favourite colour?

While out for a walk, look for things that are this colour, then when back home make a list of all those things that you saw:

FOLLOW THE RAINBOW TO FIND THE POT OF GOLD!

