**9.10.20**

**Art**

Today we are going to be looking at mindfulness.

In school we have been exploring mindfulness and how we can train ourselves to be mindful in our every day lives. This can include clearing your thoughts and focussing on positive thinking and/or listening to calming music, whilst trying an activity such as colouring.

Can you remember our tips for mindful colouring?



Task –

* Look at the examples above and design your own mindfulness colouring sheet with some paper and then colour it in.
* It can be as complicated as you want to make it
* Remember – think about our mindfulness tips that we discuss in school
* You might want to dim the light and find some calming music to listen to