

Mindfulness activities to complete with your child

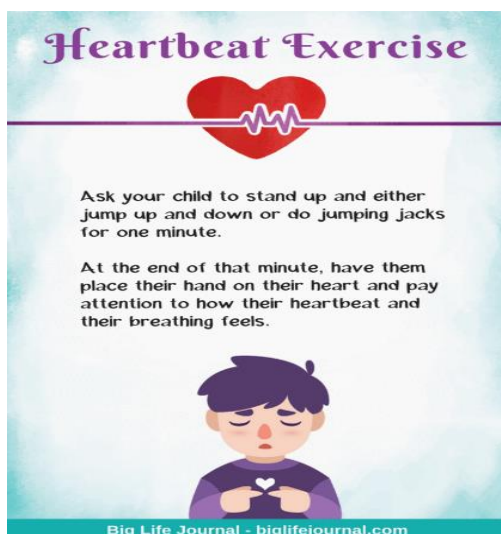
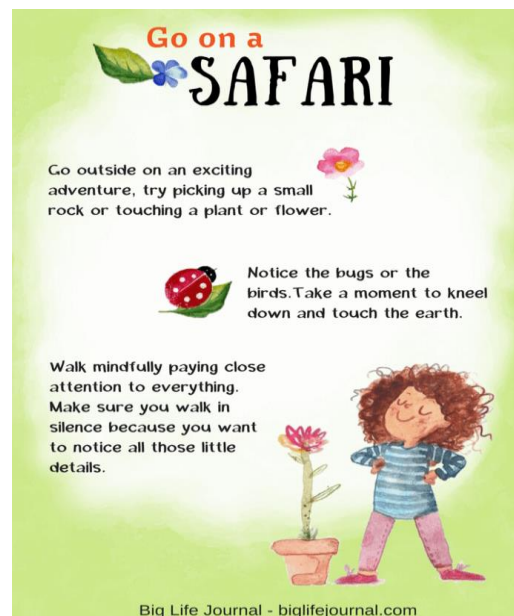
Mindfulness colouring. Create your own picture to colour in or use a template from a colouring book for some quiet time.

Complete one of the mindfulness Go Noodle activities

<https://family.gonoodle.com/>

Listening Walk. Go on a listening walk around the garden and house. What are the sounds you can hear? Where are they coming from?

Mindfulness story. Listen to a mindfulness story on You Tube to relax and wind down.



Heartbeat exercise. Ask your children to exercise and place their hand on their heart and notice what it is doing.

Create a glitter Jar; Find a jar and decorate, fill the bottle up to $\frac{3}{4}$ with water. Next add clear glue, food colouring and glitter. Add lid and shake!