**Mindfulness**

As we have been learning at school, mindfulness is a really important tool we can use to look after both your physical and mental health. Please see below some suggested activities you could do to keep you feeling calm, focused, fit and entertained – you could even get your family to join in!

**Get close to the earth**

Often we only look for the bigger things in life and miss the small! Next time you are in your garden or an outdoor space try this….

Lie on your belly and look through the grass at the wonders that can lie within the blades. Ants, dew drops, sunlight, spiders and beetles….

When you feel you have looked at everything within your reach, gently turn yourself around and do the same exercise again…did you find more there than the first time. What was different? Or maybe just the same?

By taking time to focus on a smaller patch of life and give it our full attention we are being mindful and respectful.

**10 fingers of gratitude**

This is a very quick daily exercise which will have a very powerful effect on your day. It can be a good idea to do it first thing in the morning or last thing at night.

Bring to mind 10 things which you appreciate in your life today, counting them on your fingers. It’s important to get to 10 things, even when over time it becomes increasingly hard! This is exactly what the exercise is about – bringing into your awareness the previously unnoticed things in your day to day life.

**The taste test**

Play this as a game, for adults as well as children!

Blindfold everyone in the group. Give them something edible to hold, for example a raisin, a slice of cucumber, a square of chocolate, a tomato,

Everyone must use all their senses to try and identify the item they have been given – smell, touch and taste your item and describe.

When the blindfold has been removed take a moment of reflection.

What was is like to have your sight removed? How did the experience make the feel?

**A mindfulness walk**

Come rain or shine, walking is a great form of exercise! Take yourself and your family out for a walk, you could call it a Wilderness Trail! Whilst you are walking, have a competition on who can find the smallest creepy crawly. How many birds can you count? Are they all the same or are they different? What can you smell and hear? Say the alphabet and try and find something you can see or hear beginning with that letter!

There are lots of brilliant apps and meditation videos you can find online. I have listed some below you may want to try. You may also want to do some relaxing mindful colouring that has been attached or you could draw your own pictures to colour. The most important thing is for you is to keep happy, safe and healthy! Missing you all!

**Apps**

Headspace (for kids), Insight timer, Smiling Mind, Calm,

**Meditation for children**

<https://youtu.be/Bk_qU7l-fcU>

<https://youtu.be/9RvMniu_yW0>

<https://youtu.be/ZBnPlqQFPKs>

**Children’s yoga**

<https://youtu.be/0ImHIWzP49M>