

Mindfulness
activities for
you and your
family



*What is
mindfulness?*



*How does it help
us?*

Mindfulness is being present...



Pause.....

Breathe.....

Smile.....

Discuss, then watch the videos

<https://www.youtube.com/watch?v=fmWYD6aHLhg>

<https://www.youtube.com/watch?v=QNmMH6tqiMc>



For your daily mindful activities, you can draw a picture, create something out of recycling material, write a few sentences, discuss with your sibling or your parent or a carer.

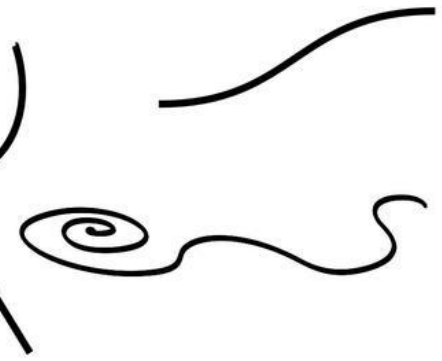
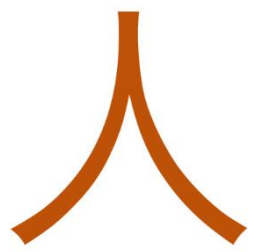
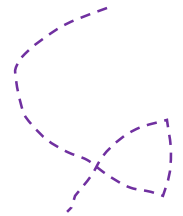
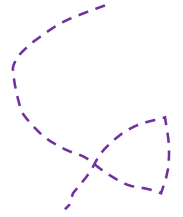
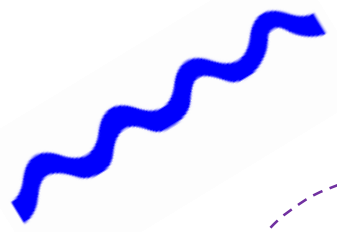




Find a
LINE
and turn i
into a

MONDAY

Masterpiece



Monday

TECHNOLOGY

TUESDAY



DIY MINDFULNESS JAR



What is the **best**

invention of all time?

Make 'a calm down jar'.
Watch the video first.

https://www.youtube.com/watch?v=P2SqvcQ_o

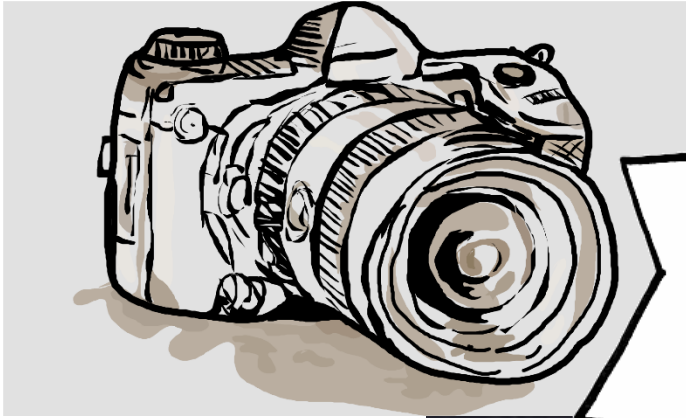
Tuesday

WANT DISNEY

Wednesday

What is your favourite
DISNEY film and why?

Wednesday



PERFECT

Thursday

Where do you picture
yourself in 5 years?

Thursday



Fri-Yay!

weekend

As we head into the
what are you hoping to do to

RE⚡CHARGE your batteries?

Friday

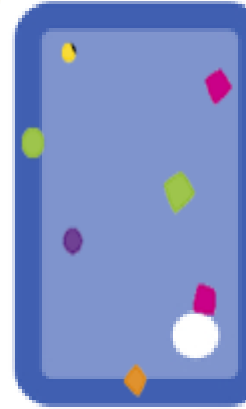
It's Easter holidays.....

**Have fun, be happy
and**

Enjoy the activities!

Year 3 teachers!

To _____



thank you!

From _____