

Mindfulness activities for you and your family.



*What is
mindfulness?*



*How does it help
us?*

Watch the video.

***What some children said about mindfulness.
Discuss with the members of your family.***

<https://www.youtube.com/watch?v=awo8jUxIm0c>

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.

MARVEL

OUR

MONDAY

WHAT

SUPERPOWER

SHOULD YOU HAVE?

Monday

Travel to



**If you could travel
anywhere in the
world, where would
you go?**

Tuesday



Motivational Wednesday

'Fall seven times, stand up eight...'

Life is **T** ◦ **O** ◦ **U** ◦ **G** ◦ **H**

but so are

you!

What motivational quote will help you get back into the groove of school?

'Mix a little foolishness with your serious plans. It is lovely to be silly at the right moment.'

Wednesday

Throw it out

THURSDAY

If you had to throw all but ONE of your possessions, what would your prized (special) possession be?

Thursday



FLASHBACK FRIDAY

What's ONE thing
you've done this year
that you want to do
again?

Friday



To

thank you!

From _____

How did you enjoy mindfulness activities?