



Mindfulness Activities

Ideas for during school closures



During this time of school closures, you and your family may feel a range of feelings such as worry, anxiety and you may struggle to switch off and rest properly. Mindfulness is a tool which can be used to support your child, and family's wellbeing. Mindfulness is like exercise for the mind; helping you to be present, slow things down and check in with our surroundings, feelings, sensations and thoughts in the present moment. It is about being curious and non-judgemental and taking a little time to just be.

Mindfulness can:

- ✓ Increase a sense of calm and happiness
- ✓ Increase compassion (for self and others)
- ✓ Improve concentration and attention
- ✓ Promote helpful reactions to difficult emotions

Mindfulness activities to share with your child

Belly Breathing (2 minutes)

Breathing is something we do without thinking most of the time, but it is a beautiful way of relaxing the brain and body. Ask your child to choose a small cuddly toy. Your child can lay on their back and place the toy on top of their tummy button. Encourage your child to breathe in and notice how their tummy fills like a balloon and how the toy moves up. Next, they can watch how the toy moves down as they breathe out.

Shark Fin (2 minutes)

Encourage your child to place the side of their hand on their forehead, with their palm facing out to the side. Ask them to close their eyes and slide their hand down their face, in front of their nose. They can say, "Shhhh," as they slide their hand down their face. Repeat.

Superhero Senses (2 minutes)

Ask your child to find somewhere to sit and be peaceful; it can be inside or in an outside space. Prompt your child to notice their senses by asking these questions, but they don't have to share their ideas:

- *What can you hear?*
- *What can you see?*
- *What can you taste?*
- *What can you smell?*
- *What can you feel?*

Senses Countdown (2 minutes)

Ask your child to find somewhere to sit and be peaceful; it can be inside or in an outside space. Prompt your child to explore using their senses and share their ideas:

- *What five things you can see?*
- *What four things you can touch?*
- *What three things you can hear?*
- *What two things you can smell?*
- *What one thing you can taste?*

Mindful Eating (2 minutes)

Give your child a grape/segment of orange/piece of chocolate and ask them to explore the food with their senses before beginning to take small nibbles. Encourage your child to think about the sensations of eating.

- *What does it taste like? Is it sweet or savoury?*
- *What does the food feel like on your tongue?*
- *Do you need to crunch it between your teeth, or does it slowly dissolve it in your mouth?*



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Mindful Steps (3 minutes)

This activity is best done outside, and your child may like to walk barefoot. As your child walks around the space, encourage them to think about:

- *What does the ground feel like under your feet?*
- *Which part of your foot touches the ground first when you take a step?*
- *Does your body feel heavy or light today?*
- *What can you hear/smell/see/feel in nature?*

Mindful Doodling

Give your child a piece of paper and selection of pens/pencils/paints and let them doodle freely. Doodling relaxes the mind and can feel very therapeutic.

Colouring (see link below for colouring sheets)

Give your child a piece of paper and selection of pens/pencils/paints and let them colour freely.

Creative Activities

Activities such as playing with salt dough/playdough/plasticine, threading beads onto string, painting and drawing can all be very relaxing activities.

Emotion Jars

Your child could decorate and label jars with key feelings (sad, happy, worried etc) and as a family you could add your names to a particular jar when you feel that emotion - this will help your child to clarify their emotions. You could also record the things that make you feel the emotion for example if your child feels happy because it's their birthday, that could then be added to the jar.

Mindful Gratitude

Throughout the day, ask your child to stop, take three mindful breaths, and say one thing they are thankful for or these could be recorded on a special 'Gratitude List'. By the end of the day, you will have a list filled with happy thoughts.

Worry Stones

Your child could choose a stone from the garden/outdoor space during a daily walk and whenever they feel worried, they could rub their stone, while focusing on the feel of the stone, and taking deep belly breaths.

Follow the links below for additional resources:

- ✓ [Cosmic Kids Yoga](#)
- ✓ [Mindful Games Activity Cards](#)
- ✓ [Mindfulness for Parents](#)
- ✓ [Headspace Meditation for Beginners](#)
- ✓ [Twinkl Mindfulness Colouring Sheets](#)