

Mindfulness

The following activities are here to help with relaxation time. They are simple ideas for home learning with little equipment needed so you can have fun with your child and be reassured they are learning at the same time.

 <u>Balloon</u>	<u>Blowing bubbles.</u> Focus on taking in a deep, slow breath, and exhaling steadily to fill the bubble.	<u>A- Z of Self-care</u> What can you do to look after yourself today? Read through the poster and then make your own A-Z of self-care.	<u>Create a Glitter Jar</u> 
<u>Make a pinwheel</u> 	<u>Coco the butterfly</u> <u>Cosmic Yoga</u>	<u>Breathing hands</u> 	<u>Reading in an unusual place</u> Take some pictures and send them to virtualschool@oak.education
<u>Doodle a Day</u> Doodling is relaxing. Try filling this all in today. What creative doodles can you do?	<u>How many positives can you think of?</u> Fill in the shapes with as many positives you can think of. E.g. "I am brave, kind, caring..."	 <u>Magic Treehouse</u>	<u>Blindfolded taste test</u> Use a blindfold for each child and have them experience eating a small food, like a raisin or a cranberry, as if it was their first time eating it.
<u>Senses Countdown</u> 	<u>Mindfulness Scavenger Hunt</u>	<u>Wellbeing Craft - Things to Look Forward To Jar</u>	<u>Pokemon Cosmic Yoga</u>