Mindfulness Activity Cards

A poster with text and images of human body parts

Description automatically generatedA pencil and a maze

Description automatically generatedA magnifying glass with a shell inside

Description automatically generated

These activity cards contain ideas to promote mindfulness and awareness of surroundings.

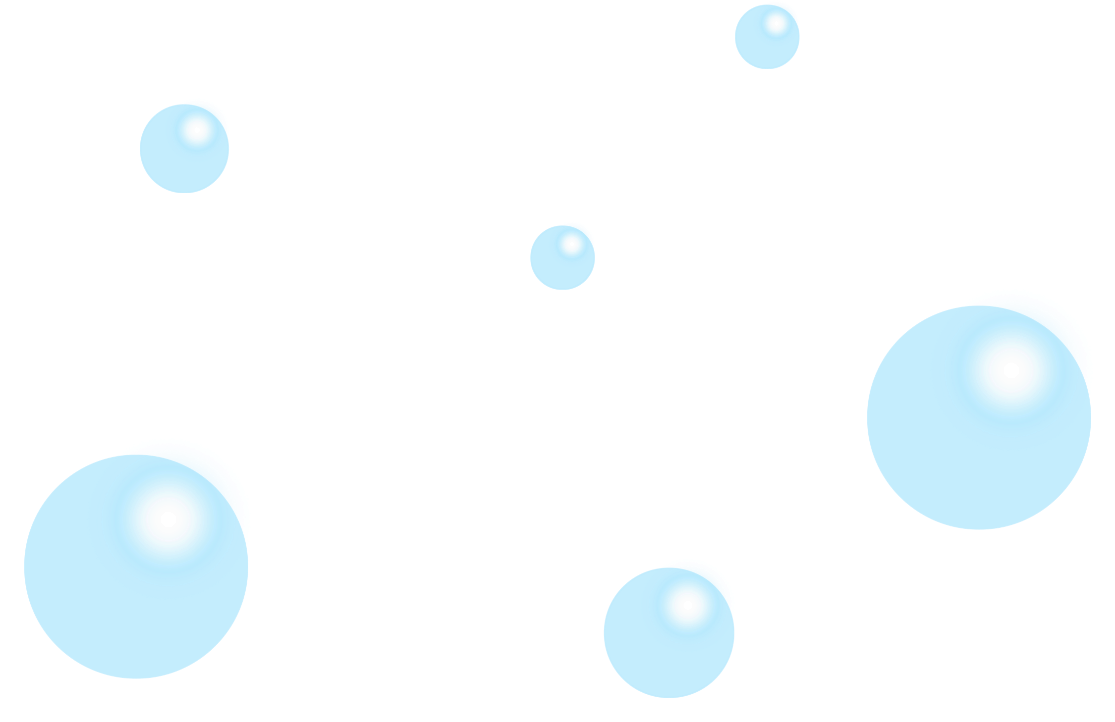
The activities are intended to give the children time and space to focus on one thing at a time, remaining in the present moment.

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Blow bubbles

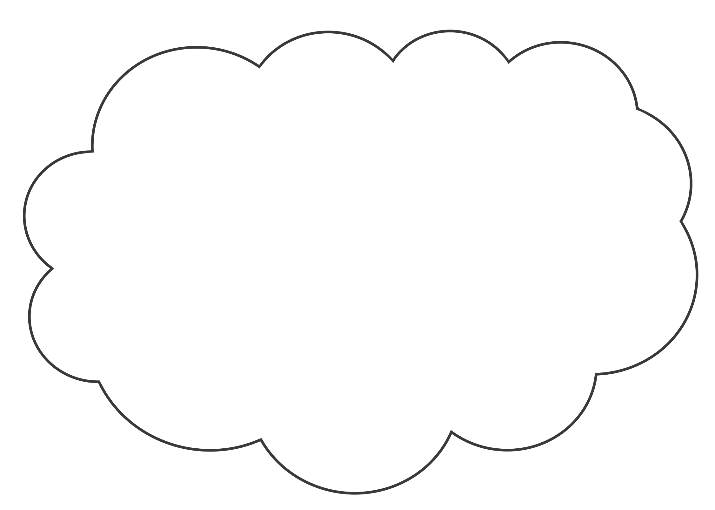
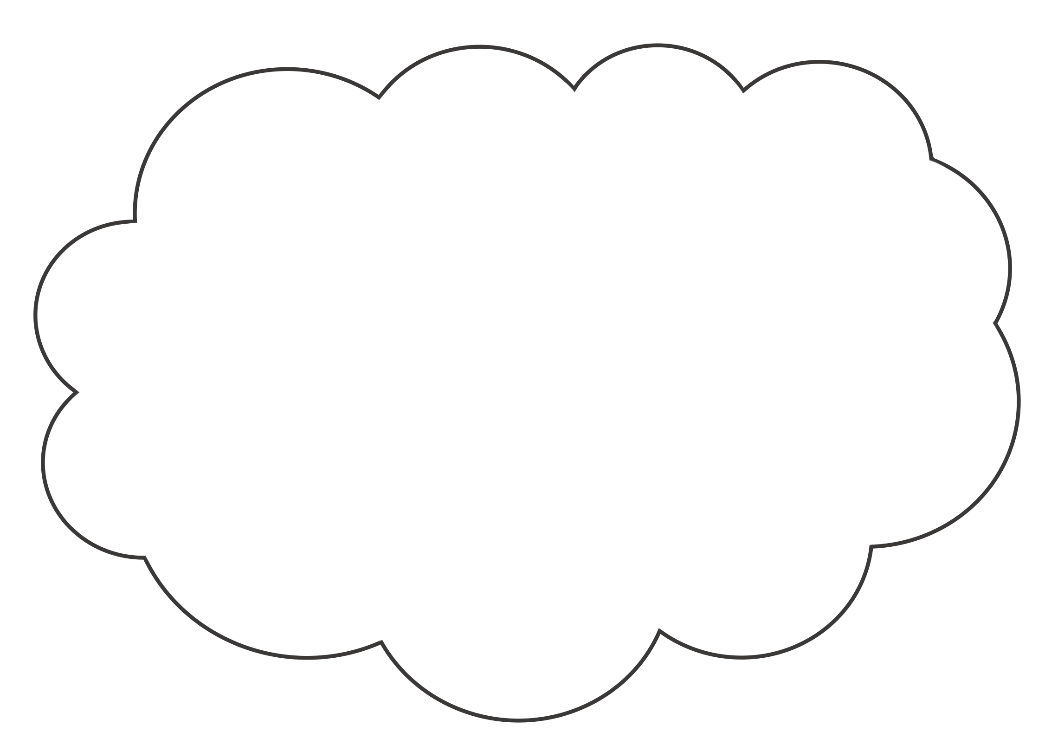
Watch how bubbles are moved by the breeze and slowly fall to the ground.



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Look at the clouds

Watch the cloud shapes slowly move and change.



Mindfulness



Mindfulness

A cartoon squirrel eating a nut

Description automatically generatedA close up of an ear

Description automatically generatedShape, circle

Description automatically generatedShape

Description automatically generatedA picture containing text, silhouette, vector graphics

Description automatically generated

Breathe in…

Breathe out…

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Mindfulness walk

Choose a theme for a walk. Focus on just that theme as you enjoy your walk.

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Finger tracing

Follow the line with your finger… breathe in… breathe out.



Mindfulness



Mindfulness

Noticing nature

Sound walk

Colour walk

Icon

Description automatically generatedIcon

Description automatically generatedA picture containing watering can

Description automatically generatedA ladybug with black dots

Description automatically generated

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Watch a minibeast

Watch a minibeast moving, eating, carrying, etc. Don’t touch. Just watch.

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Plant seeds

Prepare the soil for the seed. Plant the seed and add some water.



Mindfulness



Mindfulness

A pink circle with white spots

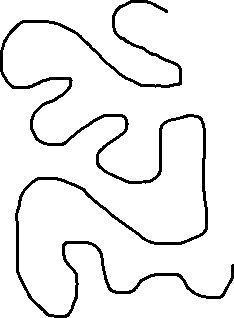
Description automatically generatedA blue circle with black spots

Description automatically generatedA blue and yellow glass

Description automatically generatedA cartoon of a pink and yellow drink

Description automatically generatedA yellow and grey pencil

Description automatically generated



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Take a line for a walk

Doodle with a pencil let the line go wherever you want on the paper!

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Squeeze playdough

Squeeze some playdough between your fingers. Concentrate on how it feels.



Mindfulness



Mindfulness

A cartoon of a book

Description automatically generatedA tree with green leaves

Description automatically generatedA cartoon of a dog

Description automatically generated with low confidenceA picture containing text

Description automatically generated

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Read somewhere quiet

Find a quiet, peaceful place where you can concentrate on your book.

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Animal role-play

Think of an animal. Can you act like that animal?



Mindfulness



Mindfulness

A close up of a shell

Description automatically generatedA cartoon of a magnifying glass

Description automatically generatedA red and white pencil

Description automatically generatedA pencil with different colors of paint

Description automatically generated

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Paint a picture

Take your time to paint a picture.

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Look at something very closely

Look at an object very closely. Look at the details. What do you see?



Mindfulness



Mindfulness

A yellow bell with a black background

Description automatically generatedA puzzle with a tree and a black background

Description automatically generatedA puzzle piece with a green leafy tree

Description automatically generated

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Complete a jigsaw puzzle

Complete a jigsaw puzzle in a quiet place.

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Listen to the bell

Sit still and close your eyes. Listen to the sound of a single ringing bell.



Mindfulness



Mindfulness

Cartoon of a person kneeling

Description automatically generatedA cartoon of a person bending over

Description automatically generated

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Feel your heartbeat

Feel your heartbeat in your chest and concentrate on the rhythm.

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Yoga

Hold your body in yoga shapes. Remember to breathe slowly.



Mindfulness



Mindfulness

A musical note with a black background

Description automatically generatedA musical note on a black background

Description automatically generatedA black and white musical note

Description automatically generatedA cartoon eyes with brown eyebrows

Description automatically generatedA nose of a horse

Description automatically generatedA close up of an ear

Description automatically generatedA black and white image of a musical note

Description automatically generated

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54321 senses

Think of:

**5** things you can see

**4** things you can hear

**3** things you can smell

**2** things you can feel

**1** thing you can taste

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Listen to calm music

Sit or lie down, close your eyes and listen to some calm music.



Mindfulness



Mindfulness

A yellow smiley face with pink cheeks and eyes

Description automatically generatedA row of colored pencils

Description automatically generated

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Think of 3 things that make you happy

Think of three things that make you happy and focus on the nice feeling.

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Colouring

In a calm peaceful spot, enjoy some colouring in.



Mindfulness



Mindfulness

A cartoon teddy bear with a blue bow

Description automatically generatedA musical note with a black background

Description automatically generatedA musical note on a black background

Description automatically generatedShape

Description automatically generated with low confidence

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Listen to instrumental music and let you imagination paint pictures in your mind

Close your eyes and listen to some music without words. What do you imagine the music is about?

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Teddy breathing

Lie down with a teddy resting on your chest. Slowly breathe in and out. Concentrate on the teddy moving up and down.



Mindfulness



Mindfulness

A group of colorful building blocks

Description automatically generatedShape

Description automatically generated with low confidence

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Brick building

Enjoy using building blocks to build a model in a quiet place.

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Send a kind wish

Think of someone you know. In your mind send them a kind wish.



Mindfulness



Mindfulness

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Think of something you are grateful for

Think of something or someone in your life that you are so happy to have.

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Look out of a window – watch the world go by

Sit in a comfortable spot looking out of a window. Sit and look for a while. What can you see?



Mindfulness



Mindfulness

A white window with six square windows

Description automatically generatedA yellow smiley face with red hearts in eyes

Description automatically generatedA yellow smiley face with pink cheeks and eyes

Description automatically generated

Shape

Description automatically generated with low confidenceA close up of an ear

Description automatically generatedA nose of a horse

Description automatically generatedA blue eyeball with black circle

Description automatically generatedA close up of an ear

Description automatically generated

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Mindful listening

Pause – Close your eyes – Listen

Notice a sound

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Imagine senses

Think of an object. Imagine you are holding it. Think of how it feels, how heavy it is, what it looks like, how it smells, etc.



Mindfulness



Mindfulness

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Mindfulness



Mindfulness