A screenshot of a chart

Description automatically generated

On this poster are ideas for mindfulness activities that could be undertaken 1:1 with a child or in a small group.

The aim is for the child to focus on one thing at a time and remain very much in the present moment - an important life skill.

We hope this helps!

Activities

Mindfulness

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Shape

Description automatically generated with low confidenceShape

Description automatically generated with low confidenceShape

Description automatically generated with low confidenceShape

Description automatically generated with low confidence

A picture containing pool ball

Description automatically generatedA yellow sun with a smiling face

Description automatically generatedShape

Description automatically generated with low confidenceShape

Description automatically generated with low confidenceA picture containing pool ball

Description automatically generated

Mindfulness

A yellow bell with a black background

Description automatically generatedA blue and yellow glass

Description automatically generatedA cartoon of a person bending over

Description automatically generatedCartoon of a person kneeling

Description automatically generatedA nose of a horse

Description automatically generatedA close up of an ear

Description automatically generatedShape

Description automatically generated with low confidenceA close up of an ear

Description automatically generatedA white window with six square windows

Description automatically generatedA yellow smiley face with pink cheeks and eyes

Description automatically generatedA yellow smiley face with red hearts in eyes

Description automatically generatedShape

Description automatically generated with low confidenceLogo

Description automatically generated with medium confidenceA row of colored pencils

Description automatically generatedShape

Description automatically generated with low confidenceIcon

Description automatically generated with medium confidenceA picture containing logo

Description automatically generatedA cartoon teddy bear with a blue bow

Description automatically generatedA group of colorful building blocks

Description automatically generatedA nose of a horse

Description automatically generatedA cartoon eyes with brown eyebrows

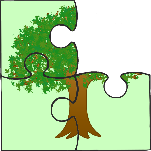
Description automatically generatedA close up of an ear

Description automatically generatedA close-up of a crescent moon

Description automatically generated with low confidenceIcon

Description automatically generated with medium confidenceIcon

Description automatically generated with medium confidenceA picture containing logo

Description automatically generatedA cartoon of a magnifying glass

Description automatically generatedA close up of a shell

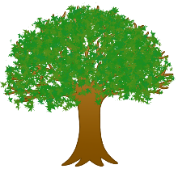
Description automatically generatedShape

Description automatically generated with low confidenceShape, circle

Description automatically generatedA cartoon of a dog

Description automatically generated with low confidenceA picture containing text

Description automatically generatedA picture containing text, arch, bridge

Description automatically generatedA blue circle with black spots

Description automatically generatedA pink circle with white spots

Description automatically generatedA cartoon of a pink and yellow drink

Description automatically generatedIcon

Description automatically generatedIcon

Description automatically generatedA ladybug with black dots

Description automatically generatedA ladybug with black dots

Description automatically generated

Listen to a bell

Finger breathing

Yoga

Imagine senses

Mindful listening

Window watch

Grateful for

Send a kind wish

Three things happy

Colouring

Teddy breathing

Brick building

54321 senses

Jigsaw puzzle

Look very closely



Plant seeds

Watch a minibeast

Breathe out…

Breathe in…

Blow bubbles

Activities

Music + imagination

Listen to calm music

Feel your heartbeat

Read somewhere quiet

Animal role-play

Paint a picture

Take a line for a walk

Squeeze playdough

Mindfulness walk

Look at the clouds

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