



Mindfulness activities to try at home



Superhero poses



Pose in a way that makes you feel strong, brave or happy. Try different poses. It might help to think about different superheroes like Superman and Wonder woman. How do you feel after doing these poses?



Spidey Senses

Sit somewhere quiet and turn on your Spidey Senses. Really focus on each sense. What can you see? What can you hear? What can you smell? What can you taste? What can you feel?



Bell Ringing

Sit quietly and ring a bell. Listen to sound of the bell getting quieter and quieter and try to notice when you can't hear it ringing anymore.



Mindful Listening

Set a one minute timer. Sit quietly for 1 minute and listen to what you can hear around you. When the minute has ended write or draw everything you heard.



Mindful Breathing

Lay on your back on the floor and place a soft toy on your stomach. Take deep breaths and pay attention to the way your soft toy moves up and down with your breathing.



Glitter Jar

Find a jar or a plastic bottle and decorate it however you like. Fill it $\frac{3}{4}$ of the way with water and add clear glue, food colouring and glitter. Shake it up and look at it when you are feeling worried or cross.