

Key Stage 2 Mindfulness Activities



Have a go at some or all of these tasks with your family. Practise each one for one minute or more.

Squeeze all of your muscles. Firstly, can you relax your hands, then shoulders, neck, tummy, legs, feet and lastly, toes?



Listen to a song. Put your pencil on paper and draw what the music does.



Lie on your back outside and close your eyes so you can use all of your senses except for sight.

Notice the feel of the air, the feel of the ground, the sounds that surround you and any smells that are present.



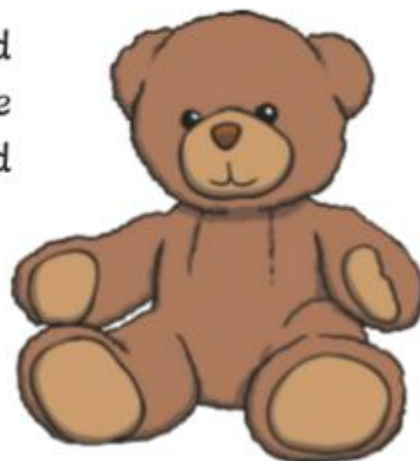
Close your eyes and ask a partner to pass you an object that you can hold in your hands.

Touch and turn the object, describing each aspect in detail to your partner and then swap places.

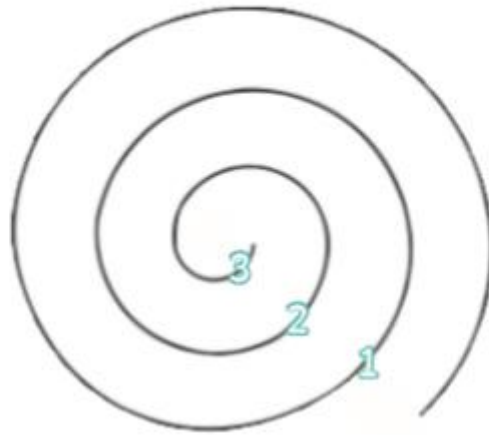


Lie with your back on the floor and place a soft toy on your tummy.

Breathe in and out slowly and deeply and try to concentrate on the way your toy rises and falls with your breathing.



1, 2, 3... . Draw a big spiral getting smaller. How many times did you go around?



Rainbow Breaths

Stand with your feet shoulder width apart, arms gently resting by your sides. Slowly raise your arms and take a deep breath in. Try to breathe in until your hands reach each other over your head. Breathe out slowly while lowering the hands. Visualize the beautiful rainbow you are making. Repeat 5 - 10 times. Each time you breathe in imagine you are adding another color to your rainbow. What colors are you adding to your rainbow? Once your rainbow is done slowly open your eyes.

