

Ellison Mindfulness



Mindfulness colouring



Everyone needs a calm moment now and again. Colouring is an activity that sparks the logical and creative aspects of the brain into action. If you think of colouring like a mental exercise, then you're keeping your brain active, healthy and improving coordination.

https://www.twinkl.co.uk/resource/t-c-1551-mindfulness-colouring-sheets-bumper-pack

Go Zenn



This animated video can help you to create a still and quiet place that you can go to whenever you like.

https://www.youtube.com/watch?time_continue=4&v=GlJn5XhqPN8&feature=emb_logo

Mindful Snack

Have a 'mindful' snack by describing the smell, texture and taste of the food.

Mindfulness Music



Listen to some music and see how many different instruments you can each hear.

What I can do

Take some time to focus on yourself.

- Reflect on something that you are good at. We all have something that we are good at. It could be an activity, something that we know, a talent or a unique skill.
- Reflect on something that you couldn't do, but you can now. When you were born you couldn't really do much at all. Think about all of the things that you can do now.
- Reflect on something that one day you will be able to do. Think about something that you want to achieve as you grow up. How will you reach your goal.

You could talk about the three areas of reflection with your family or write your ideas down.

Cosmic Kids

Explore some of the mindfulness clips on Cosmic Kids.

https://www.cosmickids.com/category/watch/?video_category=mindfulness&changed=video_category

Think positive

Take some time to be a positive thinker. A positive thinker is someone who looks for the good in different situations.

- Reflect on how today has been a good day. It can be something that has already happened or something that is going to happen that you can look forward to.
- If you smile the world will smile with you. Pass a smile around your family. How can you pass a smile to people that you are unable to see at the moment? You could create some art for someone, write a letter or call someone.



Be kind to yourself

We often think about how we can be kind to others. Have you ever thought about how you can be kind to yourself?

https://www.twinkl.co.uk/resource/t2-p-445-being-kind-to-yourself-activity-sheet

Cloud relaxation



To keep our mind and body healthy it is important to take some time to relax, be still and calm. Go outside or look out of the window and look at the sky. Think carefully about what you can see. Focus on breathing slowly and gently. Look carefully at the clouds. What shapes can you see? Take as long as you wish to explore the sky. Draw the different shapes that you saw when you looked at the sky and clouds. You could even create your own mindful sky.