

Health & Wellbeing Challenge



And relax...

Mindfulness is about focusing on the present, noticing your physical and emotional responses as well as your connection to other people in your surroundings. Try out these mindful activities to slow down and relax.

Have a go at one of the **Cosmic Kids yoga** videos on Youtube: <https://www.youtube.com/user/CosmicKidsYoga>. They are a combination of yoga, mindfulness and relaxation techniques all in one through different stories.

Try out some of these mindfulness activities;

1. **Sit in a room with your eyes closed.** Ask someone to stand at the other side of the room and spray a small spritz of perfume or deodorant. Keeping your eyes closed, try to notice the exact moment the smell reaches you.
2. **Mindful outdoors walk:** It's good to be mindful of your surroundings and to get fresh air and exercise! Go on an alphabet hunt in your garden or local park. Try to find something beginning with each letter of the alphabet. Create a table or list to keep track of your finds.
3. **Mindfulness colouring.** You can download and print free mindfulness colouring sheets like the ones at this [website](#) or on this [webpage](#).

