

Mindfulness Challenges

- Take time to listen with your eyes closed. What can you hear? After one minute, open your eyes and either tell someone or write down everything you heard.
- Close your eyes. Ask someone to pass you an object that you can hold in your hands. Explore it and describe the object.
- Lie with your back on the floor and place a soft toy on your tummy. Breathe in and out slowly and try to concentrate on the way the toy rises and falls with your breathing.
- Lie comfortably on your back. Move your attention around the body by tensing and clenching your muscles then relaxing them. For example: make your hands into fists then let them go.
- Talk to a partner, think about all the things you are thankful for or all the things you have enjoyed in a day.
- Take a minute to think about how you are feeling. Draw a picture, talk to someone, write down words, write a diary or song to explain.
- Join in with some Yoga and explore relaxation/breathing exercises.



Kirkcudbright Primary School



Mental Health/Wellbeing Activities



During this time, it is important that we look after ourselves and our Wellbeing. On this page, there are a list of suggested ideas and activities that you could explore to support your Mental Health and Wellbeing at home. I am sure this might give you all some ideas for your own activities.

We hope you have lots of fun doing these tasks and continue to look after yourself and your family.

Useful links

<https://www.youtube.com/user/CosmicKidsYoga>

- A range of Yoga/Mindfulness videos and moves for younger and older children.

<https://www.youtube.com/channel/UCwHO92Tu97JWHzl3RmadNug>

- A range of relaxing Music for children.

<https://www.youtube.com/user/GoNoodleGames>

Go Noodle is great for getting you up and moving around in lots of fun ways. It also has things to calm you down like Yoga and Mindfulness.

<https://www.bbc.co.uk/newsround/47243692> - A video explaining 'What is Mindfulness?' and 'Top Tips for Mindfulness'.

There are lots of online resources and ideas linked with 'Mindfulness for Children.' Have fun exploring and joining in!

Wellbeing Activities

- Go for a walk or cycle with your family and talk about the things you can see and hear.
- Play board games/puzzles with your family. Create some of your own, if you are feeling creative!
- Devise an exercise routine using funky moves to your favourite piece of music.
- With an adult, cook or bake something you have never made before.
- Watch your favourite Movie, TV programmes or read your favourite books.
- Learn a new skill and teach it to everyone in your house.
- Find your favourite songs and all do karaoke/dance.
- Lie in the garden and see what shapes you can make with the clouds.
- Explore your interests. Learn 5 new facts and share them with your family.
- Doodle on a piece of paper and see what you can create.
- Write a song and teach it to everyone in your house.
- Create a memory box or bag with all your favourite things.
- Use your imagination to construct models using Duplo, Lego, Knek or any other building materials you have at home.
- Take part in some Mindfulness colouring in activities and drawing.
- Take part in some gardening.