

## Focused Breathing & Noticing

Breathe in for 4 seconds, hold it for 5 seconds then breathe out for 7 seconds. Do this 3 times.

Sit quietly & place a small object in your hand. A pencil, eraser a coin or something similar. Notice how heavy the object is & how it feels in your hand. Notice one new thing about this object.

## Giving Thanks Jar

Dedicate a jar (decorate one, if you wish) and have little pieces of paper ready to write on beside it. You may want to make a routine of adding cards to the jar, or just let people add items as they wish, each with something you are grateful for. At a specified time, sit down with the family and read the cards together.

## Picture Collage

*Look through photos on your phone, tablet or from a photo album & choose the ones that you find interesting/make you smile. If using an electronic device you can make a picture collage with google -*

<https://support.google.com/photos/answer/6128862?co=GENIE.Platform%3DDesktop&hl=en>

*If you are using photos from an album remember to check with the person the album & photos belong to before doing anything with them. Click on link to access a simple way to make photo frames using wooden sticks -*

<https://www.pinterest.co.uk/pin/34410322768645322/>

# Mindfulness



## Mat

## Random Act of Wildness

*Look up at the clouds. What shapes can you see? Is there a story happening in the sky?*

## Doodling

Doodling is relaxing. Either on a blank piece of paper or using the grid below see what doodles you can create. Draw along with Rob below.

<http://www.robbidulph.com/draw-with-rob>

## Happy Tab Booklet

Look at the 5 things you can do each day to help you feel happier. Developing relationships with others can be done by telephone or video chat. It could also be done by writing a letter or making a card for someone.

<https://www.elsa-support.co.uk/international-day-of-happiness/>