

## **Mindfulness Activity Card**

**Stand tall, feet forward with legs hip width apart. Straighten your arms alongside your body. Imagine you are a mountain, Strong and stable.**

## **Mindfulness Activity Card**

**Collect a number of interesting objects such as feathers, putty, stones, or anything else that might be interesting to hold. Give each child an object, and ask them to spend a minute just noticing what it feels like in their hand.**

## **Mindfulness Activity Card**

**Ask the children to spend one minute silently looking around the room. Their goal is to find things in the room that they've never noticed. Maybe there are some big things like a poster or a picture, or just little details like crack in the ceiling or an interesting pattern on the door.**

## **Mindfulness Activity Card**

**Have the children sit or lay down in a comfortable position. Ask everyone to slowly breathe on to in through their nose, and then out through their pursed lips (as if they are blowing through a straw).**