

Day 1



Adventure Walk

This is a great way to make an everyday walk into an exciting activity.

Create a fun checklist of things you may see, touch, taste, smell and hear while you're out and about. For instance, you may see trees, hear birds tweeting, taste the cold air, touch the grass and smell flowers. When you notice something from the list in your surroundings, go ahead and tick it off. And remember, feel free to add more things to the list!

This encourages you and your child to practice mindfulness in a fun, easy way, and they will love ticking off everything they find.



Day 2



Encourage your child to use their imagination for a calming exercise.

Start by having them pretend to smell a flower for four seconds, counting the seconds out loud to help.

Next, ask them to hold their breath for another four seconds, imagining they're swimming underwater or even mimicking swimming movements if they want.

Then, have them exhale slowly, blowing on your fingers as if blowing out birthday candles while you count down from four.

Repeat this a few times and check if they sense a calmer feeling.

Day 3



Mindfulness Colouring

You can find many free mindful colouring pages online, but if you can't access them, don't worry. Any colouring book with pens or pencils will do; the goal is to inspire your child to be present while they colour.

Allocate a calm, uninterrupted five minutes for your child to enjoy colouring. Encourage them to immerse themselves fully in the page, assuring them it's okay if they get distracted.

After they finish colouring, engage them with questions such as:

- How did the pen feel on that paper?
- Which colour do you like best?
- What do you like about that colour?
- Which is your favourite bit?
- Which bit is your least favourite?



Day 4



Three Things That...

This bedtime activity is super easy to do.

Before bedtime, ask your child to share three things that made them happy today and one thing they learned.

This encourages them to focus on the positive aspects of their day, boosts their self-esteem, and provides a chance to open up about what brings them happiness or challenges.



Day 5



This activity works wonders whether you're by the pool preparing for a big jump or at the park gearing up for a scary slide. It's also just as effective in a calm home setting.

Ask your child to stand tall like superman or wonder woman, legs slightly wider than their hips, chin lifted, one arm raised as if ready for take-off, and the other confidently placed on their hip.

Check in with them about how they're feeling. Ask if they sense a feeling of power or strength while striking that superhero pose.

Top tip: Enhance this activity by incorporating positive affirmations. Encourage your child to say empowering statements like, "I am really brave and kind" while holding their superhero pose. It adds an extra layer of positivity to the experience!

Round off the week

After completing a weeks-worth of mindfulness, it's time to reflect! You can play this one a bit like bingo, with your child crossing off each activity as you talk through the week. Don't worry if it isn't all crossed off, this can be something for them to aim for too!

Your bingo card could look a bit like this:



Found a flower that smells good	Made someone laugh	Found something that is my favourite colour
Felt the grass	Did some colouring that I'm proud of	Helped a family member
Became a superhero	Took some big breaths	Remembered things that make me happy

Mindful Activities

