

## Mindfulness activities

These activities are all suggestions and some of them are very much adult led. I have tried to put a brief description next to each one.

Adult led - <https://www.thepathway2success.com/10-mindfulness-activities-you-can-try-today/>

Adult led - <https://www.teachstarter.com/au/blog/classroom-mindfulness-activities-for-children/>

Smiling mind app, relaxation sessions: (free to download) <https://www.smilingmind.com.au/smiling-mind-app>

Range of word searches: <https://thewordsearch.com> with examples such as the big bang theory:  
<https://thewordsearch.com/puzzle/12/the-big-bang-theory/>

Mindfulness colouring sheets: <https://www.teachingideas.co.uk/2d-art/mindfulness-colouring-images-animals>

Online colouring interactive app: <https://www.mombooks.com/mom/online-activities/>

Adult led – a range of suggestions for things to make / breathing activities etc:  
<https://biglifejournal.com/blogs/blog/5-fun-mindfulness-activities-children-breathing-exercises>

Mindfulness Activity  
Card

Place your hand on your belly.  
Take 10 deep breaths and  
notice your hand moving up  
and down as you breathe.

Mindfulness Activity  
Card

Sit very still and notice one  
thing that you can see, hear,  
feel, taste and smell.

Mindfulness Activity  
Card

Close your eyes and spend one  
minute thinking about the  
happiest day of your life. Try  
to remember as much about  
that day as you can.

Mindfulness Activity  
Card

Close your eyes and think  
about how you are feeling.  
Happy? Sad? Mad? Scared?  
Excited? Something else?  
Think about how you know you  
are feeling this way.

Mindfulness Activity  
Card

Close your eyes and sit  
quietly. Notice the way that  
your clothes feel on your body.  
Notice your shirt, pants and  
shoes. Do you notice anything  
you didn't notice before?

Mindfulness Activity  
Card

Sit quietly and place a small  
object in your hand. A pencil,  
eraser, or something else.  
Notice how heavy the object is.  
Think about what it feels like  
in your hand. Notice one new  
thing about this object.

### BALLOON BREATHING



Sitting in a comfortable position, place your hands around your mouth as if you were about to blow up a balloon. Take a deep breath in through the nose and, as you slowly exhale through your mouth, start to spread your hands out as if you are blowing up a great big balloon. Hold your hand position as you inhale again and then spread your hands further as you exhale. Once your balloon is as big as it can be, gently over from side to side as you release your balloon up into the sky.

### SHOULDER ROLL BREATHING



Choose a comfortable sitting position. As you take a slow deep breath in through your nose raise your shoulders up towards your ears. Breathe slowly out through your mouth, lowering your shoulders as you exhale. Repeat slowly, rolling your shoulders up and down in time with your breath.

### BACK TO BACK BREATHING



Find a partner and sit on the floor back to back. Sit tall and close your eyes if you want to. Decide who will start - that person begins by inhaling deeply and then exhaling slowly, and then continues to breathe slowly and deeply. Their partner should feel the expansion in their partner's back each time they breathe in and then try to sync their own breathing so that both partners are breathing in time together.

### TUMMY BREATHING



Lie on the floor and place a small stuffed animal on your stomach. Breathe in deeply through your nose and feel the stuffed animal rise, and then feel it lower as you slowly exhale through your mouth. Rock the stuffed animal to sleep using the rise and fall of your stomach.

### TAKE 5 BREATHING



Sit comfortably, resting one hand in front of you with fingers outstretched like a star and the pointer finger of your other hand ready to trace your hand. Starting at the base of your thumb on the outside of your hand, breathe in slowly through your nose as you slide your pointer finger up to the top of your thumb. Breathe out slowly and slide your pointer finger down the inside of your thumb. Breathe in as you slide your finger up the next finger and out as you slide down. Continue breathing in and out as you trace your whole hand.

### BUMBLEBEE BREATHING



Sitting comfortably, gently place the tips of your pointer fingers in your ears and close your eyes. Breathe in through your nose and then hum quietly as you slowly breathe out.

### ELEPHANT BREATHING



Stand with your feet wide apart and your arms dangling in front of your body like an elephant's trunk. As you breathe in deeply through your nose, raise your arms up high above your head. Then slowly swing your arms down again as you breathe out through your mouth.

### BUBBLE BREATHING



Sit comfortably with your eyes closed. Begin by imagining you are holding a bubble wand. Breathe in deeply and then, as you breathe out slowly and gently imagine you are blowing bubbles into the room. Imagine the bubbles are filled with peace or love or happiness and that you are filling the whole room with a peaceful, happy feeling. As you keep breathing slowly and blowing your imaginary bubbles, feel your body become calm and relaxed.