

Mindfulness Challenge Cards



Mindfulness Challenge Cards



key card



Choose a challenge and practise it for **one minute** or more.



look



taste



listen



touch or feel



smell



draw or write



move



think

Mindfulness Challenge Cards



Shake a jar of glitter or a snow globe. Can you keep watching it until the last flake drops to the bottom?



Mindfulness Challenge Cards



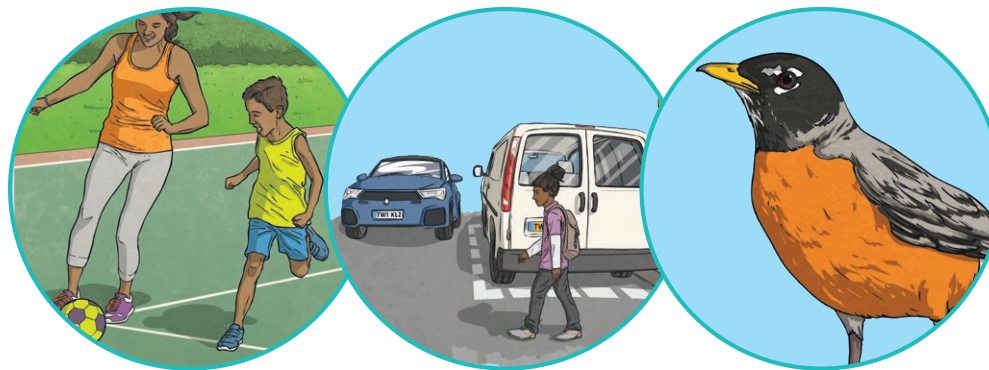
1, 2 ,3... Ring the bell and count as the sound fades. Which number did you get to?



Mindfulness Challenge Cards



Close your eyes and listen very carefully. What sounds did you hear?



Mindfulness Challenge Cards



Listen to a song. Put your pencil on paper and draw what the music does.



Mindfulness Challenge Cards



Play Musical Statues. When the music stops, close your eyes and put your hands on your tummy. Can you feel your tummy going in and out, in and out?



Mindfulness Challenge Cards



Put a leaf or flower near your nose and slowly breathe in and out. What does it smell like?



Mindfulness Challenge Cards



Squeeze all of your muscles. Firstly, can you relax your hands, then shoulders, neck, tummy, legs, feet and lastly, toes?



Mindfulness Challenge Cards



Walk ten steps slowly and concentrate. What did your feet and toes do?



Mindfulness Challenge Cards



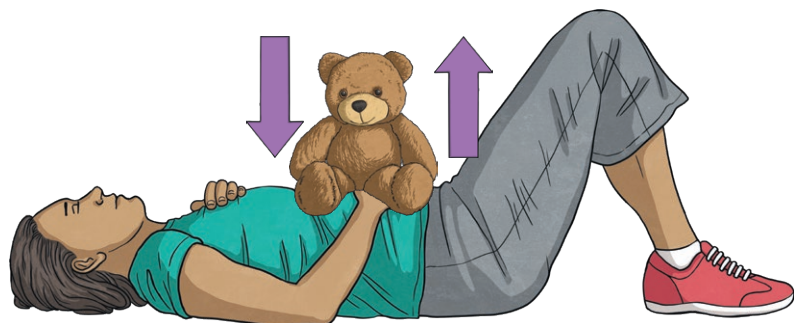
Slowly, pick up one raisin and look at it. Then, put it in your mouth and taste it. What does your tongue do?



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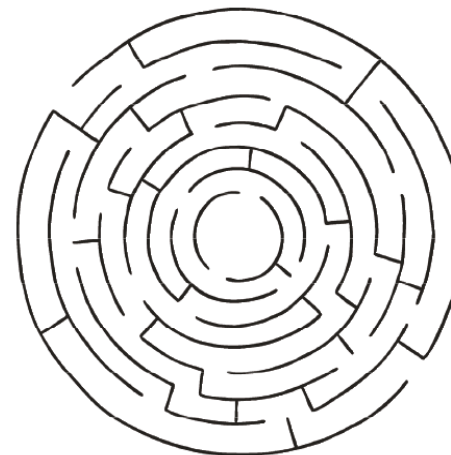
Lie down with a teddy on your tummy. Breathe in and out. How does teddy move?



Mindfulness Challenge Cards



Try a maze. If you go wrong, it is okay. Go back and try again. Can you get to the end?



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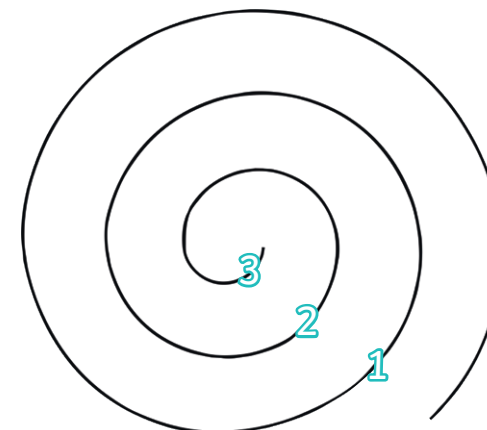
Keep your pencil on the paper and doodle as you breathe. Don't lift your pencil! What did you draw?



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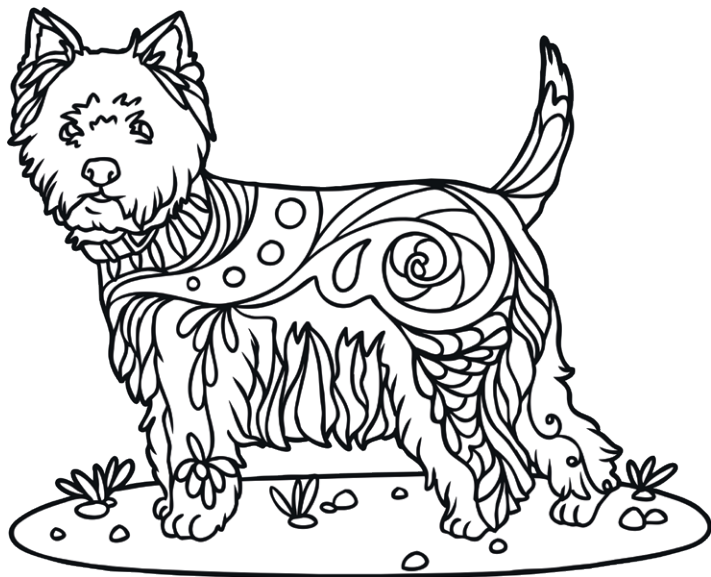
1, 2, 3... Draw a big spiral getting smaller. How many times did you go around?



Mindfulness Challenge Cards



Carefully, colour in a picture. Who will you give it to and why?



Mindfulness Challenge Cards



Think about a happy place. What can you see, hear, taste and smell? How do you feel?



Mindfulness Challenge Cards



Breathe in, out, in, out. If you think of something, wave it away and go back to your breath: in, out, in, out. Can you think about breathing for one whole minute?



Mindfulness Challenge Cards



Notice how you feel right now. Can you draw a picture of your emotion?

